



SOUTHWEST UNIVERISTY “NEOFIT RILSKI”
FACULTY “PUBLIC HEALTH,HEALTHCARE AND SPORT ”

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**“FACULTY OF PUBLIC HEALTH,
HEALTH CARE AND SPORT”**

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DOCTORAL PROGRAM “KINESITHERAPY”

EDUCATIONAL SCIENTIFIC DEGREE DOCTOR

«PhD DEGREE»

INFORMATIONAL

PACKAGE

2025



SOUTHWEST UNIVERISTY “NEOFIT RILSKI”
FACULTY “PUBLIC HEALTH,HEALTHCARE AND
SPORT ”

DEPARTMENT “KINESITHERAPY

2700 Blagoevgrad,, Ivan Mihailov str 66; 073/88 55 01; info@swu.bg; www.swu.bg

I APPROVE:

RECTOR
Prof. Dr. Nikolay Marin

QUALIFICATION CHARACTERISTICS OF A DOCTORAL PROGRAM

AREA OF HIGHER EDUCATION: **7. HEALTHCARE AND SPORT**

PROFESIONAL FIELD: **7.4. PUBLIC HEALTH**

DOCTORAL PROGRAM: **KINESITHERAPY**

EDUCATIONAL SCIENTIFIC DEGREE: **DOCOR**
NIVEL: **8**

PROFESIONAL CUALIFICATIONS: **EXPLORER**

PERIOD OF TRAINING: **3 /three / or 4 /four / YEARS**

FORM OF EDUCATION: **REGULAR / INDEPENDENT**

THE QUALIFICATION CHARACTERISTICS WERE **2025/2026**
INTRODUCED BY THE TRAINING PLAN IN:

BLAGOEVGRAD, 2025

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1. GENERAL PRESENTATION OF THE DOCTORAL PROGRAM

The aim of the doctoral program "Kinesitherapy" is with modern research approaches to prepare highly qualified and with scientific potential staff who with their knowledge and skills based on the formed research skills to contribute to the further development of science and practice in the field of public health.

The training provides expansion of the fundamental theoretical and professional training and development of a dissertation on a topical issue of science and social practice in accordance with the high requirements of our modern society and the need to directly link scientific theory with the specific needs of practice.

2. GOALS OF THE DOCTORAL PROGRAM

The training in the doctoral program "Kinesitherapy" ensures the realization of the following goals:

1. Providing fundamental and special knowledge in the field of kinesitherapy.
2. Achieving high qualification of the trainees for solving scientific-theoretical problems and problems from the kinesitherapeutic practice by applying scientific approaches and methods.
3. Building independent creative thinking and the ability to conduct independent research, develop scientific theses and develop new scientific ideas in prevention, treatment and rehabilitation in all age and professional groups, including health promotion.
4. Training of highly qualified personnel for research and teaching activities.

3. GENERAL QUALIFICATION AND SPECIALIZATION OF THE PROGRAM

In the process of training doctoral students:

1. Master the methodology of scientific research and its application through the prism of the specific scientific-practical problem in orthopedic and traumatological diseases, pediatric, neurological, mental diseases, obstetrics and gynecology, geriatrics, surgery, etc.
2. They form skills for handling the scientific apparatus, ability to effectively assess the functional capacity based on clinical thinking, use of information technology, ability for continuous professional development and teamwork.
3. Build skills for searching, deriving and analyzing scientific and practical problems.
4. Develop skills for applying a scientific approach and using scientific tools in research work.
5. Acquire knowledge related to project management, research, biological, physical and humanities and clinical disciplines.
6. Acquire language training aimed at ensuring personal information awareness and facilitating professional contacts with scientists from other countries.

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4. ACQUIRED KNOWLEDGE, SKILLS AND COMPETENCIES ACCORDING TO THE NATIONAL QUALIFICATIONS FRAMEWORK

4.1 Knowledge (theoretical and / or factual)

- Possesses and applies specialized and systematized knowledge for critical analysis and for synthesizing new ideas in kinesitherapy.
- Masters the methods of research in the field of kinesitherapy.
- Has the ability to expand and enrich existing knowledge in the field of kinesitherapy, as well as its interactions with borderline scientific fields, which are orthopedics and traumatology, pediatrics, neurology, geriatrics, surgery, etc.
- Has knowledge of the highest degree of complexity and performs original research.
- Presents knowledge and understanding at the highest level, not only in the field of kinesitherapy, but also in related scientific fields.
- Demonstrates and expresses knowledge through the degree of complexity of the conducted and substantiated scientific research in orthopedics and traumatology, pediatrics, neurology, geriatrics, surgery, etc.

