

NATIONAL SPORTS ACADEMY "VASIL LEVSKI" SOFIA
DEPARTMENT OF SNOW SPORTS

R E C E N Z I

of dissertation on the topic:

**"SOCIAL-PSYCHOLOGICAL AND PHYSIOLOGICAL FACTORS IN
TRAINING STUDENTS IN" SNOW SPORTS "COURSES**

Prepared by: doctoral student Milena Nikolova Zdravcheva

Scientific adviser: Assoc. Prof. Krastyo Zgurovski, Ph.D.

Reviewer: Assoc. Prof. Nikolay Panayotov, Ph.D.

1. Ground for submission of the review: participation in the composition of the Scientific Jury for the defense of the dissertation work, in accordance with Order 3II 1610 / 29.10.2019 of the Rector of NSA "Vasil Levski".

The review was prepared in accordance with the Law on the Development of Academic Staff in the Republic of Bulgaria and the Regulations for its implementation, with the Standard on the form and content of the reviews in the conduct of public defense of dissertation works and with the Rules on the conditions and procedure for acquiring scientific degrees and occupation of academic positions at the NSA "Vasil Levski".

2. Short details of the doctoral student

Milena Nikolova Zdravcheva was born in Burgas on May 29, 1990. He is finishing his secondary education in his hometown. Since 2009. Until 2014, he graduated with a Bachelor's and Master's Degree from NSA "V. Levski ". Bachelor - Athletic trainer and sports animator. Master of Sports Animation.

Data on doctoral studies

Milena Nikolova Zdravcheva is a PhD student regular at the Department of Snow Sports for obtaining a Doctorate degree in professional field 7.6. Sport, Doctoral Program in Theory and Methodology of Sport Science. It was enrolled according to an order of the Rector of NSA PI - 2013 dated October 11, 2016 based

on a decision of the Faculty Council of the Faculty of Health and Social Sciences of the National Academy of Sciences "Vasil Levski" of September 29, 2016, protocol №81.

At a meeting of the department of "Snow sports" from October 15, 2019, the extended scientific college decides that the doctoral student Milena Nikolova Zdravcheva should be expelled with the right of defense as of October 15, 2019.

According to the cited order, the date of public protection is 07.01.2019 at 13:00, hall A-3 of NSA "Vasil Levski".

To summarize, the procedure is in accordance with the Rules on the Terms and Conditions for Acquisition of Academic Degrees and Occupation of Academic Positions at the NSA „Vasil Levski“.

3 . Details of the thesis

The dissertation submitted for review is a volume of 120 pages, which includes: introduction, three chapters, conclusions and recommendations, cited literature (80 sources), applications and scientific and practical contributions. The text section of the DT is accompanied by 18 tables and 46 figures.

Structurally, the content of the dissertation is traditional. The first chapter is the theoretical basis, the second chapter is the methodological component, and the third chapter is the analytical part of DT. The conclusions and recommendations are, in fact, the fourth chapter.

The topic of the dissertation work is relevant not only from the perspective of the present, but also for the future and is of great practical importance as it is related to important factors such as a healthy lifestyle, communication with nature. Thanks to today's global and communication world, today's young people are turning their backs on nature and are lagging behind in collective and group communication among themselves.

So, for me, choosing a topic is understandable. *This is supported by the author's summary that the focus of the presented development is focused on the courses in "Snow sports" - a format with traditions, educational and educational impact, which is even more important in the formation of the modern educator. It is a prerequisite for the positive development of the students by creating a friendly atmosphere that helps them to adapt more easily to the educational system of NSA "V. Levski "*

The study focuses entirely on the students participating in the regular Snow Sports course, held at the Mountain Sports Training Base, prof. Ivan Staykov. "

The relevance of the study follows from:

- increasing the importance of motor activity for human health;
- concrete research and publication of the impact of the ski course on students from NSA "V. Levski ";
- the results of the research have direct practical value for optimizing the educational process;
- from the unique opportunities for complex solving of educational, educational and rehabilitation tasks in the Snow Sports training courses;
- the study is a certificate for the positive impact of participation in the Snow Sports course.
- in this case, snow sports training included in the course curriculum provides tremendous opportunities to achieve the goals of physical education and improvement and environmental education.

That is why the topic is relevant especially today, along with shaping the healthy lifestyle of the younger generation.

4. Concerning the concept of the study:

It should be noted that the doctoral student Milena Nikolova Zdravcheva complied with the main notes, which I addressed to her development in the procedure of internal discussion of dissertation work on 10/15/2019. having an effective influence on the education of students in the courses in "Snow sports", thus it corresponds with the theme of development.

