

REVIEW

by Assoc. Prof. Anna Tihomirova Bozhkova, D.Sc.

External member of Scientific Jury according to order 357/26.04.2023 of the Rector of National Sports Academy "Vassil Levski" about the procedure for a defense of the dissertation on topic

"Methods for Development of Specific Efficiency of 10-12-year-old Volleyball Players"

for acquiring the educational and scientific degree "Ph.D.",
in professional field 7.6. Sport,
Ph.D. program "Theory and Methods of Sports Science"

Author: Lubomira Lubomirova Vasileva

Scientific advisor: Prof. Dimitar Mihailov, Ph.D.

I. Data about the Ph.D. student and Ph.D. studies

Lubomira Vasileva is a full-time Ph.D. student in the "Basketball, Volleyball, Handball" department from April 2015 – June 2023. She has a master's degree in Sports Journalism and a bachelor's degree in 1.3. Pedagogy of physical education, Volleyball Coach, and Sports Management. She acquired all degrees at NSA "Vassil Levski".

She possesses a rich work experience as a volleyball coach and a PE teacher – SU "St. Kliment Ohridski", NSA "Vassil Levski", and Private School "St. George"; volleyball coach at different sports clubs and others – volleyball school "Vladimir Nikolov", Volleyball club "Levski" Sofia, BVF and Volleyball club "Lulin"; sports journalist at S Media, Ltd; spokesperson of Volleyball club "Levski Ball"; beach volleyball manager at "Academic"; promoter I DO ADVERTISING and CAS Ltd.; supervisor at CAS Ltd.; volleyball competitor – Volleyball club "Slavia" and Volleyball club "Academic" and beach volleyball – she took part in the basic tournament scheme of "Mtel Beach Masters"; volleyball referee. She has a good knowledge of English and some experience in organizing and managing various sports-entertaining and educational events. She actively took part in the preparation and realization of European projects at the Ministry of Sport, Ministry of Education, and Sofia Municipality. The Ph.D. student attended EDUCARE and English language courses and participated in international scientific events.

The dissertation was discussed and approved for the official defense at a meeting of the "Basketball, Volleyball, Handball" department at Faculty Pedagogy at NSA "Vassil Levski" (official report 1299/04.04.2023).

According to Order 357/26.04.2023, it was approved for public defense. The presented documentation needed for the defense is accurately completed.

I think there are no infringements regarding the dissertation and fulfillment of normative regulations.

II. Data about the dissertation

The issue about the specific efficiency of 10-12-year-old volleyball players is an extremely important and topical problem in modern training methods. The control and optimization of their motor qualities is a complex process and requires a detailed survey of multiple factors which

significantly correlate to sports achievements and are developed and perfected through the influence of training means and methods. Probably this provoked the interest of the Ph.D. student in viewing all the aspects of the development of the specific efficiency of young volleyball players.

The dissertation comprises an introduction, four chapters, a reference list, a list of publications on the topic, appendices, and a declaration for originality. The dissertation volume is 278 pages, of which 60 pages contain appendices. It is visualized with 62 tables and 64 figures; there are six appendices. The reference list includes 147 sources (99 are in Cyrillic and 48 are in Latin) and three Internet sites.

The introduction (2 pages) very briefly presents volleyball and the role of specific efficiency in sports preparation of adolescent volleyball players through a permanent actualization of the training influences.

Chapter One, "Theoretical Grounds of the Research" comprises 64 pages and is very comprehensive. It includes various characteristics – morphological, physiological, and psychological peculiarities of puberty; volleyball as a means of the harmonious development of an adolescent organism; the nature of sports training with 10-12-year-old volleyball players (the peculiarities of the training session for the development of motor qualities and the peculiarities of the training session for learning and perfecting sports-technical skills).

I think highly of this part because one can find both established scientists of former times and relatively new ones who continue their research in the field of theory and methods of sport and sports training.

Lubomira Vasileva has considered to a great extent, the remarks made during the preliminary discussion and has increased the quality of the literature review.

The work hypothesis is the final phase of the literature review and is very well formulated. The Ph.D. student presumes that "athletes' specific efficiency will be significantly improved by applying a scientifically grounded methodology emphasizing the work for speed and agility during the training process of 10-12-year-old volleyball players."