4.2. Skills (cognitive and / or practical)

- Has the ability to create and manage networks or teams, to solve complex problems through new technological methods and tools in kinesitherapy.
- Extracts, arranges, synthesizes and evaluates the necessary information and makes expert assessments regarding the functional and kinesitherapeutic potential.
- Has the ability to solve and overcome critical problems in the field of research and / or innovation, to improve standard models and approaches, to develop innovative solutions by combining various innovative methods, to improve the standard models and approaches for kinesitherapeutic activity, to work with specialized equipment, to develop and implement new methodologies.
- Has skills such as entrepreneurship, rigor, adaptability, intellectual flexibility, necessary for any physiotherapist.
- Has skills for functional research and evaluation, safe and effective application of kinesitherapy theory and methodologies in various diseases, for development, implementation and application of a kinesitherapy program and reporting its effect. Also skills to promote a healthy lifestyle in healthy people.

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4.3. Independence and responsibility

- Acquires and interprets new knowledge through own research or other scientific activity.
- Ability for professional organization of communication skills, ability to effectively assess the functional capacity based on clinical thinking, use of information technology, ability for continuous professional development and teamwork.
- Through the acquired new knowledge demonstrates skills to expand the scope of the hitherto known scientific field and assesses the need for current publications.
- Has the ability to self-assess the achievements of research work.
- Has the ability to compose, design, implement and adapt a modern research process with scientific stability in orthopedics and traumatology, pediatrics, neurology, geriatrics, surgery, etc.

4.4. Learning competence

- Shows capacity for systematic acquisition, understanding and scientific interpretation of a significant amount of knowledge from the latest scientific achievements or from the field of professional practice.

4.5. Communicative and social competencies

- Presents qualities and skills that require high personal responsibility, self-initiative in complex and unpredictable circumstances, as well as in a professional or equivalent environment.
- Demonstrates general ability to conceptualize, design and implement projects to generate new knowledge, apply or understand the latest scientific advances.
- Fully communicates in some of the most common European languages.

4.6. Professional competencies

- Develops in detail techniques applied for research and complex academic research related to the ability for functional research and evaluation, safe and effective application of kinesitherapy theory and methodologies in various diseases, for development and implementation of kinesitherapy program and reporting its effect, to perform physiotherapeutic procedures on a doctor's prescription.
- Presents his ideas and conclusions clearly and effectively to specialists and non-specialists.
- Has the ability to continue research on kinesitherapy practice, contributing to the development of new techniques, ideas or approaches.

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5. FIELDS OF PROFESSIONAL REALIZATION

Those who have acquired the educational and scientific degree "Doctor" in the doctoral program "Kinesitherapy" find their realization as: kinesitherapists in private business; researchers in research centers and units; university lecturers; experts; consultant-experts in governmental and non-governmental organizations, contractors and experts in diagnostic, prognostic; management and research centers and institutes.

Fundamental training enables graduates of this educational and scientific degree to be competitive on the labor market, especially where wider training is required than that obtained in the Bachelor's and Master's degrees.

The practical training of doctoral students provides an opportunity for realization in the specific conditions of teaching, research and expert activity.

The qualification characteristic was adopted at a meeting of the Department Council of the Department of Kinesitherapy with Minutes № 7 / 27.05.2019.

The qualification characteristic was adopted at a meeting of the Faculty Council of the Faculty of Public Health, Health Care and Sports with Minutes № 30 / 11.06.2019.

The qualification characteristic was approved at a meeting of the Academic Council of SWU "Neofit Rilski", with Minutes № 2019.

Head of the Department of Kinesitherapy:

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/Assos. Prof. Mariela Filipova/

Dean of Faculty of Public Health, Healthcare and Sport:

