

## STATEMENT

for the dissertation work of Boris Mitkov Yankov on the topic:

**"Beach volleyball as a means of increasing the physical capacity of students" for the acquisition of the educational and scientific degree "Doctor" in the doctoral program "Theory and Methodology of Sports Science, professional direction 7.6 Sport"**

Doctoral student Boris Yankov has prepared a work of very high scientific and practical value. Provoked by the influence of the sports discipline of beach volleyball on the physical performance of students, the doctoral student was able to prove his thesis through this scientific research. Moreover, he managed to focus the attention of sports educators and to suggest that beach volleyball has a place in the system and content of physical education when working with students. Where there are conditions to practice, beach volleyball is an excellent tool for increasing the motor skills of those who practice it.

The reviewed dissertation on "Beach volleyball as a means of increasing physical performance in students" is composed of 212 pages, of which 39 pages are appendices. The bibliographic reference is from 82 literary sources, of which 37 in Cyrillic and 45 in Latin, illustrated with 58 figures, 41 tables and 3 appendices.

The dissertation is built in four main chapters - theoretical, analytical, experimental, and concluding.

The first chapter - "Theoretical formulation of the problem" deserves a positive assessment. It is divided into two parts - features, purpose and tasks of physical education and sports in higher schools, and beach volleyball with its characteristic in the development of motor qualities and technical training. The first - characterizes the process of formation of motor skills and habits through sports, and in the system of physical education in higher schools determines its place and specificity. In the second part, beach volleyball is examined in its historical retrospection, as well as the formation of the specific motor qualities and technical skills of the game. On the basis of the statement of the problem, a working hypothesis was derived, which is the subject of protection in the analysis.

The second chapter "Aim, tasks and research methodology" is correctly and competently structured. The tasks are clearly formulated and precisely follow the logic of scientific research. The subject, object and organization of the research are presented in the relevant completeness and create a clear idea of the overall methodological arsenal of the dissertation work. The two control groups with which the results will be compared are noted. It should be emphasized here that the indicators do not correspond to the tests from the table, they are incomparably more. We suggest adding them to table 1.

The obtained results are thoroughly processed with various and reliable mathematical and statistical methods.

The most informative is the third chapter "Analysis of the results", where the main scientific contributions of the dissertation are. In its four sections, the author thoroughly, in a strict internal logical connection arising from the tasks, methodically accurately and competently analyzes the processed information.

To begin with, a survey was conducted, summarizing the opinions of students about the preferences of beach volleyball activities in physical education classes at a university.

Subsequently, a lengthy and very thorough analysis of variance of all groups at the first and second testing began. One alternative analysis of the results of the first test is definitely missing, ie. establishing the output level. This is briefly noted at the end of the thesis, where the increments are indicated.

The culminating point in the analysis is its fourth part - a sports-pedagogical experiment. With the necessary competence and erudition, with the help of statistical methods, the doctoral student establishes the significance of the differences between the average levels of the three research groups. Professionally, on the basis of the training program, including 15 training classes for one semester, the author indicates the reasons, as well as makes an objective assessment of the effectiveness of the experimental program. The desired trend for beach volleyball to be part of the sports curriculum of university students has been proven.

The conclusions and recommendations are correctly formulated and correspond to the consistent solution of the tasks, the achievement of the goal and the proof of the hypothesis.

In general, the dissertation is written in highly professional and terminological language, properly structured and richly illustrated. There are technical errors that the author should fix.

Based on the positive evaluations in the dissertation work and his outstanding scientific and methodical contribution, as well as the proven professional qualities of Boris Yankov, I propose to the respected members of the scientific jury to award Boris Mitkov Yankov, the educational and scientific degree "Doctor".

Prepared by:

/ Assoc. Prof. George Bozhilov – Ph.D. /