Chapter Two, "Aim, tasks, methods, and Organization of the Research", the aim of the dissertation is very clearly formulated. The six tasks are pretty enough for such work and are quite significant. A sufficient number of tests were selected – four anthropometric tests, 12 tests for motor ability, and 10 sports-technical tests which meet the requirements for reliability, validity, objectivity, and standard.

The researched individuals were 92 boys aged from 10 to 12 years. There were divided into two groups – those who participated in the preliminary experiment (56 participants) and those who participated in the major pedagogical experiment (21 boys in the experimental group and 15 boys in the control group).

The data were processed with modern math-statistical methods. They prove the excellent scientific reliability of the interpretation and the conclusions made in the third chapter of the dissertation.

The research methods and the organization of the research chosen by Lubomira Vasileva are corresponding and used purposefully.

The presented adapted volleyball methodology for the development of the specific efficiency of adolescent players emphasizing the work for speed and agility is a novelty which examines the physical and sports development of adolescent volleyball players and proves the results obtained

by the applied methodology. In this sense, this is the Ph.D. student's contribution to the scientific field.

Chapter Three, "Analysis of the results from the research", is 91 pages long. Lubomira Vasilieva gives one the impression of competence and exhaustiveness in interpreting the data. The analyses correspond to the math-statistical methods and end with a clear and exact summary at the end of every subchapter.

Chapter Four, "Conclusions and Recommendations", includes four pages. There are eight conclusions and four recommendations for further research.

In conclusion: 1) The dissertation is a purposeful theoretical, practical, and experimental research showing Lubomira Vasileva's ambition to optimize the educational-training process of male volleyball players by improving the level of specific efficiency of 10-12-year-old volleyball players from the Volleyball club "Levski Sofia" (experimental group) for achieving higher sports results. The general increase in the results is considerably higher than that of the control group, and this confirms the reliability of the work hypothesis. 2) The results from the survey are well structured and classified, enabling outlining regularities, drawing conclusions, and making recommendations. 3) No form of plagiarism has been found.

III. Data about the author's summary of the dissertation

The author's summary of the dissertation was written according to the requirements and corresponds to the content of the dissertation.

IV. Data about the publications

The presented four scientific publications, in which the Ph.D. student was the only author, were published in the specialized journals "Sport and Science" and „Activities in physical education and sport“. They were written on the dissertation topic and contributed to the scientific field.

V. Scientific contributions

The theoretical and practical research, as well as the conclusions drawn in this survey, allow for mentioning the following important contributions to sports science:

1. The current state and development trends of specific efficiency of 10-12-year-old boys practicing volleyball have been theoretically grounded.
2. The selection of parameters in the test battery presented in this research is adequate for application with adolescent volleyball players.
3. The correlation dependencies among the research parameters for anthropometry, motor ability, and sports-technical preparedness have been established after a detailed and competent analysis of the correlation matrix and correlation-structural models.
4. The average values of the researched totalities of 10-12-year-old volleyball players have been revealed.
5. The variability of the researched parameters for motor ability and sports-technical preparedness has been revealed.
6. The obtained differences between the average achieved levels and the increase in the results for the researched indicators is in favor of the experimental group, which confirms the role and effectiveness of the applied author's methodology for the development of the

specific efficiency emphasizing the work for speed and agility of 10-12-year-old volleyball players.

VI. Conclusion

I believe that Lubomira Lubomirova Vasileva has the necessary theoretical knowledge in the field and the ability to conduct her own scientific research. The dissertation is topical, with great practical value, and it was written very well with no grammatical errors.

In CONCLUSION, I am pretty convinced to suggest that the respectable scientific jury evaluate positively the scientific qualities of the dissertation on topic "Methods for Development of Specific Efficiency of 10-12-year-old Volleyball Players" and confer the educational and scientific degree "Ph.D." on Lubomira Lubomirova Vasileva in Professional field 7.6. Sport, Ph.D. program "Theory and Methods of Sports Science".

Sofia, 18.05.2023

Review by:

/Assoc. Prof. A. Bozhkova, D.Sc./