

R E V I E W

of a dissertation work for the acquisition of an educational and scientific degree "Doctor" on the topic: "Research on the physical ability of students from the high school stage of the secondary education level", doctoral program "Physical education in the educational system" in the professional direction: 1.3. Pedagogy of training in ...

Author of the dissertation: Kaloyan Kamenov Chernev

Scientific supervisor: Assoc. Prof. Vladimir Chernev, PhD

Reviewer: Assoc. Prof. Lyubomir Spasenov Borisov, PhD

Data about the doctoral student

Kaloyan Kamenov Chernev was born on 06.08.1991 in the city of Lom. He completed his secondary education in the period 2005 - 2010 at Vasil Levski Financial and Business High School, Montana. From 2010 to 2014, he studied at the Educational Qualification Bachelor's degree, specialty: physical education with a professional qualification - Teacher of physical education and sports. From 2012 to 2014, he studied in an additional educational qualification bachelor's degree, specialty: sport with professional qualification - football coach. From 2015 to 2016, he graduated with a master's degree in education, majoring in: Sports for high achievements - field hockey.

His professional path began while he was still studying at the "Bachelor" OCSC, and from 2014 to 2016 he was the administrative secretary of the Bulgarian Field Hockey Federation, and from 2015 to 2016 he was a part-time teacher of field hockey. After graduating in 2015, he started working as a teacher of physical education and sports at 157 High School with foreign language studies "Sesar Vayejo", Sofia, where he works to this day. Since 2020, he has been a conditioning coach at BC "Levski". His professional development logically continues with the development of the current dissertation work.

In 2017, Kaloyan Chernev was enrolled as a full-time doctoral student at the "Physical Education Theory" department. For the duration of his doctoral studies, Kaloyan Chernev completed the planned activities according to his individual study plan and successfully passed the exams included in it. He successfully defended his dissertation work during the internal discussion before the team of the department. During the duration of the doctoral studies, no procedural violations or omissions were detected.

Dissertation and abstract data

Physical education and sports, as a compulsory academic discipline, is an integral part of the overall educational system and ensures the intellectual and physical development of students. Its primary task is to increase the physical capacity of children, as the main indicator of the health and working capacity of the body, without which performance in one or another activity is practically unthinkable. The changes that have occurred in socio-economic life in recent years have an impact on the level of physical capacity. Modern technology is becoming more and more important in our daily lives, which in turn leads to a decrease in the motor activity of the nation as a whole. From everything said so far, it follows that the developments related to the study of the physical ability of students are still relevant and significant, despite the numerous studies on this problem.

The present dissertation is a natural result of the long-term work of Kaloyan Chernev, as a teacher of physical education and sports in the high school stage of the basic educational level, whose interests and knowledge in the relevant field are indisputable. In this regard, the presented dissertation work has a corresponding applied value.

The doctoral dissertation authored by Kaloyan Chernev is fully in line with the scientific requirements in the field of theory and methodology of physical education and sports. The presented dissertation has a total volume of 235 pages and contains an introduction, an exposition in three chapters, conclusions and recommendations, used literature and separate appendices. The list of used literary sources includes 185 titles, of which 95 scientific works in Cyrillic and 90 in Latin. The dissertation is illustrated with 47 figures and 45 tables.

I should note that the PhD student corrected most of the comments I made on his paper during the internal discussion process.

The first chapter "State of the problem according to literary sources" is directed in the following main directions:

1. Nature and structure of physical capacity;
2. Methods for measuring and evaluating physical performance;
3. Specificity in the manifestation of physical capacity in students of upper school age;
4. Physical education and sports, assessment and evaluation of the subject;
5. Morpho-functional and psychological features in the growth and development of high school students;
6. Peculiarities in the manifestation of motor qualities in high school students.

In this chapter of the dissertation, on the basis of a large number of modern Bulgarian and foreign literary sources, the essence and structure of the concept of physical capacity is thoroughly and thoroughly clarified. Research and existing test batteries for the assessment of physical performance are reviewed. The particularities in the growth and development of the students of the considered age period are considered sequentially. Here, the doctoral student demonstrates skills in analyzing specific information and expresses his opinion, which is an indicator of in-depth knowledge of the research problem.

Based on the analysis of the publications on the researched problem, a well-founded working hypothesis is formulated at the end of the first chapter.

Chapter two "Aim, tasks, organization and methods of the research" is a volume of 19 pages and has a classical structure. The purpose of the dissertation work is clearly formulated, and the five tasks set direct the research work in a direction that corresponds correctly to the topic of the dissertation. The object and subject of the research are correct and successfully formulated. The research contingent was composed of a total of 214 students in the age range of 14-18 years from two metropolitan schools - 157 GICHE "Cesar Vaejo" and 164 GPIE "Miguel Cervantes".

To achieve the set goal and solve the tasks, a sufficient number of research methods were used, such as: research, analysis and summary based on literary sources, pedagogical observation, sports-pedagogical testing. The test battery includes a total of 19 tests, which are divided into two groups - anthropometric tests and tests for the assessment of motor abilities.

The following highly informative mathematical and statistical methods were used for data processing: variation analysis, comparative analysis, correlation analysis and dispersion analysis. When describing the mathematical and statistical methods used, a factor analysis was noted, which, however, was not present in the third chapter "Analysis of the obtained results". In such a case, the text describing the factor analysis should be removed. Four stages are distinguished in the organization of the research, in each of which specific activities from the dissertation work are implemented.

In the third chapter "Analysis of the obtained results" the research material is analyzed in three sub-chapters. Its results are precisely processed and very well illustrated. A tremendous amount of work has been done in the interpretation of the data, which is correct and very detailed. A good impression is made by the author's specific way of analyzing and interpreting the data obtained.

The conclusions and recommendations made are in accordance with the results of the study. They are well formulated, specific and give a finished look to the dissertation work.

The dissertation is written in good language and style and the following main points of contribution stand out in it:

1. Measurements of individual motor qualities were carried out using 19 tests in high school students of the secondary level of education, which were compared with those measured in three consecutive decades at the end of the last century;
2. Summaries have been made in connection with the planning of the work for the development of motor skills in homework;

3. Recommendations and summaries for the work of the physical education teacher at the age of 14-18 years are presented;

4. Many age-sex characteristics have been revealed in the manifestation of individual motor qualities, which have a direct relation to the practice of physical education.

My question to the PhD student is the following: One of the recommendations in the dissertation is to emphasize work on developing upper extremity explosive power in both high school stages. List specific example exercises from different sports with the help of which the explosive power of the upper limbs can be developed at this age?

On the topic of the dissertation, the doctoral student presents 2 independent publications and 2 publications in co-authorship, which are in accordance with the minimum required points for acquiring scientific degrees at the National Academy of Sciences "Vasil Levski".

The abstract is prepared according to the requirements and reflects the main and most important moments of the dissertation work.

Conclusion:

The presented doctoral thesis of Kaloyan Chernev is the result of serious research activity. In terms of its scope and degree of analysis of the obtained results, it has all the necessary elements of a completed independent doctoral thesis. I believe that he meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Rules for its Application at the Vasil Levski National Sports Academy, and I give him an overall positive assessment.

As a result of everything stated up to this point, with sufficient grounds, I propose to the members of the scientific jury to award Kaloyan Kamenov Chernev the educational and scientific degree "Doctor" in the doctoral program "Physical education in the educational system" in the professional direction: 1.3. Pedagogy of training in ...

03/08/2022

Sofia

REVIEWER:

/ Assoc. Prof. Lyubomir Borisov, PhD /

