

REVIEW

of a dissertation thesis for the acquisition of an academic degree “Doctor” in the science major “Theory and Methodology of Sports Science”, occupational strand 7.6. „Sport”.

Doctoral Student: Elena Pirinova Durchova

Theme: Optimization of the Shooting Preparation for Biathlon Athletes at the age of 9-11.

Supervisor: Ass. Prof. Krustio Zgurovski, Doctor

Referee: Ass. Prof. Pavel Simeonov Yordanov, Doctor

Elena Pirinova Durchova was born on 25/07/1991. She graduated from the “Aleko Konstantinov” Secondary School of Agriculture and Tourism in Bansko with a professional qualification – Mountain guide. In 2014 she graduated from the South-Western University “Neofit Rilski” acquiring a Bachelor’s degree in “Pedagogics of Physical Education”. In 2016 she obtained a Master’s degree from the NSA “Vasil Levski”, Biathlon major. From 2010 to 2013 she was a professional biathlon athlete in “Ski Club Bansko” and in the Bulgarian national youth team. From 2015 to 2019 she was a biathlon trainer for “Ski Club Bansko”, and from 2019 to 2021 she has been a trainer of the “Bansko 2019” biathlon club. She speaks English and Russian well.

The dissertation thesis of Elena P. Durchova is a scientific – application work based on the experimental research of effective approaches for optimization of the shooting preparation for biathlon athletes at the age of 9-11.

The topical study, the surveys and experiments described, together with the analysis of the results, have been clearly and logically presented over the extend of

133 pages. The overall work has been illustrated with 43 figures and 8 tables. 100 information sources have been researched, of them – 84 in Cyrillic, 9 in Latin and 7 from the Internet.

Chapter one of the thesis consists of an exhaustive and accurate characteristics of modern day biathlon. Specific emphasis has been inserted to the shooting technics of biathlon and its elements. The factors impacting shooting have been revealed. A precise and detailed description of the age 9-11yo has been included as a prerequisite for shooting technic formation in biathlon. A large number of foreign and domestic specialists regarding the issue have been quoted.

Based on the sources review, a working hypothesis has been formed, which clearly represents the aim, tasks and methods of the research.

Chapter two includes aims, tasks, methods and organization of the study. We need to mention that the doctoral student has considered all notes made during the domestic defense. We highly appreciate the methodology of the research and specifically the methods, that have considered the age and sport specifics, being adequate to computer processing, namely: the cognitive training methods “luminosity games”, that have been developed particularly for improving attention qualities; Standard methods of Psychodiagnostics; Measuring of the shooting parameters of the “Skatt” simulator. The applied mathematics and statistics methods adequately reveal the need for their implementation.

The results analysis in chapter III has been systematically structured and convincingly proved through the abundant experimental material and the various methods referred to. Seven conclusions have been drawn and five practical recommendations suggested, corresponding to the assigned tasks.

I would refer to only a few of the more distinguishable achievements of the doctoral student which are applicable to the sport.

* A detailed analysis of the initial shooting preparation has been provided;

* More effective methods for shooting skills formation for the biathlon athletes aged 9-11 have been revealed;

* The hereby study has also proven the positive impact of the “Skatt” shooting simulator for the initial shooting preparation for children practicing biathlon;

* The cognitive training impact has been proven experimentally for the attention qualities development in the 9-11 yo biathlon athletes;

Conclusion: The submitted thesis is fully based on the personal experimental data of the author Elena Pirinova Durchova. They have been obtained through modern equipment and have been skillfully processed with suitable mathematic procedures and specialized software products. The doctoral student demonstrates a high level of competency in analyzing and a high level of computer qualification and ability to apply basic mathematical and statistical methods in the methodology and technology of the researching process.

Visualization is flawless and very clear! A considerable part of the research material of the thesis work has been displayed in 1 scientific publication of which the student is a sole author.

Considering the scientific application and value of the dissertation thesis, as well as the above contributions, I claim that it fully satisfies the necessary criteria for the awarding of a “doctor’s” degree. I vote “FOR” the awarding of a “doctor’s” degree to Elena Pirinova Durchova in the science major “Theory and Methodology of the Sports Science”, occupational strand 7.6. „Sport”.

10.02.2022 .

Sofia

Referee:

/Ass. Prof. Pavel Yordanov, Doctor/