

OPINION

of a dissertation work, submitted for the acquiring of the Doctor educational and academic degree at the Snow sports of Vasil Levski, National Sports Academy

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TOPIC: *Social-psychological and Physiological Factors in the Training of the Students in the Snow Sports Courses*

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The Snow Sports courses have an important place in the curriculum of Vasil Levski National Sports Academy. With their many years of tradition they have always been an up to date educational concept allowing the formation of goal-forming components in the development of the future specialists.

The scientific research in the field of organised Snow Sports courses is rather limited. Everything related to optimising the training in these courses during work with the students deserves approval and increased interest from researchers. This is also my point of view, from which I shall analyse and give my assessments of the ideas and results in the dissertation work on the topic of *Social-psychological and Physiological Factors in the Training of the Students in the Snow Sports Courses*.

The dissertation work is formed in one book with a volume of 120 pages, of which 111 pages is main text, containing 18 tables and 46 figures, 4 pages of references, as well as 4 pages of applications. Structurally, the work is properly constructed, it includes an introduction, three main chapters, conclusions and recommendations, references, applications and contributions. In terms of structure, volume and consistency of the exposition, the submitted dissertation work complies with the main requirement for such type of papers.

In the introduction, the topicality of the problems of the dissertation research is clarified in a purposeful and substantiated manner.

For the writing of **Chapter One** which is 55 pages long, 80 sources are used, of which 52 sources in the Cyrillic script (of which 2 documentary sources), 19 in the Latin script и 9 websites. This chapter includes a thorough deductive-logical theoretical analysis of the sport-pedagogical educational factors and the related to them important factors of the format of education in the Snow Sports course, including sociological, psychological and morphological-functional factors. At the end of chapter one, the doctoral candidate has developed a brief, clear and well built working hypothesis which forms the concept of the dissertation. In this portion of the work, the creative examination of the references for the researched problems is really impressive. The research on the state of the problem is conducted competently and in the required scientific style.

Chapter Two Goals, Tasks, Methodology, Methods and Organisation of the Study, presents in 9 pages the goal, tasks, subject and object of the study in their logical sequence, as well as the methods and organisation of the study. The logic and the consistency with which the whole organisation and realisation of the experiment and the accurately selected and described in detail tests for control and assessment of the achieved results are particularly impressive.

Structurally, the development of chapter two is substantiated scientifically and fully satisfactory, while its contents contribute to the high value of the dissertation work.

The analysis of the results in **Chapter Three**, being the most substantial part of the dissertation, is 43 pages long, the chapter is dedicated entirely to the analysis of the author's experimental results. An enormous amount of scientific and analytical work has been done, its scale fully matches the requirements for a doctoral work.

This part of the dissertation is impressive mostly because of the competently conducted analysis of the sociological survey, regarding the opinion of the students about the currently conducted Snow Sports course. The analysis is illustrated with a large number of figures – 21 and ends with preliminary conclusions. This is followed by an analysis of the stress factors which influence the students training. At the end of chapter three the dynamics of the morphological-functional development and the functional status of the students during the course are tracked.

From the analyses conducted in this part of the dissertation, the following more important contributions of the study can be highlighted:

1. For the first time, an attempt has been made to study the impact of the organised ski courses on the students from Vasil Levski National Sports Academy.
2. The opinion of the students for the Snow Sports course was studied and on the basis of this competent generalisations were made for the purpose of optimising the work of the lecturers.
3. The stress factors which influence the students training are analysed.
4. The study constitutes a sort of proof for the positive impact of the participation in the Snow Sports academic course for increasing of the opportunities of the students to participate actively in this format of education.

The contributions of the dissertation work have both scientific and scientific-applied significance and contribute to expanding the knowledge in the field of the Snow Sports academic courses organised by the lecturers from the Snow Sports Department of Vasil Levski National Sports Academy.

The doctoral candidate has three publications which fully reflect the scientific research on the topic. The abstract complies with the requirements.

In **conclusion**, I shall note that Milena Zdravcheva is a respected part time lecturer at the Snow Sports Department. This has given the doctoral candidate the opportunity to conduct such in-depth research in the field of the Snow Sports academic courses.

In view of the above and taking into account the personal qualities of the author, I believe that the dissertation on the topic of: Social-psychological and Physiological Factors in the Training of the Students in the Snow Sports Courses is developed on the necessary scientific level and has a theoretical and practical value. This gives me a reason to propose that the honourable members of the scientific jury at Vasil Levski National Sports Academy **confer upon** Milena Zdravcheva the Doctor educational and academic degree.

29 November 2019

Reviewer:

/Assoc. Prof. Georgi Ignatov, PhD/