

# NATIONAL SPORTS ACADEMY 'V. LEVSKI'

## OPINION

By Prof. Malcho Soyanov Malchev, Doctor of Pedagogical  
Sciences

With reference to: the dissertation thesis for granting the educational-scientific degree of 'Doctor' to Verginia Svetoslavova Milashka on the topic of MODELLING OF THE SPORTS TECHNIQUE POTENTIAL OF FEMALE DISC THROW COMPETITORS IN QUALIFICATION ASPECT, Director of Studies: Rumyana Karapetrova, Ph.D.

Grounds for writing the statement: Order of the NSA 'V. Levski' Rector № 311-325/20.03.2019 to form a Scientific Board for the procedure of public defense by Verginia Svetoslavova Milashka, a doctoral candidate at the Athletics Chair'.

With reference to the basic work

The hereby presented dissertation thesis refers to professional field 7.6 Sport, science subject of Theory and Methods of Physical Education and Sports Training (Methods of Remedial Physical Education, incl.) in compliance with the Doctor's Program of 'Theory and Methodology of Sports Science' /ref. Order 311-330/17.02.2016 for the enrollment of the candidate/.

The subject of study is related to high sports performance in track and field events, namely the disc throw, one of the of the most attractive events in the athletics competition program as well as to the system of sports training in this field. I would like to declare in advance that on grounds of the results obtained from the study and the ensuing conclusions, the topic of research is remarkable because of the demands of the present day.

The thesis is developed on the customary three-grade structure comprising the fundamental parts: theory, methodology and verification in separate chapters in logically differentiated paragraphs as well as a traditional introduction and conclusions for the sports theory and practice. Its quantity parameters are as follows: it contains 126 standard pages and the text is illustrated with 54 tables and 32 figures. Its information is grounded on 158 referent literature sources five of which are from the Internet. Thirty-six of the rest of the sources are in the Latin alphabet. The design of the thesis is complies with the contemporary layout standards.

### Opinion on the methodological constructions

The grounds of the subject are presented in four paragraphs. Paragraph 1.4 is a fundamental one. There, substantial scientific matters concerning the control and modelling of a female disc

thrower's preparation are interpreted by means from a serious gnostic position and this is in full accordance to the topic of the dissertation thesis.

The perusal on the dissertation thesis in the reviews of Prof. Ognian Miladinov (26.02.2019) and Prof. Stefan Stoykov (25.02.2019) in the procedure of defense at the Athletics Chair Scientific Board reveals that the doctoral candidate Verginia Milashka has taken into consideration most remarks on this part of the work. This also refers to the remark of the reviewers concerning the research hypothesis. The author accepts Prof. O. Miladinov's suggestion about its contents and structure.

#### On the methodology and methods of the research

The methodological grounds of the research platform as a whole are not separately formulated but we presume that they are subtly inherent to the contents of each part of the thesis, mostly in paragraph 1.4, in the formulation of the hypothesis and in the beginning of Chapter 2: aim and objectives of the study. No doubt, the doctoral candidate V. Milashka has applied the systematic structural and systematic functional approaches without which she would not have been able to elucidate the control and modelling of a female disc thrower's preparation.

I accept the formulation of the aim of the study as a whole, but at the same time, I think that all opportunities for its better balance have not been used. The aim does not contain the notion of modelling which is fundamental in the written topic of the thesis offered here. Moreover, in page 40 the candidate studies modelling as a basic means of control and management of the training process. It may be dwelt upon on a larger scale.

I consider the seven objectives formed to achieve the aim as properly oriented towards the topic and adequate to the research hypothesis for further improvement on the sports performance of Bulgarian female disk throwers.

With reference to the object of study: the concrete explanation is missing that the research is on the data provided by the best (the first three) Bulgarian FEMALE DISC THROWERS throughout the history of the event in this country: the physical potential data (see Table 10), the personal records (see Table 11) and 21 technique potential indices (see Table 12).

The subject of study has many aspects but as a whole is explained clearly. I find this approach to its precise presentation as appropriate for most cases of works of this kind.

The study uses various tools. It involves 18 indices characteristic of the physical potential and 24 indices (time, amplitude and angle) of the technique potential of the disc thrower. The data are collected by means of device methods of research. The videography metric device is basic for measuring the technique potential parameters. The photographs of the disc throwers' attempts are taken with a Casio Exilim EX-ZR300 camera at cadence of 120 cad/sec.

