

## **EXPERT OPINION**

**by Prof. Dr. Chavdar Georgiev Sotirov,**  
Konstantin Preslavsky University of University  
on the Dissertation by Todor Minkov Todorov entitled:  
**Methodology of Physical Training of Rope Access Technicians**  
for award of PhD educational and scientific degree,  
scientific specialty “Theory and Methodology of Physical Education and Sports  
Training” in Professional Field 7.6 Sports  
Research supervisor: Assoc. Prof. Alexander Shopov, PhD

Grounds for drawing up the Review: Order No. ZP 1075/20.10.2022 by the Rector of the National Sports Academy “Vassil Levski”. The Review was prepared in accordance with the Act on Development of the Academic Staff in the Republic of Bulgaria and the Rules for its Application, the standard form and content for reviews during the public defense of dissertations, and the Ordinance for the acquisition of the PhD educational and scientific degree at the National Sports Academy “Vassil Levski”.

### **1. Candidate’s details**

Assistant Professor Todor Todorov is enrolled as a PhD student on a self-study basis in the higher education field 7. Healthcare and sports, professional field 7.6. Sports, PhD program “Theory and Methodology of Sports Science” at the “Tourism, Mountaineering and Orienteering” Department with a 3-year duration of study, pursuant to Order No. ZP-835/30.04.2018. By Order No. ZP-579/20.05.2021 he was discharged with the right of defense.

The brief biographical data of Todor Minkov Todorov give a clear idea of the direction of his professional and creative pathway. As an athlete, competitor, coach, hight technician and teacher, he “has climbed the pyramid” to gain professional experience in the field of alpine and mountaineering activities. Unambiguously, all this is a prerequisite for choosing the scientific niche in which the PhD student works, as well as the topic of the dissertation developed by Todor Todorov.

### **2. General description of the dissertation**

The dissertation presented has a total volume 140 pages, of which 124 pages are the main text. Structurally, it is built as an introduction and 4 chapters. A variety of specialized literature and Internet resources were studied. 25 literary sources were used (of which 7 in foreign languages), there are 3 appendices (15

pages). The research data are presented in rich empirical sequence, in 32 tables and 28 colored figures-diagrams. The dissertation meets the requirements for obtaining the PhD educational and scientific degree.

### **3. Content dimensions of the dissertation**

The topicality of the topic is adequate to the long-term efforts to verify this type of activity, which is distinguished by its increasing implementation in the last 40 years, both in our country and over the world. I should note that this is the first scientific work on this theme that was developed in the Republic of Bulgaria. This definitely justifies the interest thereto. Interest both in the theoretical interpretations of the “Rope Method” technology, thematically and substantively, as well as in the pragmatic practical and applied aspect. Everything that is examined in the dissertation is from the point of view of sports science, anatomy, physiology, sociology, professional pedagogy and psychology. Therefore, the dissertation theme has its significant and reflective projections in the field of professional education, healthcare and sports.

The dissertation developed by Todor Todorov is distinguished by the complexity and representativeness of author’s ideas, theses and concepts. These logically lead to the development of a new educational product, an author’s program and methodology for specific physical training of people employed in professions that require the implementation of the “Rope Access” technology (p. 49).

The study concept is reflected in the structural layout and design of the dissertation. The first chapter is devoted to the theoretical aspects and the formulation of the scientific problem. It presents topics related to historical, theoretical-methodological and organizational aspects of the methodology for physical training of technicians using rope access. The author naturally ends the first chapter by formulating the hypothesis of his research.

The second chapter is of interest. It is oriented towards the research design and organization. The methodological basis of the study, its specific basic characteristics and limits (goal, tasks, subject, object and subject) are defined. The research part also includes the specialized methodology for training rope-access technicians. In my opinion, in this key part of the dissertation, the author skillfully defines all the methodological requisites that such a scientific work should possess.

In the third chapter, the PhD student Todor Todorov subjects the obtained empirical results to a detailed analysis after their statistical processing. Analyzes

are in the context of the study objectives. These are visualized with diagrams and tables, which reveals the doctoral student's ability to work with software products for graphical presentation of data.

The fourth chapter is devoted to the conclusions and recommendations, which I accept with no objection and consider to be logically and statistically correctly derived.

#### **4. Merits and achievements of the dissertation**

I believe that the dissertation is distinguished by the topicality of the subject, methodological setting and empirical weight. The sociological research and statistical procedures conducted significantly enhance the representativeness and reliability of the study, which confirms the author's hypothesis.

The findings stated in this Expert Opinion provide sufficient arguments for a high evaluation of the defended dissertation and its theoretical-cognitive and practical and applied merits.

#### **5. Scientific contribution**

The dissertation presented by Assistant Professor Todor Todorov is of a theoretical-applied nature. I accept the described contributions (p. 121, item 4.3.) by the doctoral student:

1. An in-depth analysis of the positive and weak aspects of the data from the literature review was made, the unsolved problems related to the physical training of high technicians were clarified;
2. An original, science-based methodology for developing the motor skills of high technicians, fully tailored to their work technique, was approved and applied in practice;
3. An algorithm of a comprehensive methodology for the motor qualities diagnosis has been developed, which provides a sufficiently good and adequate assessment for their objectification in high technicians;
4. The "self-ascending" height technique has been modified as a test to assess the general physical fitness of high technicians, and has been approbated in the course of the study.

The abstract is consistent with the content and structure of the dissertation and complies to the requirements for this type of publication.

The quotations are correct and meet the established standard.

## **5. Critical notes and recommendations**

Some technical errors and omissions were found in the dissertation; these, however, do not undervalue its scientific value.

## **6. Conclusion**

In conclusion, it is my opinion that the dissertation proposed for review, developed by doctoral student Todor Minkov Todorov, meets all scientometric requirements. I hereby express my positive opinion and recommend to the Scientific Board to support and award him PhD educational and scientific degree in Higher Education Area: 7. Healthcare and Sports, Professional Field: 7.6. Sports, PhD program “Theory and Methodology of Sports Science”.

December 2, 2022  
Shumen

Signature: .....  
/Prof. Dr. Chavdar Sotirov/