

POSITION

of

Assoc. prof. Boryana Tumanova, PhD

Member of a scientific jury, appointed with ordinance № № 3II 1682/15.12.2021

of the Rector of NSA “Vasil Levski“

on the Thesis Submitted for Awarding the Educational and Scientific Degree “Doctor”
(Ph.D.)

Professional Direction 7.6 Sport,
academic degree “Theory and methodology of physical education and sports”
at NSA “Vassil Levski”

Department: “Basketball, volleyball, handball”

Supervisor: Prof. Dr. Rositsa Tsurova

Author of the thesis : Şaheser Güneş

Title of the thesis: "INFLUENCE OF THE MEANS OF ADAPTED PHYSICAL
ACTIVITY ON THE PHYSICAL CAPACITY OF CHILDREN WITH
SPECIALNEEDS"

Presented from the candidate are:

- Dissertation
- Autoreferate
- Publications – 3

Dissertation information

The dissertation examines a problem related to a study aimed at 1 4-18 year old with intellectual disabilities in conditions of adapted physical activity. The PhD student's chosen theme is contemporary, significant and in the per species with applied aspect. Research problem by Şaheser Güneş is of interest to specialists in the field of sports science and in particular those seeking optimization of adapted physical activity. In modern society, specialists - exploring the level of physical capacity in people with specific needs - are still looking for alternative options to optimize the pedagogical process. And as the author herself argues, the adaptation and socialization of people with mental deficiencies is especially important, but unfortunately – very difficult to solve. This proves the usefulness and timely development of the topic chosen by a PhD student.

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Structured according to the requirements for this type of scientific development, the dissertation is distinguished by a clear structure, has the separation of chapters, sections and subsections at a structural and meaningful level. All this shows the PhD student's ability to systematize information. Contains an introduction, a statement in six chapters – staging the problem; purpose, tasks and methodology of the study; analysis of the results; conclusions and recommendations, literature and an application containing 48 games developed for implementation in 24 days. A 125-page list of literary sources of a total of 161 pages is subject to review. Bibliography consists of 132 titles, 92 are scientific developments in Cyrillic, 39 in Latin, 1 website. The dissertation is illustrated with 10 tables and 70 figures that demonstrate a high level of modern technical means by the author.

The introduction presents the motivation of the student. Professionally and competently it exposes the problems of adapted physical activity, the specifics and significance and in persons with intellectual disabilities. **Chapter One** – staging the problem, includes three sections. Through the theoretical overview in this chapter, the PhD student gradually enters into the problem. It carried out a thorough, multifaceted analysis of the information from theoretical, scientific and applied and practical publications of professionally proven authors on the issues of the study. Intellectual disabilities and the impact of physical activities and adapted sports on the development of children with mental disabilities are considered. Special attention is paid to different curricula and adapted methodologies for working in children with intellectual deficits. This shall support the identification of the object, subject matter, purpose and tasks of the study. This chapter, in order to achieve the necessary completion, summarizes the scientific problem and logically formulates the working hypothesis based on the expectation of an increase in the level of physical development and physical capacity, as well as more complete socialization and integration in the children studied in the system of inclusive education -p. 42. **The second chapter** of the dissertation "Purpose, tasks, methodology of the study" has a classical structure. It is divided into two parts – the first part presents a well-defined goal and includes the presentation of five tasks. The second is the methodology and organization of the scientific study. Correctly defined: the subject, object and contingent of the study. The methods used are well chosen, the tests used are described correctly, which is a prerequisite for comprehensive examination of the scientific problem posed and achievement of its purpose. The study was conducted within 5 years with 38 children with established mental difficulties aged 14-18 years (the number of boys and girls is not indicated). This is based on a contemporary mathematical and statistical toolkit, with the help of SPSS 10 and Microsoft Excel. Includes: alternative, variational, comparative analysis using the T-Student criterion for independent samples, factor analysis and the signal deviation method. **Chapter Three** "Analysis of results" shows all the practical work performed by the PhD student with the persons studied. The results of the collected and processed data from the tests carried out (a test battery with 10 indicators bearing information about the level of physical development and physical capacity of the surveyed persons) were analyzed. The presented figures and tables give an insight into the results obtained. With great value, I define the developed 30-ball regulatory framework for control and evaluation of the physical development and physical capacity of

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children with mental disabilities from the Republic of Turkey, as well as the proposal for drawing up an individual optimization model of physical development and physical capacity. Everything presented in the development so far opens up an opportunity to formulate conclusions and recommendations on the practice set out in **Chapter Four**. The results give a logical response to the tasks assigned. The author of the dissertation pays attention to the problems with body weight, the impact of the adapted methodology and mobile games on physical capacity, as well as the factor structure of the physical development and physical capacity of the studied persons. The citation and reference of authors, publications and sources in the dissertation work is according to the established standards.

Recommendations and remarks:

I recommend that the PhD student in the future with and work divide the persons surveyed by gender. If boys predominate in the experimental group, and in the control group of girls or vice versa, this inevitably was reflected in the end result of the study.

Scientific contributions:

The overall analysis of the dissertation work makes it possible to outline its contributions in a scientific and theoretical and scientific-practical plan, namely the level of physical capacity and body composition in children with specific needs after applying an approbated training methodology has been studied and analyzed. The influence of physical activities and adapted sports on their development provides opportunities for learning, mastering motor skills and habits, nurturing valuable moral and moral qualities, spiritual development, socialization and integration. The results of the research and analysis carried out will help teachers and other professionals working with children from the research contingent in the definition and construction of curricula. They will contribute to enriching sports science in this direction and updating the management of the learning process.

Conclusion: The dissertation work is up to date with its problems. Well-chosen and justified topic with a stable evidentiary part. It can find a specific application in modern pedagogical practice. The PhD student has shown solid theoretical training, precision and correctness in carrying out the research, skills that allow independent work in the research field. I don't detect forms of plagiarism. The presented doctoral work meets all the conditions and requirements, which allows me with conviction to propose to the esteemed scientific jury to highly appreciate the work of Shaheser Gyunesh and to award the *educational and scientific degree "Doctor"(Ph.D.) in Professional Direction - 7.6 Sport*.

Sofia, January, 15, 2022

Member of the Scientific Jury:

Assoc. Prof. Dr. Boryana Tumanova

Boryana Tumanova,
Sofia University "St. Kliment Ohridski" 2022 г.