

NATIONAL SPORTS ACADEMY „VASSIL LEVSKI “

OPINION

from

Associate Professor Nikolay Angelov Panayotov, PhD

Subject: Dissertation work for the award of the scientific degree "DOCTOR"(PhD)

Author: Todor Minkov Todorov

Dissertation topic: "Methodology for physical training of rope access workers"

Reason for writing the opinion: Order of the rector of the NSA "Vasil Levski" No. ZP-1075/20.10.2022. for the approval of a Scientific Jury for the conduct of a public defense procedure for the acquisition of the scientific degree "Doctor" by Todor Minkov Todorov at the Department of "Tourism, Mountaineering and Orienteering"

Overview of Dissertation Development

The presented dissertation refers to professional direction 7. Sport, doctoral program "Theory and Methodology of Sports Science", independent training.

The subject of the study is related to the specific physical training of workers working with rope access, through the application of an innovative author's program and methodology and its subsequent effect.

Even here, I allow myself to state, on the basis of the studies carried out, the results obtained and the conclusions drawn, that the subject of the research activity is distinguished by the necessary relevance.

The dissertation is unfolded in the classical structure, which unites the main parts: theoretical, methodological and evidential, separated into separate chapters with logically differentiated paragraphs, plus the traditional introduction, conclusions, recommendations, applications and contributions. Its quantitative parameters are: it contains 140 standard pages, the texts are very well illustrated with 33 tables and 28 figures (including photographs). The information provision is from 36 sources, of which 18 are in Cyrillic, 7 are in Latin and 11 are internet pages. The design of the dissertation is in line with modern printing requirements.

Opinion on methodological constructs

In the theoretical part, Todor Minkov makes a complete and professional analysis of

the activities carried out by means of rope access, consistently tracing the historical development, the diversification of professions, the professional characteristics of professions using rope access. The author considers general and specific physical training as a leading factor for professional realization.

An anatomical analysis of the elementary and complex movements of the body during work at height was made.

Even here, the author's contribution to DT is outlined. For the first time, a professional characterization is made, which needs to be supplemented and refined, and an anatomical analysis of body movements during rope access work.

The doctoral student examines the existing training programs in our country and the existing problems.

The chapter logically ends with a correctly derived hypothesis arising from the overview and proven in the development.

About the methodology and methodology of the research

The purpose of the research work is clearly and precisely formulated and corresponds to the set four research tasks.

The object and subject of the research are outlined correctly.

58 people took part in the study. The research was conducted in the period 2019-2021.

The data from the conducted studies have been processed using precisely selected and reliable statistical methods. The following were used: frequency and variation analysis, correlation analysis, graphical analysis.

Opinion on the results obtained.

The presented dissertation is a theoretical-experimental scientific study that fully meets the requirements for the scientific and educational degree "Doctor" and is a logical result of the innovative searches in the field of rope access activities by Minkov. The obtained scientific and applied results described in the work are the following:

- The results of the survey, the motor qualities, the specialized tests for general endurance and power endurance were processed through the variation analysis;
- On the indicators listed above, their credibility of the obtained differences is also determined;
- Graphical analysis is presented;
- An author's specialized methodology for physical training of rope access workers is presented. A major contributing point in DT, as a result of Todor Minkov's active participation in the work of the people involved in rope access;

Conclusions and recommendations are a logical conclusion of the obtained results and their subsequent analysis.

The scientifically applied contributions of the presented dissertation work are the following:

- Proven and applied in practice, an original author's, scientifically based methodology for developing the motor skills of high-altitude technicians;

- An algorithm has been developed for a complete study of motor qualities, which gives a sufficiently good and adequate assessment for their objectification in the case of high-altitude technicians;

- The height technique "Self-extraction" has been modified as a test to assess the general physical fitness of height workers and has been tested in the course of scientific research.

The abstract meets the requirements. It really reflects the structure, content and achieved results of the dissertation work.

I declare that I have no joint publications with Todor Minkov Todorov.

Conclusion

Undoubtedly, a serious and thorough scientific work is presented before us to improve the physical training of height workers.

I can highly appreciate the rich professional personal experience, the research search and the level of the presented work.

All that has been said so far about the merits of the dissertation, as well as the facts that it meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Rules for its Application, the circumstances that I have not noticed deviations in the procedure, I offer to the members of the respected Scientific Jury (according to No. 3П-25/15.01.2021 of the Rector of the National Academy of Sciences "Vasil Levski"), to award the scientific degree "Doctor" (PhD) to Todor Minkov Todorov in the Higher Education Department: 7. Health care and sports, professional direction 7.6. Sports.

30.11.2022

Sofia

Signature:

(Assoc. Nikolay Panayotov, PhD)