

OPINION

on dissertation of

Kaloyan Kamenov Chernev

on topic:

„A study of physical fitness in high school students secondary education“

For obtaining the educational and scientific degree "Doctor" in the doctoral programme Physical Education in the Educational System, Professional field 1.3. Pedagogy of Education, Field of higher education 1. Pedagogical Sciences

From Assoc. prof Daniela Tomova, PhD

Member of the Scientific Jury, according to the **Order No. 701/22.06.2022** of the Rector of the NSA "Vasil Levski" in connection with Art. 1, para. 2 and para. 3 of the Regulation for the Acquisition of the Doctoral Degree at the National Academy of Sciences "Vasil Levski" and in accordance with the decision of the Faculty Council of the Faculty of Pedagogy on Protocol № 4 of 16.06.2022

Educational and upbringing components characterize physical education as a pedagogical process. Achievement of special sports education by students is associated with the formation of sport-technical and tactical skills and knowledge of individual sports. Education of students' motor abilities is the subject of purposeful influence for their development in the process of education. The creation of conditions for the proper morphological and functional development of students is the main task of physical education and sport. At the upper secondary stage of education, students' interest in sporting activities decreases.

Physical ability is in direct correlation with the realized physical activity of adolescents. For many pupils, physical education and sport lessons at school are the only opportunity to achieve this.

Purposeful work for the development of motor qualities is the subject of study of sports educators. Tracking and analyzing the dynamics of the development of motor qualities of students in the high school stage determines the relevance of the chosen topic of the dissertation work.

The dissertation presents a well-conceived and thoroughly implemented, comprehensive study of the topic under development in terms of content, structure, theory and experimentation.

The presented scientific work is 236 pages in length, structured in an introduction, three chapters, a conclusion and a bibliography that includes 185 sources, of which 95 in Cyrillic, 90 in Latin and Internet sources, as well as 8 pages of appendices. The exposition of the experimental study and the data analysed are illustrated with 45 tables and 47 figures. The dissertation fully meets the requirements for such a compilation.

The theoretical part of Chapter One presents the characteristics of physical ability in historical aspect, the methods of measurement and evaluation. It is noteworthy the well-developed paragraphs in which the specificity of manifestation of physical ability of 14-18 year old students and the sensory periods of development of motor qualities for this age period are presented - 1.1.3. and the peculiarities of manifestation of motor qualities in students of the high school stage in 1.3.2. The scientifically coherent style of the presentation is impressive.

The second chapter presents the methodology and organisation of the study. A prerequisite for the realization of the research vision is a well-formed methodological framework of the research, which includes the object, subject, purpose, hypothesis, objectives and methods of the research. The realized research meets the requirements for conducting research. The PhD student demonstrates competence in the use of research methods. The contingent of the research were 214 students from Sofia. The selected test battery of 19 motor tests to establish the level of physical ability of the students is appropriate and innovative.

In the third chapter "Analysis of the obtained results", structured in three subchapters, Kaloyan Chernev correctly analyzes the empirical data. A laborious scientific research has been carried out. The results obtained and their analysis confirm the well-structured and selected instrumentation to achieve the aim and objectives. The interpretation of the data corresponds with the results obtained. Their analysis is the basis for the development of a methodology for developing motor qualities of high school students.

The contributory moments can be defined as follows:

1. The physical ability of secondary school students was diagnosed by 19 motor tests and compared with three previous studies in three decades of the 20th century
2. Periods of intensive development have been identified for the individual motor qualities in the first and second high school stages, which are a prerequisite for effective targeted work for their development.
3. The generalizations and conclusions made in relation to the planning of work for the development of motor skills in the lesson are methodologically-applied.

4. Multiple age-gender specificities in the manifestation of individual motor abilities are revealed, which are in direct relation to the practice of physical education and sport.
5. Recommendations and admonitions for the work of the teacher of physical education and sport in the high school stage of primary education are presented. 14-18 years old.

The dissertation is a very well structured study. The formulated conclusions support the statement, the drawn recommendations reflect the research work done by the PhD student.

The author has presented the results of the research in two independent and two co-authored papers in refereed journals.

The abstract fully reflects the content of the dissertation.

Conclusion

The submitted dissertation entitled " **A study of physical ability in high school students secondary education** " is in accordance with the requirements for the degree of Doctor of Education and Science. It possesses indisputable merits in content, structural, theoretical and experimental aspects. In the development of his doctoral dissertation, Kaloyan Chernev demonstrates the competence and skills to analyze theoretical approaches and empirical data on the basis of which to draw appropriate conclusions and inferences. The obtained results have significance both in terms of theory and sport-pedagogical practice.

From the foregoing, the above merits and contributions give me the reason to vote positively and to recommend to the esteemed members of the scientific jury to award the degree of Doctor of Education and Science to **Kaloyan Kamenov Chernev**, PhD student at the Department of Theory of Physical Education at the Faculty of Pedagogy in Professional Field 1.3. Pedagogy of Education in,

06.08.2022

Opinion by:

Assoc. Prof. Daniela Tomova, PhD