

# NATIONAL SPORTS ACADEMY "VASIL LEVSKI"

Department: "Theory of Physical Education"

## STATEMENT

by Prof. Yordan Kostadinov Ivanov, PhD,  
regarding the dissertation on the topic:

**"METHODS FOR IMPROVING PHYSICAL ABILITY IN STUDENTS  
FROM THE PRIMARY LEVEL OF BASIC EDUCATION"**

for obtaining the educational and scientific degree "**DOCTOR**" in

**P.N. 1.3. Pedagogy of Teaching in ...**, doctoral program:

**"Physical Education in the Educational System."**

Author of the dissertation: Yana Tsankova Marinova

Scientific supervisor: Associate Professor Todor Marinov, PhD

## **I. Data on the Doctoral Candidate and the Conducted Procedure of the Thesis**

Yana Marinova graduated from the NSA "Vasil Levski" in 1991 with degrees in "Volleyball Coach" and "Physical Education Teacher."

She has enhanced and refined her professional competencies and qualities as a sports scientist while working for 13 years as a teacher and senior teacher of Physical Education and Sports at 191 Primary School "Otec Paisiy" in the village of Zhelezница.

She is exceptionally socially active and creative in her work with students with special educational needs and in motivating them towards a healthy lifestyle.

Throughout the entire procedure so far, no formal or factual violations have been established, nor any forms of plagiarism exceeding acceptable norms.

## **II. Relevance, Structure, and Content of the Dissertation**

The thematic focus and the research problem analyzed in the dissertation have their relevance, social significance, and practical applicability.

All of this is amplified by the search, experimentation, and adaptation of new methodologies, specialized tools, forms, and organizational models for building motor culture and the foundations of motor skills during this important and delicate period (grades 1-4, ages 7-10).

Regarding the structure, content, logical presentation, and methodological focus, the dissertation entirely meets the established requirements and the current regulatory framework.

Structurally and functionally, the work is developed and composed of four interrelated chapters presented in a logical sequence and comprises a total of 177 pages. The bibliography includes 121 literary and documentary sources.

The dissertation is very well illustrated and supported by 51 figures and 74 tables, making the content easily understandable and visually engaging.

**In the first chapter:**

Some sport-related aspects regarding the patterns in the motor development of students in the primary stage are presented and analyzed, influenced by morphological, biochemical, physiological, and socio-psychological changes.

Particular attention is given to the specific characteristics and deficiencies of physical education and sports training, where the foundations of students' sports education are laid.

Through a professionally balanced approach and targeted selection of specialized literature, as well as the rich experience of the doctoral candidate, the working hypothesis is conceptually justified and formulated.

**In the second chapter:**

The aim of the study, the four research tasks, and the organization of the sports-pedagogical experiment are very well developed, defined, and systematically organized by experts.

The subject, object, and sample of the study entirely correspond with the established concept for the scientific justification of the effectiveness of the proposed authorial specialized methodology for general physical training of students in the primary stage of basic education.

The organization of the research, the time period, and the selected thematic units are reliably structured within an experimental model, adhering to the main didactic principles.

The selected scientific instrumentation and the battery of specialized and standardized tests are appropriately chosen and suitable for validating the working hypothesis and achieving the main objective of the study.

**In the third chapter:**

The doctoral candidate thoroughly, analytically, and systematically summarizes the researched data and obtained results. Changes in the structure of motor qualities under the influence of the applied specialized methodology are revealed.

The presented analyses and results are very well articulated and visualized in a professional manner.

The conclusions and recommendations are successfully structured, formulated, and expertly systematized.

The abstract meets the requirements and content of the dissertation work.

**III. The dissertation undoubtedly has theoretical-educational and practical-application contributions, some of which can be synthesized and formulated as follows:**

- ❖ The theoretical framework of sport science has been enriched concerning certain regularities and specific characteristics of motor development and physical education and sports training at the primary stage of basic education.
- ❖ A specialized, authorial, reliable methodology has been developed, tested, and scientifically justified for improving the physical capabilities of primary stage students, conditioned by the methodological symbiosis and integrity of the game method, specialized exercises, and elements of the Bulgarian model of Olympic education.
- ❖ The main motor deficits and needs of students at the primary stage have been identified, systematized, and derived through systematic research and observation of their physical training.

#### **IV. CONCLUSION**

The examined dissertation provokes serious interest through its relevance, innovation, and practical applicability.

From the analysis conducted, I can express my expert opinion that the dissertation work of senior teacher Yana Marinova is a completed educational-scientific product with significant contributions regarding its conceptual and methodological dimensions. The doctoral candidate demonstrates the necessary qualities, knowledge, and skills to uncover, analyze, and interpret scientific facts, processes, and regularities. This gives me grounds to provide my positive assessment and to recommend to the esteemed scientific jury the awarding of the degree of PhD to senior teacher Yana Tsankova Marinova in the field of PN 1.3. Pedagogy of teaching in ..., doctoral program: "Physical Education in the Educational System."

Date: 17.07.2025

Prepared by: .....

Prof. Yordan Ivanov, PhD