

## **OPINION**

on the dissertation of **Lyubomira Lyubomirova Vasileva** on topic:  
**“Methods for Development of Specific Efficiency of 10-12-year-old  
Volleyball Players”**

for acquiring the educational and scientific degree “Ph.D.”  
in professional field 7.6. Sport, Ph.D. program “Theory and Methodology of  
Sport Science”

**by ass. prof. Mariana Aleksieva Borukova, D.Sc.**

### **Data about the candidate**

Lyubomira Vasileva graduated from the National Sports Academy “Vassil Levski” with a bachelor’s degree in two majors – Volleyball Coach and Sports Management. She continued her education in her master’s degree program in Sports Journalism. In 2021 she finished a post-graduate study and got a degree for a physical education teacher. She has worked as a volleyball coach and a physical education teacher. Currently, she is a part-time lecturer in volleyball at SU “St. Kliment Ohridski”, Sofia. She has the necessary computer skills and has a good command of English.

### **Data about the Ph.D. degree studies**

Lyubomira Lyubomirova Vasileva is a full-time Ph.D. student in the “Basketball, Volleyball, Handball” department at NSA “Vassil Levski”, Sofia. She was given the right to defend her dissertation with order 636/02.04.2018.

No infringement of the procedure or negligence regarding the dissertation has been found.

## **Data about the dissertation, author's summary of the dissertation, and publications**

Volleyball is a sport that develops all motor qualities, positively impacts the psyche, and builds good personal qualities and interpersonal relationships.

The choice of a topic is interesting as it has the potential for broad implementation in sports-pedagogical practice when working with adolescent volleyball players. Such a topic provides the Ph.D. student with the opportunity to discuss, research, and analyze the level of physical development and specific efficiency of adolescent volleyball players after applying training methods.

The dissertation comprises 218 pages (without the Appendices) and is structured according to the requirements for such scientific works. It includes an introduction, theoretical grounds of the research, aim, tasks, methods and organization of the research, analysis of the results, conclusions, recommendations, reference list, and appendices. The author made an in-depth analysis of the theory. The reference list consists of 147 literary sources, of which 136 are in Bulgarian, 11 are in Latin, and 4 are Internet sources. The dissertation was written well. It is illustrated with 56 tables and 43 figures showing the author's excellent skills in modern technical means.

**The Introduction** briefly describes the social importance of volleyball and specifies the significance of developing control of the motor qualities to optimize the training process.

**Chapter One** "Theoretical grounds of the research" views in detail the available literary sources related to the topic and very clearly and exhaustively presents the specificity of working with adolescent volleyball players. The author outlined the morphological, physiological, and psychological peculiarities of puberty and explained the nature of sports training sessions for

10-12-year-old volleyball players. The author reviewed in detail the scientific opinions and conclusions about the issues discussed in the dissertation.

The working hypothesis is logically formulated and arises from the surveys and analyses mentioned in the first chapter.

**Chapter Two** includes the aim of the research, which is clearly formulated. The six tasks the author set bring the research work in the direction of the topic of the dissertation. The duration of the research is described well, and it included 92 researched individuals aged between 10 and 12 years.

The applied methods were very well selected, which is a premise for a detailed review and research of the scientific issue, as well as for fulfilling the aim of the research. In order to determine the level of physical development and motor abilities, the author applied a test battery consisting of 26 indicators divided into three groups. An experimental methodology for developing specific efficiency emphasizing speed and agility was applied for the needs of the research. The author used modern math-statistical methods, including variation analysis, comparative analysis with Student's t-criterion for independent samples, and correlation analysis.

**Chapter Three** comprises 92 pages. The results obtained from the processed data are analyzed consistently.

The theoretical conclusions are supported and visualized with the graphic presentation of the researched parameters.

**The conclusions and recommendations** at the end of the dissertation are well formulated and objectively arise from the conducted research. There is a lack of information about the significance of the differences after the first survey between the experimental and the control group. This does not

undervalue the dissertation but makes it somewhat incomplete because it should have its application in practice.

### **Conclusion**

On the basis of the above-mentioned and due to the topicality of the issues, I am more than convinced to suggest that the respectable members of the scientific jury confer the educational and scientific degree “Ph.D.” on Lyubomira Lyubomirova Vasileva in scientific specialty 7.6. Sport “Theory and Methods of Sports Training”.

Opinion by:

Ass. prof. Mariana Borukova, D.Sc.