

OPINION

on dissertation work for the acquisition of educational and scientific degree "doctor" in professional field 7.6. Sport (Theory and methodology of sports science)

Doctoral student: Milena Nikolova Zdravcheva

Topic of dissertation: "Social-psychological and physiological factors in training students in" snow sports" courses

Author of the opinion: Assoc. Prof. Pavel Yordanov, Ph.D.

A lot of courage is required to develop a thesis related to camp training. Obviously, Milena Zdravcheva and the scientific and supervisor Assoc. Prof. Krustyo Zgurovski, Ph.D. The problems and difficulties that need to be overcome in the learning process of Snow Sports courses require that rational ways of improving the learning process be constantly sought. One such attempt to find appropriate scientific solutions is contained in the proposed scientific development.

The presented doctoral dissertation is a completed scientific work in the field of training of students in the courses in "Snow sports". The research topic examines socio-psychological and physiological factors in order to optimize or confirm the effectiveness of the curriculum. With the researches, analyzes, as well as the conclusions and recommendations made, the dissertation enriches the theory and practice in training in camp.

The dissertation consists of 120 pages and is outlined with 18 tables, 46 figures and a 4 page application. The author has used 80 copyright titles, 19 of them in Latin and 9 online sources.

The doctoral thesis was developed in accordance with the required rules of the Ministry of Education, Youth and Science and contains the

main components for a scientific research - introduction, three chapters, conclusions, recommendations and used literature. The abstract corresponds to the doctoral thesis presented and accurately reflects its content. It lists the contributions and publications of the author.

Introduction. Through it, the doctoral student introduces into the problems related to the training in the courses in "Snow sports".

Chapter One - A Literary Review of the Problem. It was developed in 3 parts and ends with a working hypothesis. This chapter reveals a variety of factors that are related to the learning process of the Snow Sports course.

Chapter Two - Purpose, Tasks, Methodology and Organization of the Study. They respond to the topic developed.

Chapter Three - Analysis of the results obtained. This chapter reflects the author's good research skills. In it, the results of a sociological survey are competently interpreted and the opinion of the students on the course in Snow Sports is presented objectively. The situational anxiety of the participants in the training course is also successfully analyzed, the stress factors influencing the learning process of students in the Snow Sports course are clarified, the dynamics of the morpho-functional indicators for the status and development of the students participating in the training course are monitored. Based on this, the summaries and conclusions allow us to formulate the right ways to optimize the educational process with the students of NSA "Vasil Levski" in the course "Snow sports".

Conclusions, recommendations and contributions to the practice. The conclusions and recommendations come from the doctoral student's research work. Overall, they are well formulated and highlight the most important summaries that can be made. At the end of the dissertation, the

contributions of the doctoral thesis are indicated, to which I have no objection.

In addition to the positives mentioned, some remarks can be made about the work presented:

- I place the information sources examined first. I believe that publications on the issue of authors such as: Cr. Krastev, Il. Iliev, V. Bachev, M. Malchev, etc .;

- analysis of results in tracking the dynamics of morpho-functional indicators may be more in-depth;

Questions to the doctoral student:

1. How is the subject's pulse rate (HR) measured and why is it not described in Chapter Two?

Conclusion:

Based on the above and especially on the presented scientific and methodological contributions of the dissertation, I propose that the honorable members of the Scientific Jury award Milena Nikolova Zdravcheva a Doctorate degree in professional direction 7.6.Sport (Theory and methodology of sports science).

11/20/2019

SOFIA

Signature:

/ Assoc. P. Yordanov, Doctor /