

OPINION

With reference to the qualities and contributions of the dissertation thesis on the topic of: ‘Modelling of the Sports Technique Potential of Female Disc Throw Competitors in Qualification Aspect’ for attaining the educational and scientific degree of ‘Doctor’ in the educational field of Health Care and Sport, professional field of Theory and Methods of Physical Education (Methods of Remedial Gymnastics included), the Doctoral Program of Theory and Methodology of Sports Science

Author of the dissertation thesis: Verginia Stanislavova Milashka

Author of the Opinion: Assoc. Prof. Dr. Yordan Yotov

In the presented here dissertation thesis on ‘Modelling of the Sports Technique Potential of Female Disc Throw Competitors in Qualification Aspect’ the author makes a thorough survey on the development of one of the track and field events, i.e. disc throw, whose origins date back to ancient times. The matter of research is the development of the event in the world and of the Bulgarian disc throw female competitors. In her work the candidate aims at determining the effect of various parameters on sports performance.

The scientific work of Verginia Milashka is developed according to a standard design in four interrelated chapters of a volume of 127 pages including 54 tables, 32 figures and 154 science and methodology referent literature sources 122 of which in Cyrillic and 32 in Latin alphabets as well as 2 documentary and 4 internet sources.

Chapter I of the dissertation thesis ‘**Theoretical analysis and formulation of the matter**’ reveals in retrospection the development of the disc throwing event for women on the grounds of a large referent literature material. The candidate surveys

the development of the world and Bulgarian records in this event. The best 50 performances in the world and in Bulgaria are presented there.

Paragraph 1.2.1. deals with a profound analysis on disc throw technique as a system. The factors conditioning the distance of the disc flight are formulated. Serious attention is drawn to the physical potential of the female disc throw competitors (anthropometry, speed, speed-strength and strength abilities). The matters related to the control and modelling of preparation are also available in the scientific work of the author.

The research hypothesis is properly formulated which will provide Bulgarian experts with guidelines for improvement on sports performance in the field of disc throw for women in Bulgaria.

In Chapter 2 '**Aim, objectives methods and organization of the study**' Verginia Milashka sets the aim to improve on the preparation in the disc throw event for women by studying the sports technique abilities of elite competitors in Bulgaria.

The formulated research objectives are interrelated and are in accordance to the theoretical grounds, work hypothesis, up-to-date and practical significance of the scientific work. The set aim, objectives, methods and organization of the study enable the candidate to carry out her research in full value. The subject of study is in compliance with the seven objectives set in the thesis. I think that Objectives 1 and 2 could be combined in one.

The procession of the results is carried out by specially adjusted mathematic and statistic methods reliably applied to other studies of the kind and successfully used by the candidate. The sports pedagogical tests are precise and clearly described. They have verified informative value and some of them are widely used in the sports

practice of a similar kind of research.

Chapter 3 '**Analysis on results**' consists of 6 paragraphs. The dynamics of sports performance is followed up in the aspect of age. The physical potential of female disc throw competitors is studied including competitors' anthropometry, sports technique and speed-strength abilities.

The data obtained in the study are properly processed and presented. The profound analysis on the results correspond to the work hypothesis, aim and objectives of the study. The tables and figures displayed here as well as the analysis on them reveal the candidate's adequate general theoretic preparation. As a logical completion, the candidate develops tables presenting the model characteristics of each index under study for the achievement of a certain sport success.

In Chapter 4 the conclusions and recommendations are drawn appropriately on the basis of the obtained results which is a significant scientific and practical contribution to the theory and practice. I would suggest some of the conclusions to be presented in a more specified way and not to have an informative character only. Finally, I would suggest the following contribution points in the dissertation thesis:

1. The results from the scientific work will enrich the methodology of the preparation of female disc throw competitors of various levels in Bulgaria.
2. The approach suggested by the author is directed to the assistance of the experts working in the field of disc throw for women of various levels of qualification.

The candidate has four publications related to the scientific work three of which are published in the scientific magazine 'Sport and Science' and one is to her presentation at a science conference.

Summary: The scientific contributions of the dissertation thesis ‘Modelling of the Sports Technique Potential of Female Disc Throw Competitors in Qualification Aspect’ related to the enrichment of the theory and practice of the sports preparation of the female competitors in disc throw are thoroughly convincing and for this reason I suggest to the honorable Scientific Board to make a positive decision and to grant Verginia Svetoslavova Milashka the Doctor’s Degree in the professional field 7.6 Sport, the special field of ‘Theory and methods of physical education and sports training (MRG incl.)’, Doctoral Program ‘Theory and methodology of sports science’.

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Opinion by
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