/Assos. Prof. Miglena Simonska/

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2. CURRICULUM STRUCTURE

I. EDUCATIONAL ACTIVITY			
<i>Compulsory disciplines:</i>		Кредити:	Хорариум:
1.	Kinesitherapy	4	120 (30ce /90se)
2.	Project preparation and management	3	90 (30l /60se)
3.	English language	4	120 (30ce /90se)
<i>Elective courses (choose one of two elective courses):</i>		4	120 (30ce /90se)
1.	Methodology of research and application of statistical methods	4	120 (30ce /90se)
2.	Modern research methods in kinesitherapy	4	120 (30ce /90se)
TOTAL:		15	450
II. RESEARCH ACTIVITY			
1.	Research and review of literature of the topic	12	360
2.	Development and presentation of a concept for the dissertation	4	120
3.	Development of a plan and structure of the dissertation	1	30
4.	Development of research tools	6	180
5.	Conducting research on the dissertation	6	180
6.	Writing part of the dissertation	17	510
7.	Conducting research	12	360
8.	Writing part of the dissertation	17	510
9.	Preparation and publication of an article in an indexed journal	8	240
10.	Preparation and publication of an article in an indexed journal	8	240
11.	Preparation of a scientific report and participation in a scientific forum	6	180
12.	Preparation of a scientific report and participation in a scientific forum	6	180
13.	Writing and discussing part of the dissertation	17	510

14.	Writing an introduction and conclusion of the dissertation	12	360
15.	Reflecting notes on the dissertation	9	270
	TOTAL:	141	4230
III. PEDAGOGICAL ACTIVITY			
1.	Conducting seminars	2	60
2.	Student consultations	2	60
3.	Correction and evaluation of written works	2	60
	TOTAL:	6	180
IV. OTHERS			
1.	Participation in departmental meetings	1	30
2.	Participation in projects of the department and the faculty, other academic activities	8	240
3.	Participation in the work of departmental and faculty commissions	5	150
4.	Participation in discussions of scientific problems / scientific seminars	4	120
	TOTAL :	18	540
TOTAL (for the entire duration of the training):		180	5400

KINESITHERAPY

ECTS credits: 4.0

Hours: 30ce / 90 se

Evaluation: Exam

Kind of discipline: Compulsory

Semester: I

Exam: written / interview

Methodical guide:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturer: Assos. Prof. Mariela Filipova, PhD; Assos. Prof. Stamenka Mitova, PhD; Assos. Prof. Mariya Gramatikova, PhD; Assos. Prof. Yulian Zlatkov, PhD;

Annotation: In the obligatory discipline "Kinesitherapy" from the general curriculum of the doctoral program, the doctoral students get acquainted with the most modern methods in the different directions of kinesitherapy. They get acquainted with world databases, with available articles, materials and research at home and abroad.

In the course of study, doctoral students learn the method of research and analysis of literature sources in the field, as well as the principles for developing a methodology of kinesitherapy related to doctoral studies. They get acquainted with innovative techniques of application and justification of the therapeutic effect of the applied specialized means of kinesitherapy in its various fields.

The aim of the course is to provide an opportunity for the formation of knowledge and skills for: development of various kinesitherapy models, containing innovative elements in the different areas of kinesitherapy, as well as evaluation of their effectiveness.

To create knowledge and skills for selection and classification of literary sources on the chosen topic of the dissertation. Getting acquainted with the principles of developing a methodology of kinesitherapy, after getting acquainted with the most modern and innovative methods of kinesitherapy in the field. The tasks of the training are related to the acquisition of skills and habits for application of specialized kinesitherapeutic agents in pediatrics, neurology, musculoskeletal dysfunctions, joint diseases, sports kinesitherapy, cardiovascular and respiratory disorders, etc.

PROJECT PREPARATION AND MANAGEMENT

ECTS credits: 3.0

Hours: 30ce / 60 se

Evaluation: Exam

Kind of discipline: Compulsory

Semester: I

Exam: written / interview

Methodical guide:

Lecturer: Prof. Albena Vucova, PhD

Annotation: The aim of the training in the discipline Project Preparation and Management is to prepare highly qualified specialists in project preparation and management at national and trans-European level, providing knowledge and skills to different types of projects and programs.

The specific objectives of the course are the following:

To provide basic knowledge and skills in project management by considering national and international instruments for support of projects and programs with different orientation; To enrich the knowledge about the nature and basic characteristics of project management and project team management; To provide good practices for making strategic and tactical management decisions related to project management.

Doctoral students who study in this course will acquire after its completion the necessary competence to develop a project, project design in different areas, to participate in the management of a project and bring it to fruition.

The acquired knowledge is important because the development of different types of economic areas will be carried out on a project-program basis.

The applied course is in accordance with the mission and the concept of the university for providing modern and up-to-date knowledge; The volume of the course is in accordance with the provided credits, as well as the qualification characteristics of the specialty. Achieving the objectives of the course will be controlled by conducting two tests - entrance and final.

