

REVIEW

on the dissertation of Boris Mitkov Yankov, on:

"Beach volleyball as a means to increase physical performance in students"

for obtaining the educational and scientific degree "DOCTOR"

in the field of higher education 7. Health and Sport, professional field 7.6. Sport, doctoral programme "Theory and Methodology of Sport Science"

Scientific supervisor. Prof. Dimitar Mihaylov, PhD

Reviewer: Assoc. prof. Vera Antonova, Ph.D., Department „Basketball, Volleyball, Handball”, NSA “Vassil Levski”

Biographical details of the applicant

2015 г. Boris Yankov graduated with a Master's degree from Shumen University "St. Konstantin Preslavski", qualification "Physical Education Teacher".

Since 2012 he is coaching the men's and women's volleyball team of Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

From 2018 to 2022 he is a lecturer at the Department of Physical Education and Sport of Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

Since 2022 he is a senior lecturer at the Department of Physical Education and Sport of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

From 2002 to 2012 he was a professional volleyball and beach volleyball player.

2008 - Champion and winner of the Cup of Romania with "Tomis" (Constanta).

2005 and 2007 Balkan beach volleyball champion.

Boris Yankov is a Republican champion in volleyball (2001) and beach volleyball (2003). He has participated in Swatch FIVB world tour (10 tournaments).

General characteristics of the dissertation

The dissertation is presented in a total of 207 pages, including appendices. It consists of an introduction, four chapters and three appendices. The bibliography includes 82 references, of which 37 in Cyrillic, 39 in Latin and 6 internet sources. The dissertation is illustrated with 41 tables and 58 figures.

From everything attached in the documentation submitted by Boris Yankov (orders, minutes, internal reviews, publications, dissertation, abstract, published articles) it is clear that the procedure from enrollment to disenrollment is respected and complies with the Law on Ph.D., the Regulations for its Implementation and the Regulation for the Acquisition of the Doctorate Degree at the National Academy of Sciences "Vassil Levski".

Relevance of the thesis

The chosen topic is of high relevance. The consequences of the COVID'19 pandemic are many, but the most significant are immobilisation and the reduction of social contacts. In this context, beach volleyball is a sport that fully meets the epidemiological regulations (played outdoors, opponents do not have direct contact with each other) and is an ideal tool for increasing physical activity. Beach volleyball is a popular sport, is widely practiced (including non-professionally) and solves a number of health and educational tasks. It can be used with great success as a means of increasing performance in non-specialist university students.

Analyzing the studied literature sources and based on his own experience, the doctoral student establishes the place of beach volleyball in the sport system, as well as the opportunities it offers for developing motor and technical-tactical abilities in students, and thus their overall performance.

Structure of the dissertation

The scientific work submitted for review is structured in accordance with the requirements and criteria for awarding the PhD degree.

The introduction presents in a synthesized form the doctoral student's motives for focusing on the development of this topic: 'Beach volleyball as a means of increasing physical performance in students'.

In the first chapter the theoretical setting of the problem is presented. The peculiarities of physical education and sport in higher education institutions - the aim, tasks, organization and basic forms of the educational process are examined, a retrospective analysis of the emergence and development of beach volleyball is made, as well as a characterization of motor qualities and technical training in beach volleyball is provided. The literature review is presented in a volume of 43 pages, arranged logically, consistently and reflects a thorough knowledge of the presented issues. A good foundation has been laid for the overall development of the thesis. The citations are within the developed topic and are correctly applied, according to the set academic standards.

The style that Boris Yankov demonstrates in the literature review is terminologically correct and shows the personal competence of the PhD student on the issues under consideration. Contemporary sources on the topic of beach volleyball are reviewed and presented. This shows convincingly that Boris Yankov has an excellent command of the theoretical basis of the research.

On the basis of the thorough literature review, the working hypothesis was formulated, which states that "through purposeful, experimentally proven methods of working with the beach volleyball sport with inactive student athletes in the classes of the chosen sport, will improve and increase their motor abilities, as well as their physical performance".

In chapter two the aim of the research work is clearly and precisely defined - to establish the degree of influence of the sport of beach volleyball on the physical performance of inactive student athletes. For its realization five tasks are set. The subject of the research is the educational and training work in the sports classes of inactive student's athletes. The object is physical qualities and functional capabilities of students. The scientific experiment included 53 students, 15 of them engaged in beach volleyball, 16 in basketball and 22 in football.

The research methods include content analysis by information sources; questionnaire (102 students were surveyed - 35 foreign and 67 Bulgarian); sports-pedagogical testing; sports-pedagogical experiment; mathematical-statistical methods.

Sports-pedagogical testing was applied to establish the level of some physical indicators. Fifteen indicators were taken, divided into 4 groups: to assess the level of speed (7 indicators); to assess endurance (3 indicators); to assess the level of strength (2 indicators); to assess flexibility (2 indicators). The tests used to assess the individual indicators are appropriate and well described.

The subchapter "Organization of the study" is developed in a precise manner. The attached training program for beach volleyball is presented in Appendix 3 of the dissertation. The program is well-structured and can be implemented with great success.

The following mathematical-statistical methods were used to process the results obtained from the study: survey; variation analysis; comparative Student's t-criterion and one-factor dispersion analysis.

In Chapter Three, the competent analysis of the results of the conducted research is highly commendable. The results of the survey on the attitude of MU - Varna students towards beach volleyball are analysed. A study and an analysis with the test and the control groups are made, where the average values and variability of motor skills indicators and functional abilities at the beginning and at the end of the sports-pedagogical experiment, are presented. A comparative analysis about the relevance of the value differences from both test on all student is made, as well as a comparative analysis of the statistical relevance of the growth and the differences of the separate groups in sports-pedagogical tests, and test determining their functional status.

A competent and in-depth analysis of the results of the conducted experiment is offered, to determine the extent of the influence of beach volleyball on the physical performance of inactive student athletes. Based on the evaluation on the first and second testing concerning the differences in the average growth, it is confirmed that the applied training programs in beach volleyball, basketball and football have a positive impact on physical and motor skills in the examined students.

The results are derived from the research and enable the PhD student to draw the necessary conclusions and recommendations for theory and practice, which are objective, well-formulated. The recommendations are correct and can be applied in practice.

Contributions of the thesis

1. The doctoral candidate has made a theoretical analysis of the specific problem under study, based on the work of proved experts in the field.

2. A comprehensive study was conducted with inactive student athletes. A test battery with a wide range of indicators was used, establishing the degree of influence of beach volleyball activities.

3. Developed and implemented in practice are complexes with general warm-up exercises, a curriculum for a semester of beach volleyball and a methodology for training beach volleyball for a semester, consisting of 15 exercises of 90 minutes.

Conclusion

The dissertation that Boris Yankov has written is in compliance with the regulations and the requirements of the “Law for development of the academic staff in the Republic of Bulgaria”, The Rules and Regulations for its implementation, and the Ordinance for acquisition of the scientific degree PhD at NSA “Vassil Levski”.

The attached articles are relevant to the topic of the dissertation and scientifically sound.

The abstract fully corresponds to the contents of the thesis and is developed according to the requirements.

I give a positive evaluation to the dissertation work on "Beach volleyball as a mean to increase physical performance in students". I propose to the members of the scientific jury to take a decision for awarding to Boris Mitkov Yankov the educational and scientific degree "DOCTOR", in the Field of higher education. 7.6. Theory and Methodology of Sports Science.

22.04.2023 г.

Reviewer:

/ Asso.prof. Vera Antonova, PhD/