

STATEMENT

Regarding dissertation of **Boris Mitkov Yankov**

Subject: „**Beach Volleyball as Means for Greater Students' Physical Efficiency**”

For the assessment of educational and scientific degree “**PhD**”

Department: Basketball, Volleyball, Handball

National Sports Academy “Vasil Levski”

PHD PROGRAMME: THEORY AND METHODOLOGY OF SPORTS SCIENCE

PROFESSIONAL FIELD: 7.6. SPORT

SCIENTIFIC ADVISOR: Associate Professor Dimitar Mihaylov, PhD

Author of the review: Associate Professor Milena Lazarova-Peeva, PhD – Department of Physical Education and Sports, Technical University - Sofia

Relevance and significance of the study

The following dissertation being presented as a scientific research problem has been just the second attempt as a thorough presentation of the beach volleyball in Bulgaria. Boris Yankov's vast competitive and coaching experience provoked him to extend his scientific research potential in this field. His thesis simply aims at the assurance of increased locomotive activity of his college students during their enrolment at MU-Varna, through their active participation at the game of beach volleyball – which guarantees an improvement of their dynamic condition. The PhD scholar characterizes various locomotive and game alike motions, needed for effective beach volleyball game through a complete and adequate analysis. He categorizes variety of data into several guidelines: physical education and sport in the upper education institutions; origination and development of the beach volleyball domestically and around the world; technical preparation and locomotive abilities of the beach volleyball.

Results' evaluation and contribution of the thesis work

This scientific work has been developed in total of 208 pages, including 58 figures and 41 tables. 9 pages have been devoted to literature, which covers 82 different articles and authors. Several appendixes with warm up and game alike drills, beach volleyball booklet along with methodical practice guidelines for 1 semester have been added to the dissertation. All that has been presented in standard structure in 6 chapters.

The theoretical portion of the thesis is illustrated in chapter 1. A significant number of foreign literature and electronic sources where predominantly foreign experience were shared and have been studied. The analysis based on the tendency of quickly promoting the game of beach volleyball has been very successful. The lack of one specialized and unified guideline for training and education in the universities plays a key role for selecting this specific topic for thesis. The selected quotations fully correspond to the selected matter of study.

The goal of the study is precisely formulated, as 5 tasks have been defined for its accomplishment. Their sequence being strictly precise contributes not only for the course of the research, but it also proves the efficiency of using the new methodology of education on student without specific athletic specialization.

A number of 53 individuals taking apart in this scientific research is more than enough to validate the statistical results drawn out on 35 different indicators.

The variable magnitudes providing qualitative results are being grouped and correctly publicized: 7 indicators for speed development, 3 indicators for evaluation and development of endurance, 2 indicators for evaluation and progress of strength, 2 indicators for evaluation and expansion of flexibility and 2 indicators for overall functional condition.

The enclosed mathematical-statistical evidences are carefully selected for qualitative data processing.

Modern up-to-date terminology is being used for the problematic issues description as well as for the results presentation and their analysis.

Tabular and graphical presentation has been used for easier understanding of the results. At the end of its study, Boris Yankov, presents several conclusions and recommendations which are correctly formulated and follow the logic of the experimentally applied training guideline.

After carefully evaluating Boris Yankov's thesis we can clearly identify the following contributive positive points:

1. The presented general problem of finding the right place for beach volleyball in higher education schools is theoretically presented.
2. Through a comparative content analysis all possibilities that beach volleyball provides for the development of the motor skills of the players are covered.
3. By applying tests with a wide range of indicators the degree of development of the motor qualities of the beach volleyball participants was established.
4. A specialized training program has been developed and tested in practice to improve the technical and physical readiness of students practicing beach volleyball.
5. Attached is a one-semester beach volleyball curriculum for college students.

The enclosed, to the set of documents, abstract fully reflects the author's main points presented in his thesis work. 3 copies of co-authored reports are presented, one of which is in English language.

I do not find any attempts for plagiarism nor I have any critical remarks upon this dissertation work.

Conclusion

The presented dissertation research fully meets the requirements of the Regulations for acquiring scientific degrees at the NSA "Vasil Levski". It contains significant scientific and applied results which have great contribution to the theory and practice of beach volleyball.

Based on the overall analysis of the presented scientific research I confirm my positive assessment for his thesis work. I find it reasonable to nominate Boris Mitkov Yankov before this scientific jury for the academic position "Associate Professor" in the professional field 7.6. Sport, doctorate field "Theory and Methodology of the Athletic Science".

27.04.2023

Issuer of the statement:

Associate Professor Milena Lazarova-Peeva, PhD