The tasks of the study are reduced to five. They have been rethought and their real solution logistically ensures the collection of the necessary empirical data for the analytical part of the dissertation. *A new task has been formulated to determine the stages of educational impact in the various indicators of a snow sports course.*

The subject of the study is in line with my recommendation and has already been formulated successfully, namely: they are Socio-psychological and physiological factors that influence the training of students in the courses in "Snow sports".

The object of the study was presented successfully: *These are the situational anxiety, stress factors and dynamics of the morpho-functional development and the condition of the students participating in the course.*

It is of conceptual importance and methodological justification to clarify the formulation of the problem. In DT Zdravcheva, this is achieved in paragraph I.3. 58.

About the hypothesis of the study - properly formulated and logical conclusion of the theoretical part.

5. Comprehensive analysis and evaluation of the dissertation

5.1. Introduction - compressed, reveals the relevance of the study and summarizes the need for scientific developments that will serve to validate or optimize the course curriculum.

5.2. Chapter One. Literature review of the issue - mostly reworked as content - with a volume of 59 pages. The paragraph "Historical aspects of skiing" was deleted, which unnecessarily burdened DT and had no direct connection with the problem. The volume of this chapter has also achieved a good balance between the theoretical, methodological and analytical parts of the thesis.

5.3. Review Analysis of Chapter Two -*Aim, Tasks, Methodology and Organization of the Study.*

According to the paragraphs of II.1. to II.2. I already had an attitude. In paragraph II.3. the doctoral student presents in detail and successfully the details of the complex methodology used. From p.61 to p. 67 the tests used in the study are presented in detail. In paragraph II.4. the organization of the study is described.

In summary, with regard to the second chapter of the DT, I believe that the complex methodology and the diagnostic procedures provided are reliable enough to control and evaluate the socio-psychological and physiological factors that influence the training of students in Snow Sports courses.

5.4. Review analysis of Chapter Three

In paragraph III.1. the stages during which the training course is presented are presented. Three stages are successfully identified - adaptive, basic and final and their characteristics.

In paragraph III.2. Milena Zdravcheva analyzes the socio-psychological study for discovering the opinion and attitude of students to the Snow Sports course. The

paragraph concludes with correctly and logically deduced intermediate conclusions about the study.

III.3. The information from anxiety level tests is presented and analyzed. The two subparagraphs address respectively the indicators of situational anxiety and stress and the factors affecting the student learning process. With the help of variational analysis, logical conclusions are drawn. There is a tendency for a decrease in situational anxiety during the course and adaptation to stress factors. Overall, the course has a positive impact and at the same time its educational character is adequately perceived.

III.4. This paragraph traces the dynamics of the morpho-functional indicators of the status and development of students - the second part of the set goal. The paragraph is very well illustrated with figures and tables analyzed in detail. The morphological and functional changes are examined. The paragraph concludes with logical step-by-step subordinate analysis.

In my opinion, a factor analysis could be made in this chapter to identify which of the indicators examined have the highest weight.

6. The conclusions and recommendations in Chapter Four

The final section of the DT covers 9 main conclusions and 3 recommendations. The conclusions directly correspond to the analysis of the results and represent their logical conclusion. The recommendations are clearly and precisely formulated and derive from DT.

Author's abstract, scientific contributions and publication activity of the doctoral student Milena Nikolova Zdravcheva.

In structural and substantive terms, the abstract complies with the requirements of the ZRASRB and the Rules for its implementation. It sufficiently reflects the structure, content and results contained in the subject of the State Social and Psychological and Physiological Factors in the Training of Students in Snow Sports Courses.

The scientific contributions noted in the abstract are presented with the necessary correctness. It can be determined that they are real and enrich the theory of sport, and also have immediate practical and applied value for optimizing and upgrading the educational process with students from NSA in Snow Sports courses.

The abstract contains a list of 3 PhD publications for the period 2017 and 2019: one self-published and two co-authored.

CONCLUSION

The final version of the dissertation presented for review, after the internal discussion, reveals the serious efforts of the doctoral student Milena Zdravcheva Nikolova for improving its quality. The adjustments take into account almost all of my key notes and recommendations.

Of course, some critical remarks and recommendations remain in this review, but they do not in any way undermine the results achieved.

Based on all the strengths and weaknesses of the doctoral student's research noted in the review, I believe that the development met the required scientometric criteria. In this regard, I propose that the distinguished Scientific Jury support my proposal and that the candidate Milena Zdravcheva Nikolova be awarded the Doctorate degree.

25.11.2019.

Reviewer:

Sofia