

## **OPINION**

REF: ASSISTANT **YAVOR GEORGIEV ASPARUHOV'S** DOCTOR'S THESES

ON THE THEME: **"DEVELOPMENT OF THE SPEED-STRENGTH ABILITIES OF  
YOUNG MALE BASKETBALL PLAYERS"**

FOR CONFERRING "PHD" EDUCATIONAL AND SCIENTIFIC DEGREE

DEPARTMENT: "BASKETBALL, VOLLEYBALL, HANDBALL", PEDAGOGY" FACULTY

AT "VASIL LEVSKI" NATIONAL ACADEMY OF SPORT

**HIGHER EDUCATION FIELD:** 7. HEALTHCARE AND SPORT

**PROFESSIONAL DIRECTION:** 7.6. SPORT

**PHD PROGRAM:** THEORY AND METHODOLOGY OF SPORT SCIENCE

**SCIENTIFIC SUPERVISOR:** ASS PROF MARIANA BORUKOVA, PhD

**OPINION MADE BY:** ASS PROF LARISA KASABOVA, PhD – UNSS

I take part in the Scientific Jury according to **Orders №№ 3П  
330/01.04.2021 г. and 3П 398/20.04.2021г.** of "V. Levski" NSA Rector

### **PhD student data:**

### **Higher education:**

Yavor Asparuhov graduates from Master's degree at "N. Rilski" South-West University – Blagoevgrad by "Pedagogy of the physical education teaching" specialty during the period 2011-2012. Prior to that he graduates from Bachelor degree at "V.Levski" NSA Coaching faculty by "Basketball coach and physical education teacher" specialty. In 1992 graduates from "N.Y.Vaptsarov" Vocational school for social feeding in the town of Kyustendil.

### **Pedagogical and other professional experience:**

PhD student's length of service starts as professional basketball player in 1998. The latter is a physical education teacher at "Dr Petar Beron" Language school - Kyustendil and "Beleks" Private school – Sofia during the period 2002/2004. He works as coach and assistant coach at "Velbazhd" Basketball club – Kyustendil, BUBA, Lukoil, "Levski" Professional Basketball Club, "Beroe" Basketball Club – Stara Zagora from 2004 till 2018. Works predominantly with men basketball players.

He was assistant coach of the junior national team up to 18 years and the young men basketball players up to 20 years (2009/2013); men (2016/2019). He was a lecturer to a BBF seminar in basketball.

Having won a competition in 2018, he is appointed an assistant at “V.Levski” NSA “Basketball, volleyball, handball” department where he is still working.

Possesses excellent social skills; skills to work in a team and multicultural environment – long years of work in a team as coach.

He is skilled at MS Word; Excel; PPT; Pinnacle Studio 12.

His scientific interests are related to the high sports performance; game effectiveness in basketball; management and control of the teaching-training process for coming up basketball players.

Good knowledge in English.

### **Doctoral study data**

Yavor Asparuhov is a PhD student on self-dependent preparation at “V.Levski” NSA “Basketball, volleyball, handball” department. He has performed all activities of his individual plan. No procedure or administrative infringements have been noticed during the time of his education. He has presented a list and photo copies of 3 scientific publications related to the theme of the doctor’s theses according to the requirements. The abstract bears real information about the doctor’s theses essence.

### **Doctor’s theses data**

PhD student’s choice of scientific research is not occasional – Yavor Asparuhov is well known basketball coach with long years of experience while since 2018 he is a lecturer at „V. Levski” NSA (Sofia). His skills to teach and effects training process in basketball have been many times presented awards.

In view of increasing the effectiveness of the speed-strength abilities of the young men basketball players, an opinion is more and more imposed in between the experts that it is necessary to effect essential changes in the training process as the latter should be subjected to and considered with the principles of periodization. Many of the training programs for coming up players are planed incorrectly or exercises for developing the strength abilities are not included at all. Because of that the training for the physical qualities of the young players is necessary to be effected according to specifically developed methodologies towards purposeful development of concrete physical abilities. In that aspect I

accept that the theme selected for the doctor's theses is problematic and up to date. Yavor Asparuhov's doctor's theses is of scientific and scientific-applied value.