ENGLISH LANGUAGE

ECTS credits: 4.0

Hours: 30ce / 90 se

Evaluation: Exam

Kind of discipline: Compulsory

Semester: I

Exam: written / interview

Methodical guide:

Department: Germanistic and Romanistic

Faculty: Faculty of Philology

Lecturer: Assos. Prof. Dafina Kostadinova, PhD

Annotation: According to decision № 21 of 04.09.2013 of the Academic Council, the English language course is mandatory for all doctoral students in the first year of their studies, who study in various doctoral programs in all faculties of SWU "Neofit Rilski".

The course is intensive and involves training within 6 hours a day. It is held (usually every year in the first month after the end of the summer semester) and its duration may vary depending on the formation of groups by level of language competence. The level of competence is determined by a preliminary entrance test, on the basis of which the participants are divided into levels - beginners, intermediate and advanced, corresponding to levels A1, A2 - B1 and B2 - C1 of the European Language Framework.

The course aims at practical training of students in English, focusing on the acquisition of basic knowledge of vocabulary and grammar at lower levels and the improvement and expansion of knowledge and increase the level of language proficiency at higher levels.

The training is based on an integrative approach, in which the acquisition of new knowledge and skills for doctoral students is based on the development of the four main types of skills: reading, writing, listening and speaking. Special emphasis is placed on building the skills of speaking and listening, as well as on mastering the basic principles of building an academic text in English, as well as the skills of preparing presentations, CV, abstract and article in English.

The English language course for doctoral students must contain the following modules: practical grammar, vocabulary, written exercises, reading and listening comprehension and conversation. Depending on the specific needs of the students from the different faculties and specialties, specialized vocabulary for the field is introduced, as well as exercises in specialized and general translation.

METHODOLOGY OF RESEARCH ACTIVITY AND APPLICATION OF STATISTICAL METHODS

ECTS credits: 4.0

Hours: 30ce / 90 se

Evaluation: Exam

Kind of discipline: Elective

Semester: I

Exam: written / interview

Methodical guide:

Department: Informatics

Faculty: Faculty of Natural Sciences and Mathematics

Lecturer: Assos. Prof. Elena Karashtranova, PhD

Annotation: The proposed curriculum is related to the need for doctoral students in a doctoral program in Kinesitherapy to acquire knowledge and skills on the general theory of research and application of statistical methods in the field of kinesitherapy.

Training in the proposed program requires a good command of computer skills and proficiency in English (so-called "Subject English"). They are desirable and at the same time are a parallel element of training in the program.

The need for research in every field, including in the field of Kinesitherapy, as well as assessment of the quality of research, determines the purpose of the proposed curriculum to provide students with specialization in general theory of research and application of statistics in scientific -research work of the doctoral student.

The main goal of the program is to give knowledge and skills of the doctoral student to conduct independent research and interpretation of the results.

The main tasks of the discipline are:

(1) to give the doctoral student knowledge on the main sections of the general theory of scientific research; (2) to enable doctoral students to assess for themselves the field in which they can develop their research; (3) to acquaint doctoral students with basic methods of applied statistics, (4) doctoral students to develop skills to interpret the results of research in the field of kinesitherapy; (4) doctoral students to build their knowledge and skills in the discipline through software products;

MODERN METHODS OF RESEARCH IN KINESITHERAPY

ECTS credits: 4.0

Hours: 30ce / 90 se

Evaluation: Exam

Kind of discipline: Elective

Semester: I

Exam: written / interview

Methodical guide:

Department: Kinesitherapy

Faculty: Faculty of Public Health, Healthcare and Sport

Lecturer: Assos. Prof. Mariela Filipova, PhD; Assos. Prof. Stamenka Mitova, PhD; Assos. Prof. Mariya Gramatikova, PhD; Assos. Prof. Yulian Zlatkov, PhD;

Annotation: In the elective course "Modern research methods in kinesitherapy" from the general curriculum of the doctoral program, doctoral students get acquainted with the most modern methods for functional research and evaluation in various fields of kinesitherapy.

In the course of study doctoral students learn the latest in the methodology of functional research, the process of making a functional diagnosis and the most innovative scales and tests to assess various parameters needed for research in various fields of kinesitherapy. The doctoral students get acquainted with the latest techniques and technologies and devices for assessment and functional diagnostics.

The aim is to create knowledge and skills for selection and application in practice of innovative functional tests, scales, devices, etc., used in the last 10 years for the needs of kinesitherapy. The main tasks are related to the fact that the doctoral student can select and compile a suitable test battery of modern and validated tests and with the highest degree of reliability for the needs of his research.