

REVIEWS

of the Thesis for the award of the educational and scientific degree
"DOCTOR" in the scientific specialty *"Theory and methodology of sports
science"*, professional field 7.6 Sport

"SOCIAL-PSYCHOLOGICAL AND PHYSIOLOGICAL FACTORS IN TRAINING STUDENTS IN" SNOW SPORTS "COURSES"

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Scientific adviser - Assoc. Prof. Krustyo Todorov Zgurovski, Ph.D.

Reviewer - Prof. Julia Mutafova-Zaberska

The author of the Desertation Work, Milena N. Zdravcheva, dared to take the steep path of science in search of meaningful truths related to the chosen profession, neglected but containing long-delayed answers - an indicator of a highly competent, specialist, committed to the profession of sports educator , a worthy representative of NSA "Vasil Levski". The doctoral student's creative growth began with *"The Queen of Sport"* as a bachelor and in the Master's program in *Sport Animation*. Milena Zdravcheva's active *"handwriting"* as a specialist is manifested in a number of her initiatives (reflected in her CV). She is constantly seeking answers to a wide range of questions to arrive at today's *"closing chord"* thanks to her collegial response from members of the department's staff.

This is rooted in one of the indisputable, by presumption, summary assessment of the high importance of labor - topical theoretically and practically significant tasks have been set and solved; answers to the expected, highly professional questions posed in the Working Hypothesis were received.

The subject matter of the study itself is extremely relevant - the "ski course" of study, which has always been magnetically attractive to our students, not only because it is the first (among many other training courses), but also because of its recognized multi-directional effect achieved from the impact of many non-standard factors, among which is the difficulty of training in a snowy mountain. In addition to the educational tasks, a multifaceted effect is achieved in relation to a number of vital goals - health promotion, willpower, group cohesion, love of nature, eco-education, etc.

For the actuality - in the introduction, the author briefly points to the urgency of the problem posed as vibrant and timely, prompted by the current scientific and technological progress - from the "*boom*" in the academic field of multidirectional research in the field of winter sports.

There are numerous reasons for the positive assessment of the present work - the organization and systematization of the different stages of the study, "*grounded*" in one specific period, with the support of the educational tasks and the achieved effect through the educational format of the course "Snow sports".

In this respect, I welcome the creative tandem "*Scientific adviser-Doctorate*" for choosing a problem that has remained undeveloped for 77 years! For the first time with this project, the main sports-pedagogical, socio-psychological and other factors were sought, whose tracing outlines and comprehends the "*mourners*" realized in the course "*Snow sports*".

The summary positive assessment is based on the basic qualities of work:

1. **Optimal structure** of the material (volume of 120 pages), designed according to the requirements for the evaluation of NIR in three main chapters;

- a profound analysis of **theoretical and practical knowledge** directly related to the purpose and objectives of the research;

- The original **comprehensive survey methodology** (presented in four Annexes) has been applied;

- **rich visualization** of the study results with 64 illustrations (46 figures, 18 tables);

- the positive character of the **conclusions and recommendations** drawn.

- **current reference** (80 sources cited, 52 of them in Cyrillic, 19 in Latin, 9 websites);

2. The high **contribution value of the theoretical review** (Chapter One) must be emphasized. A number of key points from the organization of the training process have been traced, which are essential and contribute to the optimal management and development of winter sports. It covers a wide range of problems addressed in our available and foreign (from Russian and Western authors) educational literature available to students (at NSA, at Shumen, Plovdiv and Varna Universities). Respect the breadth of the PhD student's knowledge of the basic laws cited in support of a thesis (eg, WHO included).

The formulated **Working Hypothesis** is based on the literature review as well as the personal experience and observations of the Author on optimizing the curriculum of the Snow Sports course.

3. The merits of the methodological formulation of labor with the appropriately chosen **complex methodology (Chapter Two)** are indisputable. Special mention is given to the author's questionnaire (22 points), which covers current issues from the day-to-day running of ski courses with our students (researchers). The individual questions provoke the subjects to "design" themselves in the different specific situations proposed to them and thus to reveal the situations of calm or anxiety, incl. internal conflicts and stress. The correctness of the organization of the survey with the coverage of the statistically significant sample of 279 persons (208 men and 71 women) should be emphasized - a solid guarantee for the objective realization of the actual picture and obtaining the correct answer to the set tasks and searches.

4. **The rich epistemological spectrum** of work, with its specific historical, sports-pedagogical and competitive highlights, is set out in **Chapter Three**. The analysis of the results obtained is in a balanced volume of the four main paragraphs, which "lead" the reader not only to the essential characteristics of each of the problems posed, but also to his applied-practical projections and consequences - especially given the outstanding issues hitherto addressed in labor.

A typical example in support of this assessment is the students' answers sought. To the extent that each information component (Question 22) requires an evaluation, it always reflects the degree of its relevance. In this case, the positive evaluations and self-assessments of the subjects dominated - indicative of their "*vital, practical reason*" (in the words of Ortega and Gasset).

The series of questions successfully outlines the current "*portrait*" of students trained in the "*Snow Sports*" course in assessing:

- the morpho-functional qualities and condition, which have significantly expanded their potential for the duration of the training (albeit minimal);

- **socio-psychological qualities** - respect (question 3/8);
- enriched **social roles** through the qualities of calmness, modesty, social acceptance, understanding, tolerance, gratitude, unification, teambuilding, etc. (9-19th and 22nd questions);

- the **volitional sphere**, expressed in qualities of purposefulness, organization, systematicity, consistency, etc., is outlined. (20th and 21st centuries). **The main motivational factors for the participation** of the subjects, necessary in the subsequent "steps" for the ascending development of their personality - mastering the educational material and achieving the desired formative effect are revealed.

The **conclusions and recommendations** made follow from the analysis made.

Of note is the **self-criticism** of the Doctoral student, who has made a significant revision, with corrections and supplements in the work according to the **recommendations** made during the internal discussion. The result is a **correct refinement and refinement of the text** - The dissertation has been significantly improved, the work is read with renewed interest. The problem under study is not just outdated and overdue - its urgency affects all dimensions of the modern learning process, and not occasionally, but with a view to optimizing it in the training of students participating in the regular course in snow sports, held at MSTB “Professor Ivan Staykov”.

The presented: 1) **The abstract** is in accordance with the requirements, with the recommendation to briefly summarize the theoretical analysis (Chapter One) and derive the Working Hypothesis; 2) **The publications** on the problems of the Thesis work outline the opportunities for independent and team creative work of the Doctoral student; 3) **Language culture**, incl. English, outline the high level of Milena Zdravcheva as a modern contemporary specialist.

Conclusion:

The thesis of Milena Zdravcheva meets the requirements of the Regulations for obtaining a scientific degree at the Academy. The multi-layer extreme conditions of winter mountain training are presented. The work has been developed in accordance with the modern standards and provides the obtained scientific-theoretical and practical results as a **NEW KNOWLEDGE** with a profound character for ski training in the already established, long-standing format "*Winter Sports*". The doctoral student has reached a professional level for mastering the creative approaches for applying scientific knowledge and methods in the direct learning and experimental work with student-athletes.

I propose, with conviction, to the distinguished members of the Scientific Jury to vote in favor of the award of **MILENA NIKOLOVA ZDRAVCHEVA** to “**THE DOCTORATE**” degree in education and science.

November 22, 2019

Reviewer:
Prof. Yu. G. Mutafova-Zaberska