The doctor's theses presented for review is developed in 200 standard computer pages while 162 of them are subject to the review. The paper is structured according to the requirements of similar type of scientific works. Written in good language and style. Well illustrated by 25 tables, 40 figures and 5 annexes and list of literature. The analysis of the results is on high professional level.

In **chapter one** the PhD student is making deep, multi spectrum analysis of the development and contemporary appearance of basketball for coming up basketball players on the bases of literature sources studied. Scientific style of exposure is applied, proving the skill of the candidate for analytic work and mastering the specific terminology. Characteristics is made of the motive activity in basketball. Clarified are the particularities of the periodization for the young players. Special attention is given to the essence, characteristics and methods for development of the speed-strength abilities of 15-16-year-old basketball players. Accent is put on the relation between the speed-strength abilities and the technical-tactical skills and habits in the preparation of the young basketball players. In that chapter, in order to achieve the necessary completeness, the PhD student generalizes the scientific problem and formulates logically the working hypothesis, based on the expected: purposeful development of the speed-strength abilities of young 15-16-year-old male basketball players will increase the effectiveness of the execution of the technic-tactical actions and their realization within competitive conditions”.

**Chapter two** of the doctor's theses – Purpose, tasks and methodology of the study is of classical structure. It is divided into four sub-chapters – the first one presents clearly formulated purpose and six tasks correctly selected and answering the purpose. The second one presents the methodology of the scientific research. Correctly are defined: the subject, object and contingent of the study, as well as the indicators on which the signs of the physical development, physical and technical-tactical preparedness are studied. The test battery is based on 20 tests: 4 for evaluation of the physical development, 6 for establishing the physical preparedness and 10 indicators for establishing the technical-tactical preparedness. The methods used are well selected, the tests are described correctly, which is a prerequisite for holding exhaustive study of the scientific problem set forth.

The following mathematic-statistic methods are applied for processing the results of the study: frequency analysis; variation analysis; comparative t-criterion of Student; Cohen d coefficient; correlation analysis; factor analysis; index method.

The **third basic chapter** consists of four sub-chapters while each one of them is related to the solution of the respective task of the study. The following positive moments can be noticed, having contribution nature.

1. Periodization system is established for one-year training program of 15-16-old young basketball players with proposed specific methodology for purposeful development of the speed-strength abilities.
2. Taken to the front is the factor importance of the physical development and specific preparedness of 15-16-year-old players at the beginning and the end of the year cycle.
3. Established is the influence of the concrete factor and its contents which gives a name to the factor, characteristic for 15-16-year old players.
4. Developed is a periodization model of dual two-cycle preparation of 15-16-year-old basketball players as well as an exemplary model of a micro cycle during competitive period with a match on Saturday and a combination of the days for priority development of strength “Monday-Thursday”.

The contributions of the doctor’s theses are formulated correctly and are both of scientific and scientific-applied importance and contribute for enriching the knowledge in the field of the theory and methodology of the basketball training.

**Chapter four** takes to the front 7 conclusions and 3 recommendations are formulated for the practice. They are based on the solution of the research tasks and derive from the analysis, providing an answer to the formulated scientific hypothesis.

Quotations and references to authors, publications and sources in the doctor’s theses is according to the established standards.

I have no critical remarks.

### **Conclusion:**

In conclusion, I am going to point out that the reviewed scientific paper is of high scientific-applied value and answers the requirements of the Development of

the academic staff Law of Republic of Bulgaria and „V. Levski” NSA Rules for awarding the „PhD” educational and scientific degree.

On the bases of all said above, *I am fully convinced to consider that there exist sufficient scientific arguments to give my positive evaluation* to the “DEVELOPMENT OF THE SPEED-STRENGTH ABILITIES OF YOUNG MALE BASKETBALL PLAYERS” doctor’s theses. I propose to the esteemed members of the scientific jury to confer the “PhD” educational and scientific degree to Assistant Yavor Georgiev Asparuhov in the **Higher education field: 7. Healthcare and sport, Professional direction: 7. 6. Sport.**

April 26, 2021

Opinion made by:

Sofia

/ass prof Larisa Kasabova, PhD/