

STATE (biathlon)

By Prof. Julia Mutafova-Zaberska

on the Dissertation

OPTIMIZATION OF THE ARROW TRAINING OF 9-12 YEARS OF BIATHLONS

for obtaining the educational and scientific degree "DOCTOR"

by Elena Pirinova Durchova

Scientific adviser - Assoc. Prof. Krastyo Zgurovski

In the days of the next Winter Olympics in China, the Dissertation - more than relevant - raises issues for research, the solution of which will contribute to the preparation of the new, growing shift of winners in the upcoming Olympics! The PhD candidate, with high professional competence, presents the theoretical and experimental achievements of a wide range of specialists, reflected in the specifically analyzed publications of various authors (84 - in Cyrillic, 16 - Latin, including Internet sites). With her rich experience as a competitor and sports pedagogue-coach, in the training of 9-11-year-old biathletes, the author critically considers the current state of sports practice and justifies the relevance of the attempt to optimize shooting training for biathletes in view of the development of potential champions.

The cognitive and practical competence of Elena Durchova, inextricably linked and interpenetrating, should be emphasized. The author presents a broad and comprehensive work, containing an assessment of pedagogical work in biathlon as a "great science"; the main stages are developed - planning, organization, management and provision of specific research activities in biathlon.

An essential factor for the successful completion of the work is the process of preliminary analysis of possible variants of "problem situations" predicted by the author in cooperation with the Supervisor - a starting point not only for organizing but also for conducting research. Experience inseparable from the newly acquired knowledge has a certain scientific and specific sports value. In this sense, the priority evaluation of the obtained results as NIR is the successfully formed in the research process forming experiment.

The Doctoral work solves a number of fundamental cognitive and applied-significant problems of a certain **epistemological value**:

1. **A new scientific problem** has been formulated and scientifically substantiated, supplemented with new theoretical knowledge, improving sports practice. The existing knowledge on the problem is presented by logical, sports-psychological and critical analysis - some contradictions are pointed out, as well as the lack of concrete experience, determining the undertaken organization and conduct of the research.

2. Relying on high **citation activity**, the author achieves a new, higher degree of **novelty of empirical knowledge**, having - for now - high local and national scale, with the prospect of future broader, global / international assessment of the importance of knowledge.
3. 3. There is a correlation between **the theoretical review** of the problem, adequate formulation of **the working hypothesis, purpose, tasks, analysis** of the results, presented in detail, in accordance with the presented by the author existing knowledge on the problem.
4. A solid methodological basis of the research process is presented - the applied **complex methodology** (survey, observation in the natural conditions of activity, classical tests, organization of the natural ascertaining and forming laboratory experiment, plus statistical data processing) offers solid information: reliable facts and evidence trends, with effective solutions to practice. The newly acquired information corresponds to the expected results, some of which are not yet described in the literature - the supplemented new RELIABLE, verified statistical information is meaningful and properly documented with 51 illustrations (43 figures and 8 tables).
5. The summarized **Conclusions and Recommendations** reveal the growing importance of the researched problem. **The abstract** reflects the structure and content of the Dissertation. Two publications are presented, containing ideal parts of the work. The main theoretical and practical contributions of labor are indicated.
6. **The topicality of the research task**, as well as the contributions achieved with its solution in view of the need for scientific communication - the exchange of information - I propose that the work be published for a wider range of specialists.

Conclusion: The discussed Dissertation of Elena Durchova meets the requirements of the Regulations for obtaining a scientific degree in NSA "Vasil Levski". Theoretical and empirical results with a contribution to the theory and practice of the sport of biathlon in the education of children are presented. The PhD Candidate Elena Durchova shows in-depth practical and applied knowledge and skills for conducting independent research in the immediate educational and training activities with those involved.

I propose to the esteemed members of the Scientific Jury to award Elena Durchova the educational and scientific degree "DOCTOR".

Presented the Opinion:

Prof. Julia Mutafova-Zaberska