

R E C E N Z I A

of a dissertation on:

"Improving the admission and control system for adolescent biathletes in sports schools in the Republic of Bulgaria"

Prepared by: doctoral student Valentin Yankov Vukov

Research supervisor: Prof. Krastyo Zgurovski, Ph.D

Reviewer: Associate Professor Nikolay Panayotov, PhD

Basis for preparation of the review: Order of the rector of the National Academy of Sciences "Vasil Levski", an order No: 1255/07.112.2022. The review was prepared in accordance with the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its Application, with the Standard for the Form and the content of the reviews during the public defense of dissertation works and with the Ordinance for the acquisition of the Doctorate of the National Academy of Sciences at the Vasil Levski National Academy of Sciences.

1. Data on the doctoral student and the doctoral program

Valentin Yankov Vukov was born on 27.07.1987. in the town of Samokov. After completing his secondary education in 2006, in the period 2006 - 2011. acquires a higher education at the National Academy of Sciences "V. Levski" with bachelor's and master's degrees.

From 2014 to 2019, he worked at Vasil Levski NSA as an assistant at the Snow Sports Department.

Valentin Yankov Vukov is enrolled as a doctoral student of self-study in the field of higher education 7. Health care and sports, professional direction 7.6. Sport, scientific specialty "Theory and methodology of physical education and sports training (incl. Methodology of physical therapy) at the department of "Snow sports" with a training period of 3 years – Order № -1686/17.10.2012. By order №-836/30.04.2018 he was dismissed with the right of defense.

2. Dissertation data

The topic of the dissertation is relevant not only from the point of view of the present, but also for the future and has great practical significance, as it is related to

one of the most important factors regarding the admission and control of biathletes in sports schools.

So, for me, the choice of the topic is understandable in this broader plan for the admission and training process in sports schools. This is also supported by the author's summary that the currently existing criteria for selection and control over preparation and the applied test batteries for admission of young biathletes to sports schools in the country do not meet the standards of modern sports, as well as European educational requirements.

In this regard, I congratulate Valentin Vukov and his supervisor Prof. Krastyo Zgurovski, Ph.D., for choosing the topic of the discussed dissertation work.

2.1. General characteristics of the presented work

The presented dissertation work, as is evident from the title, is dedicated to a significant problem regarding the improvement of the admission and control system for adolescent biathletes in sports schools. All this is subject to the developed uniform program for sports training applicable in sports schools.

2.2. Evaluation of the structure and content of the dissertation work

The content of the work submitted for review is traditional. Structurally and in terms of volume, DT meets the requirements of the regulations for the application of the ZRASRB. The dissertation submitted for review is spread over a volume of 163 pages, which structurally includes: introduction, three chapters, conclusions and recommendations, list of used literature (81 information sources: 48 in Cyrillic; 21 in Latin and 12 websites). The text part of the DT is accompanied by 34 figures and 10 appendices.

The author has chosen the abbreviated form of the introductory part to introduce the essence of the dissertation work. It is characterized by brevity.

In Chapter one - titled State of the problem according to literary sources, which represents the theoretical basis of DT (structured in 10 paragraphs), PhD student Valentin Vukov comments and analyzes the characteristic, bioenergetics of motor activity in modern biathlon. It makes a thorough analysis of the anatomical-physiological features in adolescents, the genetic features of the trainability of motor abilities in children. A comprehensive historical review of the origin and features of sports schools, their current state, has been made. The author presents the existing system of selection and control of adolescent biathletes in sports schools.

The chapter logically ends with a correctly derived working hypothesis.

The second chapter, which is entitled: **Aim, tasks and methodology of the research**, represents the **methodological part** of the development.

In the current version of the DT, the methodological concept of the study is successfully presented, where the methodological basis and the main approaches for solving the research tasks are specified. There are well-formulated necessary elements for such a work: subject, object, goal, tasks, thesis, methodological apparatus, limitations. On the basis of the highlighted subject and object of the research, the author formulates the purpose of the dissertation: **to increase the effectiveness of the training process for adolescent biathletes from sports schools in Bulgaria, by improving the system for admission, control and methodology of a unified system of sports training.**

The main tools of the research are in two directions - theoretical research and sports pedagogical.

The theoretical direction includes bibliographic, content analysis and pedagogical modeling.

The sports-pedagogical research includes sports-pedagogical testing to establish the level of physical preparation and the special working capacity of the biathletes under investigation.

To process the obtained results, the author uses from the mathematical-statistical methods: variation analysis, Student's t-criterion for testing hypotheses, sigma method for assessing the state of the investigated signs, factor analysis. The selected sports pedagogic tests are distinguished by a high degree of reliability, being divided into two groups. Tests for physical fitness and tests for specific work ability (specialized tests).

202 biathletes aged 12 to 19 were studied, of which 100 were boys and 102 were girls.

The research was conducted over a period of 10 years: from 2013 to 2022.

The third chapter of the dissertation is devoted to the analysis of the obtained empirical results of the study. The analyzes are correct and follow the order of the tasks. Logically, the statistical analyzes complete a summary, which appears to be one of the main contributions of DT, namely, that under the influence of the applied methodology for developing motor qualities, as well as under the influence of the

phylogenetic development of the Bulgarian population, an imbalance has occurred in the current regulatory framework for control .

On this basis, in order to update the normative basis for control and assessment of biathletes of the studied age group, new corrected normative tables for boys and girls have been developed.

The same are applied by class respectively.

Conclusions and recommendations.

The interim summaries and comments lead logically to 4 conclusions and 6 recommendations.

3. Regarding the auto-reference - it meets the generally accepted requirements. Sufficiently presents the methodological concept and instrumentation of the dissertation research, the analyzes of the obtained results and the synthesized conclusions and recommendations.

4. Contributions:

1. The factor structure of the physical development and the specific working capacity of the students from the sports schools has been revealed.

2. Current normative tables have been developed for assessing the special physical fitness of 12-14-year-old biathletes, which favor the effective ongoing control of the specific work capacity.

3. A unified system for sports training in sports schools profile "Biathlon" has been developed.

From the official note presented by Deputy. Rector for Scientific and International Activities of the National Academy of Sciences "V. Levski - Prof. Tatyana Yancheva, it is clear that no unacceptable limits of plagiarism have been established.

The presented publications are thematically related to the dissertation work.

5. Conclusion.

The dissertation proposed for review on the topic: "Improving the system for admission and control of adolescent biathletes in sports schools in the Republic of Bulgaria" developed by doctoral student Valentin Yankov Vukov, meets the scientometric requirements for a similar genre of work. There is sufficient scientific

evidence that the aim of the dissertation research has been achieved. Relevant scientific contributions are highlighted. The achieved scientific results give reason to recommend to the esteemed Scientific Jury to give a positive vote to Valentin Yankov Vukov - a doctoral student at the Department of Snow Sports of the Faculty of Public Health, Health Care and Tourism National Academy of Sports of the National Academy of Sciences and to award him a Doctor (PhD) of the National Academy of Sciences in the field of higher education 7. Health care and sports, professional direction 7.6. Sport, scientific specialty "Theory and methodology of physical education and sports training (incl. Methodology of physical therapy)

16.01.2023 g.

Sofia

Reviewer:

/N.Panayotov/