

OPINION

on a dissertation presented for the acquisition of the educational and scientific degree
„PhD”

to the Department of „Physical Education Theory“ at the
Vasil Levski National Sports Academy

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TOPIC: *Research on the physical performance of students from the high school stage of
secondary education*

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Physical education and sports is an established and important part of the educational process in all stages and levels of the secondary education system. For its part, the development of physical ability is one of the directions of the „Physical Education and Sports” education, which is reflected in the curricula for the subject.

Solving the problem of planning work for developing motor skills in classroom work is related to attempts to empirically substantiate new models and approaches to work that reflect the needs of practice. The interrelationship for the development of motor skills in high school students of the secondary level of education is the basis on which the students' motor skills should be built and improved. In this sense, the topic is relevant and important for the development of physical capacity. Everything related to tracking the state and peculiarities in the manifestation of motor qualities deserves approval and increased research interest. This is also my point of view from which I will analyze and give my assessment of the ideas and results in the dissertation work on the topic „Research on the physical performance of students from the high school stage of secondary education”.

The dissertation work is formed in a book body with a volume of 235 pages, of which 211 main text containing 45 tables and 47 figures, 16 pages of used literature, as well as 8 pages of appendices. Structurally, the work is properly constructed, including an introduction, three main chapters, conclusions and recommendations, references and appendices. In terms

of structure, volume and sequence of the presentation, the proposed dissertation meets the basic requirements for this type of work.

In the introduction to the dissertation, the doctoral student purposefully motivates the need to conduct such research.

For the preparation of the first chapter in a volume of 68 pages, 185 sources were used, of which 95 in Cyrillic and 90 in Latin. In the first sub-chapter, Kaloyan Chernev successively introduces us in detail to the historical, substantive and structural aspects of physical capacity, including it reveals the essence and structure, the methods for measuring and evaluating physical ability, as well as the specificity of its manifestation in high school students. In the second sub-chapter, a thorough analysis of the evaluation and, accordingly, the evaluation of the subject of physical education and sports is made. In the third sub-chapter, we are extremely detailed with the peculiarities of growth and development in high school students in relation to their physical capacity. In this sub-chapter, valuable information is presented on the morpho-functional and psychological features of growth and development, as well as on the features of the manifestation of motor qualities in high school students. The publications on the topic are creatively researched. The study of the state of the problem was carried out extremely competently and in the necessary scientific style. At the end of the first chapter, the doctoral student has developed a short and clear and well-constructed working hypothesis that forms the concept of the dissertation work.

In the second chapter „Aim, tasks, organization and methods of the research“, in its logical sequence in a volume of 19 pages, the goal and the resulting five main tasks are presented, formulated clearly and precisely and giving a clear idea of the intentions of the doctoral student.

The author has described the object, the subject and the contingent of his research (a total of 214 students, of which 79 are boys and 135 are girls), and the applied research methods enable an objective analysis of the achievement of the goal and tasks of the work. The organization of the research and tests for sports-pedagogical control are described in detail.

In general, the positive points about what was written in this chapter refer to the clearly constructed methodological setting of the research, the appropriate and versatile research methodology. A very good impression is made by the sequence in which the organization and implementation of the experiment is presented and the precisely selected and detailed 19 tests for control and evaluation of the achieved results.

Structurally, the development of chapter two is scientifically sound and fully satisfying, and its content contributes to the high value of the dissertation work.

The analysis of the obtained results in chapter three, in a volume of 118 pages, makes it possible to derive important generalizations for theory and practice. A huge amount of research and analysis work has been done, which in terms of scale fully meets the requirements of a doctoral thesis. The third main chapter consists of three sub-chapters, each of which is related to solving the relevant task of the research in the dissertation work. In the first sub-chapter, the results of the analysis of the data from the analysis of variance are presented in great detail and professionally. In the second subchapter, the doctoral student analyzes the changes in some of the aspects of legal capacity over a period of 60 years. A complete comparison is available for the tests „Two-legged long jump from standing“, „50 m run“, „60 m run“, „Maximum number of sit-ups in 30 sec“, „600 m run for men and 300 m for women“. The peculiarities of the changes and the dynamics of changes in the studied indicators of physical performance of boys and girls are revealed, by comparing the average values of achievements in the specified six tests that are present in the test batteries of the studies in 1965, 1970, 1982 . and the current study in 2019. In the same second sub-chapter is our presented analysis of the current state of physical fitness among 14-18 year-old students, through the research conducted with 214 students from the city of Sofia in 2019. In the third sub-chapter is presented an analysis of the results of the correlation analysis of the student testing data.

From the extended scientific search, the researches and analyzes made in this part of the dissertation allow me to point out the following main contributions to practice:

1. The theory of the physical capacity of students from the high school stage of the secondary level of education has been enriched.
2. Measurements of individual motor qualities were carried out with the help of 19 tests for control and evaluation of the achieved results in high school students of the secondary education level, which were compared with those realized in three consecutive decades at the end of the last century.
3. Important summaries are made, which would be a starting point for teachers of physical education and sports in connection with planning work for developing motor skills in classroom work.

The „Conclusions and recommendations“ made correspond to and are based on the solution of the set research tasks and derive from the analysis made.

In the final form of the dissertation presented to me for review, some of the remarks made on internal protection have been corrected.

The doctoral student has four publications that fully reflect scientific research on the topic. The abstract meets the requirements.

In conclusion, I will note that the reviewed dissertation work was developed at a very good scientific level, with the necessary theoretical and applied value in the field of physical education and sports. The dissertation submitted for review has a finished form.

The in-depth analysis of the results of the measurements of the individual motor qualities with those realized in three consecutive decades at the end of the last century, the conducted experiment and the results obtained in it, enriching the improvement of the work planning process for the development of the motor qualities in the classroom work and the increase in the professional competence of the sports-pedagogical personnel working in the field of physical education and sports, as well as the topicality of the problem chosen for research, give me grounds with conviction to propose to the respected members of the scientific jury at the Vasil Levski National Sports Academy to award the educational and scientific degree „PhD“ of Kaloyan Kamenov Chernev in professional direction 1.3. Pedagogy of training in..., doctoral program „Physical education in the educational system“.

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Prepared the opinion:

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