

OPINION

of a dissertation for the purpose of awarding the educational and scientific degree “Doctor”

Topic: “Influence of the resources of adaptive physical activity on the physical ability of special needs children”

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Doctoral program: „Theory and methodology of sports science“

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Reviewer: Assoc. Prof. PhD. Stoyan Denev

In recent years health related issues, adapted physical activity, social rehabilitation and integration of people with disabilities become more and more relevant. In this aspect, Shaheser Gyunesh’s work provokes one’s interest not only as a real application of adapted physical activity on 14-18 year old students, but also as an opportunity to work with them using the means of movement games. This makes the choice of topic relevant and containing scientific value.

The dissertation is 161 pages long and it looks complete. It contains introduction, setting of the problem; goal, tasks, methodology and organisation of the research, result analysis of the research, conclusions and recommendations, bibliography and annex.

The bibliography includes 132 sources – 92 in Bulgarian 38 in the latin script and an internet site. The dissertation is well-written and illustrated with 10 tables and 70 figures, which shows the author’s excellent skills in contemporary informational technologies.

Part one is a thorough theoretical analysis, which shows how well prepared the doctoral student is. Based on the researched specialised literature on the topic, the author has established a working hypothesis.

The part uses scientific language which shows the candidate’s analytical skills and knowledge of the specialised terminology.

Part 2 presents the goal, tasks and methodology of the research. The goal is clearly defined and is proposed to be achieved through 5 main tasks. The subject and object are correctly defined. The subjects of the study are 38 children with intellectual disabilities aged between 14 and 18, divided into an experimental group and a control group. The experimental group includes 19 children from the Professional school for people with mental disabilities at the regional inspectorate of education at the city of Aydin, Turkey. The control group includes 19 randomly selected children, who participate in the traditional activities in centres for children with disabilities. The research was conducted in the Republic of Turkey in the period 2015-2019.

In order to understand the specifics of the physical development and physical ability, a “test battery” with 10 indicators described in detail was used. The adapted experimental methodology, which envisions the inclusion of additional movement games is also worth mentioning.

The math and statistics toolset includes variational analysis, comparative analysis using Student’s T-criterium for independent samples, factorial analysis and the method of sigma deviations.

In **Part 3** the results of the collected and processed data from the two studies are exhaustively analysed. These analyses lead to the scientific contributions of Shaheser Gyunesh’s dissertation:

1. The development of a specialised methodology for the improvement of the physical development and the physical ability of children with mental deficiencies by means of adapted physical activity and movement games.
2. The organization and carrying out of a pedagogical experiment in sports, that proves the effectiveness of the practically tested adapted methodology.
3. Revealing of the factorial structure and the main factors for physical ability of 14-18 year old children with mental disabilities from the Republic of Turkey.
4. The development of a normative basis for control and optimisation of the physical ability of children with mental disabilities from the Republic of Turkey.

The choice of adequate tables and figures is precise, which leads to a higher informational value, as well as making the dissertation easier to read.

The conclusions and recommendations are well formulated and in accordance with the conducted research.

Criticism and recommendations

В дух на коректност смятам, че изводите и препоръките биха могли да бъдат редуцирани. In the spirit of propriety, I believe, that the conclusions and recommendations could be presented more concisely.

Practical relevance

The dissertation and its results prove the relevance of the goal that was set. The accomplished researcher's tasks and the proven hypothesis about the influence of the experimental methodology on the physical development and the physical ability prove the usefulness of a specific (game-like) approach towards 14-18 year olds with intellectual difficulties from the Republic of Turkey.

The author's abstract summarises the contents of the dissertation. All of its parts are mentioned and the main research results are clearly presented. It also contains conclusions, recommendations for sports pedagogy and a list of scientific publications regarding the issues pertaining to the dissertation.

Shaheser Gyunesh has presented three publications on the topic of the dissertation, which have high scientific and practical value and are characterised by a precise style of writing.

Conclusion

I believe that the goal and the tasks of the research have been accomplished. My evaluation of the dissertation is definitely positive. The contents and the quality of the scientific work of the doctoral student fully satisfy the criteria, requirements and conditions for the defense of a dissertation and the acquisition of the educational and scientific degree "Doctor". On the basis of the aforementioned, I believe there are enough arguments for me to give my positive vote for awarding Shaheser Gyunesh with the degree "Doctor" of 7. "healthcare and sport", professional direction 7.6. Sport, doctoral program "Theory and methodology of sports science".

15.01.2022 г.

Sofia

Reviewer:

(Assoc. Prof. PhD. Stoyan Denev)