

## OPINION STATEMENT

Prepared by assoc. professor Ralitsa Tsekova Arsova, PhD

a Scientific Jury Member

regarding the dissertation work 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", field of higher education 7. Healthcare and sports, professional field 7.6. Sport, Doctoral Program "Theory and Methodology of Sports Science"

***Author of the dissertation: Boris Mitkov Yankov***

***Scientific supervisor: Prof. Dimitar Petrov Mihailov, doctor***

In recent decades, beach volleyball has gained extreme popularity worldwide. It is one of the most popular sports in our country as well. The basis of this is its dynamism, the inherent nature of motor activity associated with it. In higher schools in Bulgaria, there are restraints about the usefulness of practicing this sport by students.

*In this sense and in perspective, I find that the presented dissertation work on the topic: "Beach volleyball as a means of increasing the physical capacity of students" is up-to-date and useful.*

### **I. Data on the doctoral student**

Boris Yankov has the necessary competitive and coaching experience. For more than 10 years, he has worked with the men's and women's volleyball teams at

the Medical University in the town of Varna, where he is a teacher in the Department of Physical Education and Sports. His professional practice is closely related to beach volleyball. Among his significant successes in volleyball is the championship title with his club team in Romania, where he also won the gold in beach volleyball. Among his honors are the Balkan title in beach volleyball, as well as participation in the World Series of tournaments of the International Volleyball Federation.

## **II. Data on the dissertation procedure**

The dissertation work was discussed and proposed for official defense at an extended meeting of the "Basketball, Volleyball, Handball" Department of the National Sports Academy "Vassil Levski", Sofia, held on 22.03.2023.

During the implementation of the dissertation work and regarding the fulfillment of the regulatory requirements, no violations were committed.

## **III. Data on the dissertation work and the abstract**

The presented dissertation work by Boris Yankov is a complete and targeted theoretical-practical and experimental research. The scientific research is the result of his knowledge gained as a competitor, coach and teacher.

The work has a practical orientation and applicability.

The dissertation work contains 208 standard pages. It is illustrated with 58 figures, 41 tables that complement the text and contribute to its good design, and 3 annexes. The bibliographic reference is contains 82 information sources. Structurally, the dissertation contains 4 sections, with the introduction, literature and appendices being auxiliary and bringing additional clarity to the main exposition.

The individual sections are well organized, enriching the theory and practice of this popular and beloved sport.

The first main section "Theoretical statement of the problem" is in a volume of 43 pages and includes 3 subsections. It shows the views and competence of the doctoral student on the researched problem. Subsection 1.3. "Characterization of motor qualities and technical training in beach volleyball" is of high value.

The working hypothesis presented at the end of the section is well justified based on the theoretical analysis.

The purpose of the study is well formulated, as well as the research tasks. This subsection describes the object and subject of research, the students participating in the research, as well as the sports they practice.

"Research Methodology and Organization" is a very well and thoroughly developed section. A clear idea of the research program used by the PhD student is proposed. A description of the 15 indicators is made, as well as the tests through which they have been taken. The pedagogical experiment is described in detail. The mathematical and statistical methods used are indicated.

The main section "Analysis of the results" is developed in 4 sub-sections and is in a volume of 80 pages.

Of high value are the developed subsections "Significance of the differences and increase in the results at sports-pedagogical tests", as well as "Significance of the differences and increase in the results at tests determining the functional state". The resulting dependencies can serve in the use of beach volleyball training programs and improvement of the volleyball training process.

The presented scientific results and facts are extremely well illustrated with tables and figures that visualize the established dependencies.

The summaries of the dissertation correspond to the empirical work carried out. Six conclusions and three recommendations have been made, which have a high practical value.

The abstract is developed according to the requirements and corresponds to the content of the dissertation work.

#### **IV. Scientific contributions**

1. A theoretical analysis of the researched problem was made regarding the place of beach volleyball among the exercised sports in higher schools.
2. A comparative content analysis was made of the possibilities that beach volleyball provides for developing the motor skills of the participants.
3. A complex study was conducted with students who were not active athletes, using a test battery with a wide range of indicators, establishing the degree of development of the motor qualities of beach volleyball players.
4. A specialized educational and training program aimed at improving the sports-technical and physical fitness of students engaged in beach volleyball has been developed and tested in practice.
5. A one-semester beach volleyball curriculum was developed to be implemented in higher education institutions.

## **V. Publications and participation in scientific forums**

Boris Yankov has indicated three articles on the topic of the dissertation, which are co-authored. Two of the scientific publications are from participation in national conferences and one in an international scientific forum.

## **VI. Conclusion**

*In accordance with the opinion stated above , and taking into account the relevance and benefits for coaches, specialists, beach volleyball players; the results of the conducted scientific research; correctly performed analyses; contributions to sports theory and practice, I propose to the members of the scientific jury to award Boris Yankov the educational and scientific degree "DOCTOR" in Professional direction: 7.6. "Sport", Doctoral program "Theory and Methodology of Sports Science".*

Sofia

27.04.2023

Statement author:

/assoc.prof. Ralitsa Arsova, PhD/