

# STANDPOINT

By

**Professor Tsanko Angelov Tsankov, PhD**

**Regarding:** doctoral thesis for acquiring the educational and scientific degree “Doctor” at professional strand 7.6. “Sport”, Doctoral programme “Theory and Methodology of Sports Studies”.

**Subject of the doctoral thesis:** “Development of the speed-power capabilities among young basketball players”.

**Author:** Yavor Georgiev Asparuhov

**Grounds for writing this standpoint:** Order by the Rector of NSA “Vasil Levski” No. 3II-398 /20.04.2021, for appointing a Scientific Jury for conducting a procedure for public doctoral defense, in order to grant a scientific degree “Doctor” to Yavor Georgiev Asparuhov – a Doctoral Candidate at a stand-alone preparation study at the Department “Basketball, Volleyball, Handball”.

## **Information about the candidate.**

Yavor Asparuhov has graduated from NSA “Vasil Levski” in 1996 with two majors: “Basketball Coach” and “Teacher in Physical Education and Sports”. In 2012 he has graduated with a Master’s Degree from the South-Western University (SWU) “Neofit Rilski”, from the Master’s programme “Pedagogy of the physical education teaching”. He has been an active competing player at the teams of Basketball Club “Velbazhd” and the BC “NSA”. Yavor Asparuhov has worked as a teacher in physical education and sports, and as a coach at the basketball clubs BC “Velbazhd”, Professional BC “Lukoil Academic”, PBC “Levski” and BC “Beroe”, and also as an assistant coach at the National Basketball Teams – men under 20.y.o., and men. Since 2018 he has been an Assistant of basketball at the National Sports Academy “Vasil Levski”.

## **Information about the doctoral study.**

Yavor Asparuhov was assigned as a doctoral candidate at a stand-alone preparation form of study in March 2019, and in October 2020 there was a change in the subject of his doctoral thesis, as well as changed the scientific supervisor, after that he has fulfilled his individual curriculum. There have been no violations of the procedure.

## **Information about the dissertation and the abstract paper.**

The presented dissertation work together with the appendixes has a volume of 200 pages (of which 37 pages are the appendixes), 40 figures and 25 tables. The thesis is structured as

required for studies and papers of this sort. The list of source references used includes 181 titles, 22 of which in Latin letters / foreign languages, and 7 websites. The dissertation is well illustrated, with suitable and well-presented figures and tables.

The topic of Yavor Asparuhov's dissertation work is in line with the scientific research studies in the field of the Theory and the methodology of sports training in basketball. The abstract paper submitted, to a great extent reproduces the content and the results achieved in the study of the dissertation thesis.

### **Scientific contributions.**

The doctoral candidate has personally participated in conducting the above-mentioned studies and research, and has successfully analyzed and interpreted the achieved results.

Among his major scientific contributions, I can list the following:

- Created one-year training programme and methodology for development of the speed-power capabilities in 15-16 y.o. basketball players.
- Deducted the factor significance of the key performance indicators selected for the purposes of the study, the indicators for the physical development and preparedness of the studied group of 15-16 y.o. basketball players.
- Designed and created a model for periodization, and an example model of a micro-cycle of preparation training of the basketball players in the studied age-group.

### **Publications and participations in scientific forums.**

The doctoral candidate has presented 3 publications in co-authorship with his scientific supervisor. The publications are in line with the subject of the dissertation thesis.

### **Conclusion**

I consider, that the dissertation – the submitted doctoral thesis titled “Development of the speed-power capabilities among young basketball players” corresponds to and is fully aligned with the requirements of the Law on the Development of the Academic Staff of the Republic of Bulgaria, as well as with the Internal Regulations of the NSA “Vasil Levski” for granting scientific degrees and appointing at academic positions. Therefore, I grant the doctoral candidate with my positive assessment.

I recommend to the respected members of the scientific jury, to grant the candidate Yavor Georgiev Asparuhov with the scientific degree “Doctor” at the professional strand 7.6. “Sport”, Doctoral programme “Theory and Methodology of Sports Studies”.

05.05.2021

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