

ORGANIZATION MODEL FOR PROJECT WORK WITH PHD AND UNDERGRADUATE STUDENTS

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INTRODUCTION

Continuity is the principle key of educational experience (Tishinov, 1987; Dewey, 1997; Dimitrova et al., 2011; Trendafilov et al., 2013; Varbanov et al., 2015). It plays general role in organization philosophy of project work team (Adair, 2004; Tishinov et al., 2012; 2012.a; Dimitrova et al., 2018; 2018.a). The word project comes from the Latin word projectum from the Latin verb proicere, "to throw something forwards" which in turn comes from pro-, which denotes something that precedes the action of the next part of the word in time (paralleling the Greek πρό) and iacere, "to throw". The word "project" thus actually originally meant "something that comes before anything else happens". Formal definition of project is unique and limited in time initiative. Unique means that the project result is a new product or utility. Limited in time means "predetermined onset and end". Each project has several stages: initiation, planning, realization, control, closing. Following this the present aim is to create and probe model of pedagogical work on scientific project with PhD and undergraduate students well-skilled for their future profession.

METHODS

First step was to motivate the team members explaining the meaning of project and its issue. Then the theme of scientific project "Influence of gymnastics in women with normal pregnancy" has been argued as really an actual, perspective problem with health and social aspect. Under the guidance of project director the specific requirements and specialists from different departments were determined.

RESULTS

This interdisciplinary project work was structured into three united divisions:

1. Physical activity-gymnastics



Fig. 1



Fig. 2



Fig. 3

In figures 1, 2, 3 women with normal pregnancy perform some exercises of the gymnastics program.

2. Psycho prevention



Fig. 4



Fig. 5



Fig. 6

The pregnant women fill in psychological tests (Fig.4, 5, 6), guided by psychologist.

3. Functional control

The place, time of exercising and equipment were assured. During the pilot stage through various advertising forms, including web site the contingent was involved in the gymnastics program after individual information for each pregnant woman and given informed written consent. The next step was to present our program before the students and invite them to take part in the project. The student volunteers became members of scientific circle. They have been trained to do experiments - part of the project study (Fig. 7, 8, 9, 10)



Fig. 7, 8, 9, 10

The student volunteers have been trained by physiologist to do some physiological measurements (Fig. 7, 8, 9, 10).

DISCUSSION

The gymnastics program starts and works regularly (Nesheva, 2010; Nesheva, 2011; Nesheva et al., 2011). Results of some physical ability tests: flexibility test - posterior thigh musculature (PTM), tilt right in chair sitting position (TRCSP), tilt left in chair sitting position (TLCSP); motor coordination test – upright arm moving (UAM), locomotion arm exercise (LAE); balance stability test – one arm one knee support (AKS), upright raised right leg (URRL), upright raised left leg (URLL); handgrip test (measures static arm strength) - right arm strength (RAS), left arm strength (LAS) have been presented at the V International Congress “People, Sport and Health” (Fenerova et al., 2011). The results of psychological tests (Spielberger test STAY-Y-I for evaluation of situational and personal anxiety, Color test of Luscher, Karmanov’s approach for evaluation of the main parameters of mental state) also were presented at the same Congress [6]. The leading report authors are university teachers doing

PhD thesis and members of project team. The undergraduate students have done their first real experiments in pregnant women during gymnastics practice under the control of qualified physiologist. As a matter of fact it was realized a good form of teambuilding. In conclusion, the project work starts successfully using such approach for organization model.

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