

POSITION

On dissertation work
of **Yavor Georgiev Asparuhov**

on the topic: “Developing the speed and strength abilities of young basketball players” for awarding the educational and scientific degree “PhD”, on the basis of an order of the Rector of the National sports academy “Vasil Levski”, Sofia N398/24.04.2021 г.

Area of higher education: 7. Healthcare and sports

Professional field: 7.6. Sports

Scientific adviser: assoc. prof. Mariana Borukova, PhD

Prepared the opinion: prof. Lyudmil Petrov, PhD

- **Date for the Ph.D. student**

Yavor Georgiev Asparuhov graduated from the National Sports Academy “Vasil Levski” in Sofia in 1996 with Bachelor’s degree with two specialties: “Sport – basketball coach” and “Physical Education Teacher”, and Master’s degree – “Pedagogy of physical education” at SWU “Neofit Rilski” in 2012.

Basketball player: Yavor Asparuhov was a basketball player in Basketball club “Velbuzhd” Kyustendil from 1998 to 2002.

Pedagogical experience. The Ph.D. student Yavor Asparuhov was a part-time basketball teacher at National Sports Academy “Vasil Levski” in department "Basketball, Volleyball, Handball" in 2017-2018, and since 2018 is a full-time lecturer in the same department.

He worked as a teacher of Physical Education and Sports from 2002 to 2004 in Kyustendil and Sofia.

As a basketball coach with boys and men, Yavor Asparuhov works in the basketball clubs of Belbuzhd (Kyustendil), Buba Basketball (Sofa), Lukoil

Academic (Sofia), Levski (Sofia), Beroe (Stara Zagora) and to Bulgaran federation of basketball - as a national coach and assistant-coach of boys and men.

It can be reasonably argued that the Ph.D. student successfully combines the theory and practice of basketball and has a very good coaching career.

He has the necessary computer literacy. He speaks English.

- **Information for the Ph.D. procedure**

Yavor Asparuhov is a Ph.D. student at the Department of Basketball, Volleyball, Handball at NSA "Vassil Levski", Sofia. He was enrolled in 2019 and was expelled with the right to protection with Rector's order № 791/04.03.2021 г.

No procedural violations or omissions in doctoral procedure were noticed.

- **Data for the Ph.D. thesis and the abstract**

The topic of the dissertation is relevant to the theory and methodology of the sport of basketball. Development and application of methodologies for developing speed and strength abilities of adolescent basketball players is a way to overcome the backwardness of Bulgarian athletes in a Europe and worldwide.

The connection of these abilities with the technical and tactical skills is the new characteristic which distinguishes modern basketball from the one from 30-40 years ago and here is seen the timely scientific development of the Ph.D. student.

The dissertation is classically structured through introduction, problem statement, goal, tasks and research methodology, analysis of results, conclusions and recommendations and applications. The total volume is 198 pages.

181 literary and information sources - 45 in Latin and 136 in Cyrillic, including 7 internet sites - were used.

The dissertation is perfectly illustrated with many tables, figures and photos.

Chapter One – "Statement of the problem" states that in Bulgaria there are regulation from BF Basketball as a Unified Basketball Program and Guidelines

for working with adolescents, but there are no requirements for coaches programing and periodization of sports training and no fixed sports calendar.

The Ph.D. student researched the development and modern appearance of basketball in adolescents, the characteristics of their motor activity, the peculiarities of periodization, the nature and characteristics and development of speed abilities and the relationship of speed abilities with technical tactical skills.

The hypothesis is formulated precisely and derives from the research and analysis in the first chapter.

In the second chapter the purpose, tasks and methodology of the research are presented clearly and direct the research work in a direction corresponding to the topic of the dissertation. The statistical methods used to process the results are highly efficient and suitable for this study.

The research work continued 2 years - from 2018 to 2020. This period is characterized by the epidemic situation in the country and it is an honor for the Ph.D. student that he did everything possible to conduct and successfully complete the planned researches.

The contingent includes 65 subjects (boys) aged 15-16-year-old, engaged in organized basketball, and the survey 13 basketball coaches.

In the third chapter "Analysis of the research results" the results of the sports pedagogical experiment are successively analyzed and processed data taken in real conditions. The Ph.D. student interprets the data very well.

The conclusions and recommendations follow from the conducted research.

The abstract reflects the content of the dissertation. The necessary list of scientific publications on the issues of the dissertation is presented.

Scientifically applied contribution of the dissertation is:

The model of speed and strength training planning for 15-16-year-old basketball players in the annual training cycle

The set exercises for developing strength in 15-15-year-old basketball

players.

Question to the Ph.D. student

How the Ph.D. student sees the realization in Bulgaria of the model of planning the speed and strength training?

- **Conclusion**

According to what has been said so far, I give a positive assessment of the Ph.D. thesis “Developing the speed and strength abilities of young basketball players” and offer to the scientific jury to award the educational and scientific degree Ph.D. to Yavor Georgiev Asparuhov in the Area of higher education: 7. Healthcare and sports, Professional field: 7.6. Sports.

May 10. 2021

Veliko Tarnovo

Author of the position:

(prof. Lyudmil Petrov, PhD)