

Review

by prof. Dimitar Petrov Mihailov, Ph.D.

of the dissertation on topic:

„Management of the Training Process of Elite Volleyball Players during the Preparatory Period”

Presented for discussion for acquiring the educational and scientific degree

“Ph.D.” in professional field 7.6. SPORT

Ph.D. student: Georgi Ivanov Petrov

Scientific advisor: ass. prof. Vera Ilieva Antonova-Vurbanova, Ph.D.

Georgi Petrov’s dissertation is wide-range research of the training activities in volleyball. Increasing the efficiency of the educational-training work through much more perfected methods is the key to achieving success in modern sport. The surveys on the processes of conditioning and adaptation in volleyball with methods based on quantitative and quality changes which appeared after their implementation will help the process of perfection of the efficiency of elite volleyball players during the preparatory period.

The scientific work encompasses the results from purposeful scientifically practical surveys of Georgi Petrov. The dissertation combines his knowledge as both a competitor and a coach.

In this relation, I think the topic is entirely scientific from both practical and theoretical point of view.

The dissertation consists of 182 pages which include the following chapters:

- Theoretical analysis
- Aim, tasks, methods, and organization of the research
- Analysis of the results
- Conclusions and recommendations

Besides these major chapters, the structure of the dissertation includes an introduction, reference list and appendices which comprise 25 pages.

There are 11 tables and 43 figures in the dissertation which add to the text and help its better visualization.

The reference list includes 147 scientific manuscripts, publications, textbooks, and guidebooks.

The first major chapter “Theoretical analysis” comprises 75 pages and includes 6 sub-chapters:

- Functional preparation – endurance and recovery
- Characteristic of coach’s activity
- Speed-strength preparation
- Technical-tactical preparation
- Management of the preparation during the preparatory period
- Work hypothesis

The summarized conclusion we can make is that the chapter was written accurately and with competence. The Ph.D. student’s view on the researched issue is clearly seen. Sub-chapter I.5. “Management of the preparation during the preparatory period” is the most valuable. I believe the sub-chapter “Characteristic of coach’s activity” should not have been included here because it is not related to the topic of the dissertation.

The work hypothesis, presented at the end of the chapter, is clearly grounded on the basis of the theoretical analysis made.

The chapter “Aim, tasks, methods, and organization of the research” was developed in two sub-chapters:

1. Aim and tasks of the research
2. Methods and organization of the research

The aim of the research is well formulated. The approaches to its solving are reasoned with 7 tasks – also well formulated. The place of task №3 could be a subject of discussion but the positive thing about is that the whole training program is presented in appendix 2.

The object and subject of research are described in this sub-chapter. The participants in the research – 50 volleyball players and the teams they compete for are well presented.

The second sub-chapter is named “Methods and organization of the research” and is quite exhaustive. We can see the rich research program the Ph.D. student used. He described the 24 indicators and the tests which were carried out. The pedagogical experiment is described in detail. At some points, this description turns into a theoretical analysis. The student described the used math-statistical methods which are:

- Variation analysis
- Correlation analysis
- Student’s comparative t-criterion
- Factor analysis
- Frequency analysis

As a whole, I give a high mark to this chapter.

The main chapter “Analysis of the result” includes 5 sub-chapters and comprises 71 pages.

The results from the questionnaire, which was used, were accurately analyzed.

The subsequent chapters where the variance of the groups of indicators were analyzed, prior and after the influence of the training program, were made on a high scientific level. The sub-chapter “Analysis of the degree of dependence between the researched parameters” and the factor analysis are of high value. The obtained dependencies can be used for perfecting the training process. I recommend that the Ph.D. student use the accepted level of significance $P \geq 99\%$ in his future similar studies directly related to the training process. I also think that the names given to the different factors could have been more precise.

In the fourth sub-chapter, the student made a scientific practical analysis of the sports-pedagogical experiment he carried out. The sub-chapter includes 3 parts. I think the obtained and analyzed results can be considered as a scientific theoretical and practical contribution.

The dissertation finishes with 8 conclusions and 4 recommendations.

In the 8 conclusions the most important analyses and results were summarized and systematized. The recommendations Georgi Petrov made are correct and with practical application.

At the end of my analysis of the dissertation, I consider that on the basis of the used good statistical methods and the well-made analyses and interpretation of the data, the dissertation is scientifically reliable and practically applicable.

No forms of plagiarisms have been found in the dissertation.

I agree with the Ph.D. student's outlined practical implementations of his dissertation.

CONCLUSION: Having in mind the above-mentioned, I think positively of Georgi Petrov's dissertation, and I suggest that the members of the Scientific Jury grant Georgi Ivanov Petrov with the educational and scientific degree "Ph.D." in professional field 7.6. SPORT.

Reviewer:

/prof. D. Mihailov, Ph.D./