

OPINION

of the dissertation for the acquisition of educational and scientific degree „Doctor“ in professional management 7.6.Sport, Doctoral Program "Theory and Methodology of Sports Science" at the National Academy of Sciences "V.Levski", Sofia

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

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The work submitted for the evaluation and the formation of the scientific opinion shall be a volume of one hundred and twenty pages. Of these, 59 are in Chapter One "Literary Review of the Problem". It covers the problems of the general characteristics and role of skiing, its traditions at home and abroad, some issues of skills and safety in winter conditions in the mountains; environmental education and identification of the most important factors (social, psychological and morpho-functional) that influence the effectiveness of training.

The topic has a high scientific value of relevance and practical relevance, is properly formulated and covers the problem being addressed.

The thesis hypothesis of the doctoral student, presented at the end of the first chapter, is aimed at tracking the dynamics of socio-psychological and physiological factors, their analysis and interpretation, which give a stable basis for optimization, improvement and practical use of the curricula in the course "Snow sports" .

The volume of **the first chapter** is extremely large. On the other hand, the enrichment of the first chapter with additional knowledge makes it possible to understand the nature of the process under study and its objective evaluation.

Fifty authors in Cyrillic and twenty in Latin, as well as nine of the WEB pages, have been used and cited in the literature review.

Information on the environmental education of students and the problems of primary education is widely and skillfully presented. Data on the availability of training methods and schools are presented, four types are identified which form the so-called. muscle, nutritional, brain and respiratory morphological type of people.

In the presented WORKING HYPOTHESIS, the doctoral student correctly seeks a link between the winter sports training system with the students from NSA and the formation of positive qualities in them.

Chapter Two, correctly examines the tasks, methods and organization of the study.

Chapter Three, majoring in doctoral work, deals with issues related to determining the stages of educational activity with students, a questionnaire survey of students' views on the quality and benefits of training courses in winter sports, and an analysis of the results of tests conducted.

The three stages of the educational impact are classified as: ADAPTIVE, MAIN AND FINAL.

Student opinion surveys of pre-service attitudes toward the course are properly selected and have high confidence.

The results of the tests conducted to determine the level of "anxiety" among the students were processed using the variation analysis.

My opinion is that the doctoral student has come up with a clear conception of the research, chronologically traces a number of social-psychological and physiological factors and correctly selected the contingent of the examined persons.

The doctoral student M. Zdravcheva made nine conclusions on the basis of her research. They meet the stated purpose and tasks in Chapter Two and give a clear idea of the quality of the training courses conducted at the NSA.

The three recommendations provide guidance for future research.

The whole work is illustrated with 46 figures and 18 tables, which completely shape and illustrate the research and theoretical approach in the presentation of the doctorate.

Conclusion

The presented doctoral thesis by Milena Nikolova Zdravcheva shows that she copes with the requirements for writing material of similar

scientific value, manages the volume of scientific publications, interprets them correctly and uses them to clarify or prove her views and the concept of doctoral work.

Doctoral work is a fully-fledged scientific and stylistic work, self-developed work with high positive qualities, applicable in practice and meeting all requirements for works of a similar nature.

All this gives me a reason to evaluate at a high level the development, the methods used, the processing of the results and the final conclusions, and to recommend the Honorable Scientific Committee to confer with the title "Doctor" in professional management 7.6 Sport, Milena Nikolova Zdravcheva.

Opinion delivered by:.....
Prof. D.A.Dimitrov, Doctor of Science

Sofia, 18.11.2019y.