

OPINION
by
Prof. Yordan Kalaikov, Sc.D.

about a dissertation for conferring the scientific degree
“DOCTOR OF SCIENCE”, in high education area 7. “Health
Care and Sport”, professional field 7.6. “Sport”
on topic:

**COMPREHENSIVE SYSTEM FOR CONTROL AND EVALUATION OF
PHYSICAL DEVELOPMENT AND SPECIFIC EFFICIENCY OF
ADOLESCENT BASKETBALL PLAYERS**

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One of the fundamental issues in sports preparation is the control of the results from training influences. In this case, ass. prof. Borukova decided to design a comprehensive system for control and evaluation of specific efficiency of young basketball players. In training practice, there are methods for control of the physical development of athletes, and basketball players, in particular, through test batteries. In this case, however, a comprehensive system for control and evaluation of the preparation of young players was created for the different stages of the training process. Undoubtedly, the research impresses with its duration and scale – 310 athletes were researched – boys and girls and 41 coaches. At the same time, one cannot but point out the nature of the scientific approach used – the development of a comprehensive system for control and evaluation of physical development and efficiency. **I am definitely of the opinion that, actually, an effective management model was tested in sports practice through a system consisting of four subsystems – physical preparation, technical preparation, a subsystem of biological condition, and a normative system allowing for their operative evaluation. These subsystems provide information about basketball players’ physical development and specific efficiency according to their age and gender in their integrated interaction and functioning. In other words, it enables the correction of already taken decisions related to preparation, i.e., a typical management procedure provides a permanent**

optimization of the training process, which is a remarkable achievement.

The arguments mentioned above allow me to claim that the presented work contains original research on significant scientific-applicable issues of sports practice. I support this claim with several indisputable achievements found in the dissertation:

1. The author made some retrospective analyses of the systems for control through a critical analysis of 230 literary sources.
2. The author proved the reliability and validity of the tests used.
3. The author outlined the dynamics in the physical development of boys and girls aged 14-16 years and its influence on the anthropometric indicators and their efficiency, which was statistically proven.
4. The author created a reliable normative basis that lies in the base of the functioning of the system.

The achievements mentioned above allow me to consider that there are specific contributions in the dissertation which apply not only to this particular scientific issue but also to the theory and practice of sports preparation as a whole, namely:

1. The author created a comprehensive system for control of the physical development and efficiency of adolescent basketball players, which, in fact, is a new approach to the management of young players' preparation on behalf of coaches.
2. The developed, systematized, and implemented normative base and regression models proved their efficiency when evaluating the results from the tests, which is a novelty in coaches' practice, regardless of how innovative the test battery is.
3. There is a new concept about the interdependence of physical development and biological maturity, sports experience, and the specific methods for teaching technical skills to adolescent basketball players.

Having become acquainted with the normative base and the abundance of data that coaches will have to use more than once, I asked myself: Whether developing a specialized software package and using mobile devices would make the suggested tests more rational to use. I recommend that the comprehensive system be perfected this way, if possible.

The presented publications are related to the dissertation topic and show their author's significant scientific contributions.

All the requirements arising from the normative laws were met, and the necessary documents about the legitimacy for applying for the scientific degree "Doctor of Science" were provided.

Based on the above-mentioned and the presence of the formulated arguments, I claim that ass. prof. Mariana Borukova has undeniably

proven her upgoing growth as a serious researcher and a specialist in sports theory and practice with this dissertation.

I suggest that the respectable members of the scientific jury grant ass. prof. Mariana Aleksieva Borukova, Ph.D. with the educational and scientific degree “Doctor of Science” in professional field 7.6. “Sport”.

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