

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", on the basis of the
Order of the Rector of the National Sports Academy "Vasil Levski" – Sofia No
701/22.06.2022

Professional field: 1.3. Pedagogy of Education...

Doctoral programme: Physical Education in the Educational System,

Scientific Supervisor: Assoc. Prof. Vladimir Tenev Chernev, Ph. D

Drafted the opinion: Assoc. Prof. Korneliya Nikolaeva Naydenova, Ph. D

The problem of "physical capacity" is one of the frequently discussed in the field of physical education in the country in recent years. However, these studies are largely the result of personal research interest and most often cover a small number of tested people. Absent in scientific research are the large-scale population studies conducted in the last three decades of the last century. At the same time, the authors who examine physical activity today increasingly clarify the connection between the significantly reduced volume of motor activity, not only among adolescents, but also among the elderly part of the country's population, and the decreasing physical activity of these two groups of the population and the consequences, which this has on the health of the nation.

Not only the state of health, but also the quality of life of the individual is influenced by the level of his physical capacity. Knowing this, it is necessary to continuously follow up and establish the state of the motor abilities of the individual, which will enable the relevant conclusions and recommendations, which in turn will bring this state to a better level. From this point of view, the topic of the dissertation becomes particularly relevant, considering the problem of physical performance among high school students, comparing the state of some of the motor qualities of today's students with those of students 60 years ago, tracking changes in the level of the same these qualities for a period of five years, brings out the age and gender differences in their manifestation and, as a summary, makes many conclusions and recommendations that should be a starting point for the work of teachers in "Physical Education and Sports".

Biographical data for the PhD student

Kaloyan Kamenov Chernev was born on August 6, 1991 in 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 professional qualification - Physical Education Teacher. From 2012 to 2014, he studied in an additional educational qualification bachelor's degree, specialty: sport with a professional qualification - football coach. From 2015 to 2016, he graduated with a master's degree in education, majoring in high performance sports - field hockey.

His professional path began while he was still studying at OCS "Bachelor", as from 2014 to 2016 he was the Administrative Secretary of the Bulgarian Field Hockey Federation, and from 2015 to 2016 as an Honorary Teacher of Field Hockey. After graduating in the same educational degree in 2015, he started working as a physical education teacher at 157 High School with foreign language studies "Sesar Vayejo", Sofia, where he works until today. Since 2020, he has been a conditioning coach at BC "Levski".

From the presented facts about the doctoral student, it is clear that he has a high level of professional-management competence, personal and technical skills for the implementation of a specific pedagogical activity.

Data on the dissertation, abstract and publication activity

The dissertation is in a volume of 235 pages with included appendices. The presented structure meets the requirements for this type of scientific development. The content of the work is presented in three separate chapters, before which an introduction is presented, and then conclusions and recommendations are made. The bibliographic reference presented by the author is in the volume of 185 sources. Of the examined and analyzed sources, 90 are in Latin, mostly in English, and 95 in Cyrillic. The dissertation is illustrated with 46 figures and 45 tables, which fully reflect the development activities.

In the introduction, the PhD student introduces the problem by clarifying the applied characteristic of the subject "Physical Education and Sport" and points out some facts that reflect negative trends in terms of motor activity in school age. At the end of the introduction, it also reveals the need to know the state and changes that occur in the various parameters of the students' development.

The first chapter Kaloyan Chernev elaborates in three main directions, gradually uncovering and analyzing basic theoretical positions that are related to physical ability, the subject "Physical Education and Sport" and the peculiarities of the growth and development of students of the age period under consideration. The structuring and arrangement of this chapter is the basis of the overall development, smoothly introducing the problem and clarifying numerous theoretical statements in the three main directions of the chapter, which are the basis of the conducted research and subsequent analysis and interpretation of the data from it. This chapter clearly shows the ability of a doctoral student to handle scientific literature, to analyze, interpret and summarize the scientific achievements of other authors. At the end of the first chapter, the doctoral student correctly derives and presents the working hypothesis of the dissertation development.

The second chapter, which is developed on 19 pages, meets the requirements for presenting the methodological setting of a scientific study. The individual step-by-step methods of the research are presented and described in detail and correctly. The selection of methods implies the achievement of the set goal and tasks and provides an opportunity for a comprehensive examination of the set scientific problem. The research contingent is presented in detail and clearly. The organization of the study is correctly and comprehensively described. The development and presentation of this chapter clearly shows the solid research training of the doctoral student. In this chapter, an inaccuracy was admitted, which we would define as technical. On page 86, it is stated that a percentile analysis was applied in the course of the research work, which did not find a place in the development itself.

The third chapter reflects the research work carried out, consistently and logically revealing and analyzing the results of the research conducted. The data obtained from the conducted tests were analyzed consistently and through a suitable and correctly applied statistical toolkit. The overall presentation of this chapter and the approach chosen by the doctoral student to visualize the obtained results facilitate the perception of the presented scientific information. The author's handwriting is also evident in the analysis and interpretation of the data obtained from the research work, which should be highly appreciated. The chapter is developed on 118 pages, reflecting in detail all the changes and peculiarities in the different countries of the manifestation of the physical capacity of high school students, which is an essential and practically oriented contribution to the dissertation work.

The 6 conclusions and 5 recommendations presented at the end of the dissertation work are well formulated and should be highly evaluated. They can be defined as having great significance for the practice of physical education.

The auto-reference meets the requirements and matches the content. 4 publications, 2 standalone and 2 co-authored, which meets the national requirements.

Conclusion

Based on what has been stated so far, and bearing in mind the relevance of the dissertation work, as well as its applied nature, which enriches the theory and practice in the field of physical education, I propose to the members of the scientific jury to award the educational and scientific degree "Doctor" to Kaloyan Kamenov Chernev in professional direction 1.3. Pedagogy of training in...

Sofia
01.08.2022.

Opinion by:
(Assoc. Prof. Korneliya Naydenova, Ph. D.)