

## OPINION

on the dissertation for awarding the scientific degree **Doctor of Sciences**

***Dissertation Topic: Comprehensive System for Control and Evaluation of Physical Development and Specific Efficiency of Adolescent Basketball Players***

**Author: MARIANA BORUKOVA**

**Professional field: 7.6.Sport**

by Prof. Milena Velichkova Alexieva, Ph.D

Member of the Scientific Jury

**Professional field: 1.3. Pedagogy of training in...**

**Subject Area: Theory and methodology of physical education and sports training**

**Faculty of Pedagogy**

**St Cyril and St Methodius University of Veliko Tarnovo**

### **Candidate information**

**Mariana Aleksieva Borukova** graduated from the National Sports Academy "Vasil Levski" in Sofia – Bachelor's degree, Major: Sport, Master's degree: Sports Management.

Mariana Borukova's academic growth began in 2007 as a part-time lecturer at the National Sports Academy "Vasil Levski" in Sofia teaching *Statistical methods in sports* to bachelor students. She is currently an Associate Professor at National Sports Academy, The Faculty of Pedagogy, Department of Basketball, Volleyball, Handball, Basketball Section, teaching at bachelor and master degree programmes. Assoc. Prof. Borukova has been a supervisor of a number of students, who have successfully defended their diploma theses and courseworks. She has been the academic adviser of doctoral students at St Cyril and St Methodius University of Veliko Tarnovo and Konstantin Preslavsky University of Shumen.

Assoc. Prof. Borukova's administrative and public activities demonstrate a wide scope of competences: editor-in-chief of the NSA Vasil Levski Yearbook magazine, member of the Expert council of scientific and project activities at the NSA, member of the Coaching Committee at the Bulgarian Basketball Federation, national basketball coordinator of Special Olympics, Bulgaria. In the period 1987 – 2007 Mariana Borukova was a professional basketball player in European teams with rich history.

The candidate demonstrates constructive behaviour for successful teamwork, actively participates in performing various tasks and activities, maintains professional relations with fellow scholars. All of the above provides evidence to consider that she successfully combines sports theory and practice.

Assoc. Prof. Borukova has in-depth knowledge and skills in computer literacy, has high level command of written and spoken French, English and Slovak.

## Dissertation and synopsis data

The synopsis summarizes the content of the dissertation; it presents all the chapters of the dissertation and correctly highlights the main results of the study. It contains conclusions, recommendations of relevance to sports-pedagogical practice, evaluation of the contributions of the dissertation and provides a list of current scientific publications on the subject matter of the dissertation (all three published in 2021).

The topic is significant both for the present and the future; it also has a practical importance because it demonstrates connection with some of the major factors of programming and management of the training process when working with young basketball players. The presented concept concerning the control of specific working capacity of adolescent basketball players through a comprehensive test battery as a new approach for effective management of the training process is an original one. It clearly reveals Assoc. Prof. Borukova's long-lasting experience as an active sports player, university lecturer, and scholar.

The dissertation ***Comprehensive System for Control and Evaluation of Physical Development and Specific Efficiency of Adolescent Basketball Players*** follows the structural requirements of such type of scholarly work. It consists of an introduction, exposition in three sections – theoretical foundations of control in basketball; research design, analysis of the results of the study; conclusions and recommendations, 287 pages in total, including appendices.

A large number of literary and digital sources has been explored both the Latin and Cyrillic script – 230, out of which 140 in Cyrillic, 83 in Latin script and 7 Internet resources, and a successful analysis of a theoretical issues has been conducted.

Mariana Borukova examines in details the issues in the field of sports preparation control with adolescent basketball players. She reaches in-depth generalizations just before logically formulating the main research thesis of the doctoral dissertation: ***Control of the specific working capacity of adolescent basketball players through a comprehensive test battery as a new approach for effective management of the training process and a prerequisite for sports realization in elite basketball.***

Here I would like to put an emphasis on the diligently presented information regarding the analysis of the real state of the basketball control systems in the USA, Russia, Serbia, Spain and Bulgaria. Scientific evidence is provided for the generalizations of the study.

The textual part is visualized by 46 figures, 42 tables, 2 appendices, normative basis and methodological guidelines for its use, protocol for conducting testing, which demonstrate the correct selection of texts suitable for illustration, as well as the mastery of modern technical means at a high level by the author.

As essential contributions of the dissertation I consider the research methodology, analysis of the results and evaluation, which make it possible to cover the scope of the tasks. The significant number of participants in the survey (351 people, out of which 41 basketball coaches and 310 young basketball players) in the various stages of the study makes it possible to conduct a detailed analysis of tendencies and to support the conclusions made concerning the various aspects of the research.

The meticulous use of mathematical and statistical methods needed to conduct the analysis, the formulation of conclusions, the rich visualisation, and the understanding of the author's statements merit special attention. The developed normative systems for evaluation and control for adolescent basketball players (girls up to 12; 14; 16 years of age and boys up to 12; 14; 16 years of age) and the possibilities for their application in practice I consider as the main scholarly contribution of the author.

The conclusions and scientific contributions, provided at the end of the study are logically formulated and objectively stem from the large body of studies and wide-ranging analysis.

### **Critical notes and recommendations**

My recommendation to Assoc. Prof. Mariana Borukova, PhD is to continue doing research in the same subject area and, if possible, to distribute the methodological guidebooks for the application of the comprehensive approach for effective managing of the training process with young players by age among the basketball clubs in the Republic of Bulgaria.

### **Conclusion**

Assoc. Prof. Mariana Borukova's dissertation demonstrates the complex research approach of the author as well as her ability to formulate conclusions and recommendations of relevance to the practice. It is a large-scale and scientifically based study of the control of sports training for adolescent basketball players through a comprehensive test battery as a new approach for the effective managing of the training process.

The contributions of the study, the significant teaching experience, the professional competence and personal qualities of Assoc. Prof. Mariana Borukova are a prerequisite for me to present the following opinion to the members of the esteemed Scientific Jury:

To award the scientific degree Doctor of Sciences to Assoc. Prof. Mariana Aleksieva Borukova, doctor in professional field 7.6.Sport.

30.07.2022

Reviewer:

(Prof. M. Aleksieva, Ph.D )