

OPINION  
by Ass. Prof. Ognyan Tishinov, Ph.D

The opinion refers to the dissertation work of Valentin Yankov Vukov, PhD student at the "SNOW SPORTS" department at Vasil Levski National Academy of Sports, on the topic "Improving the system of admission and control of adolescent biathletes in sports schools in the Republic of Bulgaria" for the award of the educational science degree "doctor", scientific specialty "Theory and methodology of physical education and sports training (incl. Methodology of physical therapy), professional direction 7.6 Sport, scientific supervisor, Assoc. Prof. Krastjo Zgurovski, doctor

Biathlon is cross-country skiing over distances established by the rules of the sport and is combined with target shooting. Biathlon is an ancient sport with a combined effect on the human organism and has found a worthy place in international sporting events, with competitions being presented very comprehensively and being the subject of televised sports broadcasts. In addition, sport has a pronounced positive impact on the human body.

The dissertation has a volume of 150 pages and contains:

Introduction and literary presentation of the research problem within 57 pages, purpose, tasks, methods and methodology of the research, organization - 8 pages, results and analysis - 33 pages, conclusions, recommendations - 8 pages. The number of literary sources is 81, and 37 are in Latin. 10 appendices have been added to the thesis. 12 tables and 34 figures are used in the dissertation work.

The analysis of the current state of biathlon is done very comprehensively. The performance of the competitor, the structure of the result and the importance for the development of stable structural models including the external factors influencing the achievement are examined. The bioenergetics of motor activity, the morphofunctional characteristics, the functional specialization of the organism

through the improvement of metabolic processes. The review examines the anatomo-physiological features of adolescents, the influence of acceleration in puberty.

In addition, the influence of the genotype in relation to age, trainability and energy supply during the maturation of the athlete's organism was analyzed.

The development examines specialized training by centralizing it in sports schools and comparing it with similar examples in France, the USA, Japan, Norway, Italy and Germany, where instead of schools, academies are organized at different clubs.

The visualization - tabular and graphic is of excellent performance.

The presented hypothesis is a summary of the literature research done in chapter one. In the second chapter, the purpose, tasks, organization and methodology of the research are set. The tasks summarize and essentially fulfill the purpose of the study, which is properly defined.

In the third chapter, the necessary components related to proving the results of the study are fulfilled. Mathematical statistical methods include variational, comparative and factor analyses. The variability of the studied signs in the analysis of variation accurately establishes the level of readiness of the research contingent and the availability of the possibility of simultaneous physical training in boys and girls for this studied age of adolescent athletes.

Optimization models have been developed for both sexes. Recommendations are proposed regarding the individual constituents of the physical fitness system practiced for the training of adolescent athletes.

An important component of the development is devoted to the factor analysis of physical qualities and their influence on the training of athletes. The analysis was performed correctly and determined the location of each of the studied physical properties of the preparation.

In the development, a proposal was made to update the regulatory framework for control over the physical fitness of 12-14-year-old biathletes in sports schools. A unified program of sports training in biathlon in sports schools is presented. The methodological guidelines are comprehensive and include models for managing preparation in the annual training cycle and models for developing conditioning capabilities to achieve effective management of the training process in the cycle.

Examples of introductory microcycle, competition and model training microcycles and in the general preparatory stage have been prepared.

The theoretical and scientific-applied contributions of the dissertation work are the following:

1. In-depth analysis of the state of training of young biathletes in the Republic of Bulgaria.
2. Proposal for updating the methodology for the selection of young biathletes, taking into account the peculiarities of maturation in adolescent athletes.
3. A factor structure is presented analyzing the influence of physical qualities in the training of biathletes at this age.

Two publications are presented on the topic. The abstract meets the requirements.

I have one recommendation for the author. Since the subject concerns the system of admission and control in Bulgaria of adolescent biathletes, one or two balance assessment tests should be included in it, of course not by means of apparatus methods, but such as the Y-balance test, which requires very simple equipment . Information about the test is available on the Internet.

I will note that the doctoral student presents a research paper satisfying the academic requirements for a doctoral dissertation. Therefore, I give my positive assessment to the dissertation of the doctoral student Valentin Yankov Vukov, a

doctoral student at the Department of "Snow Sports" at the Vasil Levski National Academy of Sciences, on the topic "Improving the admission and control system for adolescent biathletes in sports schools in the Republic of Bulgaria" and I propose that he be awarded the educational and scientific degree "doctor" in the scientific specialty "Theory and Methodology of Sports Science", professional direction 7.6 Sport.

6.01.2023

Signature:

(ass. professor Ognyan Tishinov doctor)