

OPINION STATEMENT

By Assoc. Prof. Anna Tihomirova Bozhkova, DSc

Scientific jury member with reference to the dissertation work on the topic:

***„COMPLEX SYSTEM FOR CONTROL AND ASSESSMENT OF PHYSICAL DEVELOPMENT
AND SPECIFIC WORKING ABILITY OF ADOLESCENT BASKETBALL PLAYERS“***

for acquiring the scientific degree "Doctor of Sciences",
in the field of higher education: 7. "Health and sports",
professional field 7.6. "Sport".

Author: Assoc. Prof. Mariana Alexieva Borukova, PhD

The contemporary characteristics of the basketball game have established it as one of the most successful collective sports, extremely dynamic and emotional with a demonstration of a high level of physical qualities, physical training and excellent mastery of basketball skills on the part of its practitioners. According to the experts, the way for the development and improvement of these skills is in the correct and good organization and rational structure of the training process, taking into account the complex nature of the game.

The management of the training process also requires mandatory, permanent control, which in the individual stages of the basketball training brings different information, as the applicant for the DSc degree summarizes after studying the world as well as Bulgarian experience in the field of control of the sports training of adolescent basketball players. It is also concluded by the applicant that a unified comprehensive test battery with an accompanying normative system applicable from U12 to U16 in both sexes would facilitate control activities.

In this sense and in perspective, I find that the presented dissertation work on the topic: "Complex system for control and assessment of physical development and specific working ability of adolescent basketball players" is correct and useful.

I. Data about the applicant for the DSc degree

The submitted data about the DSc degree applicant, about her professional development as a competitor and teacher, her personal skills and competencies, clearly indicate the consistent scientific and personal growth of assoc. prof. Mariana Borukova, PhD. I know assoc. prof. M. Borukova both as a competitor and a colleague, and I can confidently say that she is an extremely well prepared specialist with excellent social skills, a communicative and socially active person, an impeccable organizer of scientific conferences, scientific forums and other events, an organizer at sports camps; she also works on a voluntary basis with disabled people at the Special Olympics. She has various research interests in the field of high sportsmanship, game performance in basketball, management and control of work with adolescents, adapted basketball, inclusion of people with disabilities through sports, management of sports events. She is one of the few trained pedagogues in the country qualified to work through the innovative European "Playdagogy" system, Play international. She was a guest speaker at the international sports forum "Safe in sport", Karasu, Turkey.

II. Data about the DSc procedure

The dissertation work was discussed before the extended composition of the scientific collegium of the "Basketball, Volleyball, Handball" department at the National Sports Academy "Vassil Levski", held on 14.06.2022 (ЗП - 544/17.05.2022); the decision of the scientific collegium was the dissertation to be proposed for official defense. The presented accompanying documentation, necessary for conducting the defense event, has been correctly filled in and completed.

I do not find any violations in connection with the realization of the dissertation work and the compliance with the regulatory requirements during the already realized steps related to this procedure.

III. Dissertation and abstract data

The dissertation work presented by assoc. prof. Mariana Borukova, PhD can be defined as a complete, targeted theoretical-practical and experimental study on the basis of the following factors - a thorough theoretical study was carried out; a complex test battery was developed and implemented; the average levels and variability of the investigated indicators by gender and age (from U12 to U16) were established; the significance of the investigated indicators by gender and age was established through established comparative criteria; the statistical reliability and content validity of the complex test battery were established; the main factors of physical development and specific working capacity for each age group are identified; a Normative System for evaluation and control was developed for adolescent basketball players from U12 to U16 concerning both sexes.

A thorough knowledge of the studied problem on the part of the DSc applicant is conclusively proven. The work has a practical orientation and applicability. The style and manner of presentation are excellent - in a professional and linguistic sense. The dissertation is written in a volume of 287 pages, of which 31 are in a separate Appendix to the dissertation. The list of cited literary sources includes publications by a significant number of authors - 230, out of which 140 are in Cyrillic, 83 in Latin and 7 Internet resources. The dissertation text is illustrated with 42 tables and 46 figures, which facilitate the perception of the text.

In terms of structure, the dissertation work covers four chapters, with the introduction, literature and appendices being auxiliary and bringing additional clarity to the development.

In the First Chapter, the DSc applicant has competently presented the state of the researched problem, referring to established scientists and modern studies by specialists who worked on the issues of basketball and the related educational and training process. The main research thesis of the doctoral work is formulated at the end of the First Chapter.

In the Second chapter, the purpose of the dissertation work is clearly and accurately formulated, eight tasks are set, the methodology and organization of the

research are described. The research methods chosen by assoc. prof. Mariana Borukova, PhD, and the applied modern mathematical and statistical methods for data processing, are consistent and used appropriately.

A sufficient number of tests and indicators have been selected, which are included in the Complex Test Battery of the study.

In Chapter Three, the author has competently analyzed the results of research conducted with young basketball players from U12 to U16 in both sexes. The chapter contains five subsections, and after each interpretation, associate professor Borukova has made summaries that provide guidelines and information of extreme importance for theory and practice.

The developed regulatory framework for control and assessment and the methodological guidelines for its use (Appendix 3) will allow to easily and quickly carry out effective control over the special physical and specific technical-tactical preparation of adolescent basketball players by age and sex.

The dissertation finishes with 8 conclusions and an assessment of the contributions of the dissertation research, which are well articulated in the Fourth Chapter.

The entire dissertation work is written in a solid scientific style and very good Bulgarian language without grammatical inaccuracies.

The abstract is developed in accordance with the established requirements and corresponds to the content of the dissertation work. The mentioned publications are related to the subject of the dissertation work.

IV. Scientific contributions

Based on the analysis of the presented dissertation work, I consider that the formulated contributions have their significance for the applicability of the results in the field of specific control in basketball and I accept them as entirely plausible:

1. Data were collected on the average level and variability of basic signs of physical development and the specific working ability of adolescent basketball players in an age-sex aspect.

2. A complex system for the control of adolescent basketball players has been developed, which provides coaches with the opportunity for a new approach to the assessment and selection of young players and effective management of the training process.
3. A normative base and regression models have been created, which allow the evaluation of the results of the tests for specific work ability of adolescent basketball players - girls and boys, in terms of age; they provide rich information about their condition. It is possible to create additional tests for the evaluation of specific performance parameters.
4. Given the dependence of physical development on biological maturation, sports experience and the specificity of the training methodology in the technique and tactics of the game, we believe that for the individual ages studied, the developed exemplary models of young basketball players should be used in contemporary sports practice.

V. Conclusion

Based on the above, and bearing in mind the scientific and applied contributions of the dissertation work, its relevance and practical orientation for the purposes of managing the educational and training process and the accompanying specific control in adolescent basketball players, I propose to the members of the scientific jury to award assoc. prof. Mariana Alexieva Borukova, PhD, the scientific degree "DOCTOR OF SCIENCES" in Professional field: 7.6. "Sport".

Sofia

22.08.2022

Jury member:

/assoc. prof. Anna Bozhkova, DSc/