The collected empirical data are processed by variance, correlation and regression mathematical-statistical methods followed by a sports pedagogical analysis.

Paragraph II, p. 52 presents the organization of the study revealing the chronology of the four-year work of the candidate Verginia Milashka.

### Opinion on to Chapter 3: Analysis on Results

Chapter 3 of the thesis comprises 51 per cent of the whole work revealing its adequate balance. It is divided in detail into 6 paragraphs where the analyses logically result from the basic objectives outlined in Chapter 2 and the substance of the results obtained after the statistical procession of the collected empirical information. The data are presented in tables and graphic charts.

Paragraph III. 1. presents the development of the event in the world and at home after 1987 on the background of the world and Bulgarian records (Fig. 7 in p. 54). The critical analysis and the second generalization in p. 57 reveal the pessimistic picture of the current status quo. Without treating the matter emotionally (which we also notice in other parts of the text), the grave unfavorable general picture of the clinical state of Bulgarian sports system and its retarded position is quite obvious. Parallel to this, we should stress on the point that the doctor's diagnosis set by the candidate in such a way explains her efforts to present the real possibilities for modelling the female disc throwers' sports technique potential in order to develop a reliable optimistic long-term prognosis and to overcome the negative trend.

The anthropometric characteristics of the best female disc throwers in the world and in this country presented in paragraph III,3., t. 111, 3.1 is quite impressive because it analyzes the individual indices of the first 50 in the everlasting ranking list and the first 18 in the Bulgarian ranking list. In the summaries (see p. 72), the theoretical and applied practical value, in my opinion, leads to a third conclusion. Combined tables of comparison between the statistical parameters of the samples might be included in the variance method. The graphic presentation of the distribution is too large. With reference to the second summary, I have been provoked to ask the candidate about the origins of the statistical information about the anthropometric signs of the average women in the world.

Point III, 3.2. (p.p. 72-75) deals with the changes in the performances of five fundamental specific exercises used in disc throwers' preparation. In this chapter of the thesis, the correlation and the regression analyses are valuable. The beginning formulates two subjects of study probably due to a technical error in studying the SST abilities and discussing sports performance (m) as a specific exercise.

In the rest of the analysis in this paragraph; III.3.3, III.3.4 and III. 3,5.1 the algorithm is identical to those dealt with already. I receive with certain reservations the candidate's statement in p. 91

that the implementation of the experience of Bulgarian elite to the disc throwers' preparation is a pre-condition for avoiding mistakes and DEVIATIONS in one of the most delicate aspects of a disc thrower's preparation, i.e. strength training. I find the last sentence in p. 91 illogical. Due to the high degree of value of the research data, the experience of the Bulgarian school may be implemented in any region of the world. Doctoral candidate V. Milashka probably has something else in view.

The analyses on the disc throwers' technique potential presented in paragraphs III. A and III.5., the ability of realization of the competitor's sports technique abilities deserves special interest and high assessment.

Undoubtedly, we highly appreciate the adjustment of the results from the study to their implementation into athletics practice, female disc throw in particular (paragraph III.6., p.p. 115-117) as the most significant contribution of the thesis and certainly of candidate Virginia Milashka. I accept a part of her summary like such, i.e. that the present study provides opportunities to rely on the experience of Bulgarian female disc throwers of the recent past, experience which by no means is not inferior to that of the world elite.

The author's review complies with the standards. It represents to a significant degree the structure, the content and the obtained results of the dissertation thesis.

Here I declare that I do not have publication in co-authorship with Doctoral Candidate V. Milashka.

## Conclusion

Having in mind the up-to-date value and synthesized conclusion of the dissertation thesis, all its merits mentioned above as well as the fact that it corresponds to the standards of the Law and of the Regulations of its application and the fact that it does not deviate from the procedure of execution of the candidate's individual plan and defense at the Athletics Chair Board, I suggest to the honorable members of the Scientific Board (according to Order 3111-325/20.03.2019 of the Recotr of the NSA 'V. Levski') to grant the educational-scientific degree of 'Doctor' to VERGINIA SVETOSLAVOVA MILASHKA IN PROFESSIONAL FOELD 7.6. Sport.

April, 24 2019

Signature:

Sofia

(Prof. :alcho Malchev, D.Sc.)