

# OPINION STATEMENT

By: Assoc. prof. Ralitsa Arsova, PhD,  
Department of PE and Sport, UNWE  
Scientific specialty: 7.6 SPORT

Regarding: A dissertation work for the award of the educational and scientific degree "Doctor" in the scientific specialty 7.6 SPORT at the National Academy of Sciences "Vassil Levski".

Author of the dissertation work: **LYUBOMIRA LYUBOMIROVA VASILEVA**

Dissertation topic: **METHODOLOGY FOR DEVELOPING SPECIFIC WORKING CAPACITY OF 10-12 YEAR OLD VOLLEYBALL PLAYERS**

The opinion is presented on the grounds of: participation in the composition of the scientific jury for the defense of the dissertation according to Order No. 227 / 13.03.2023 of the Rector of the National Sports Academy "Vassil Levski".

## **1. Information about the doctoral student**

The doctoral student has completed a doctoral program at the "Basketball, Volleyball, Handball" department of the National Sports Academy in the scientific specialty 7.6 Sport "Theory and Methodology of Sports Science" according to Order 417/10.03.2015 issued by the Rector of the National Sports Academy "Vassil Levski".

## **2. General characteristics of the presented dissertation work**

The dissertation work has a practical orientation and applicability.

The presented work contains 211 standard typewritten pages. It is illustrated with 56 tables and 43 figures. The bibliography includes 147 literary sources, of which 99 are in Bulgarian and 48 by foreign authors and 3 internet sites. The appendices (6 in number) contain 56 pages, incl. 6 tables and 21 figures.

In terms of structure, the dissertation contains 4 chapters, with the introduction, literature and appendices being auxiliary and bringing additional clarity to the development.

The first section "Theoretical foundations of the study" is in a volume of 64 pages. It analyzes the morphological features of puberty and the positive influence of sports on the body. The age dynamics of the physical qualities and the motor skills which are important for the volleyball game were analyzed.

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

In the second chapter, the objective of the research is well formulated, as well as the tasks. The object and subject of research, the volleyball players participating in the research, the stages and the organization are described.

A description of the 26 indicators is made, as well as the tests with which they were taken. The pedagogical experiment is described in detail. The mathematical and statistical methods used are indicated.

The main section "Analysis of results" is developed in 5 sub-sections and is in a volume of 91 pages.

On the basis of a survey among volleyball coaches, it was concluded that the priority at the age of 10-12 should be the development of the motor qualities of speed and agility.

Dependencies between anthropometric indicators, motor fitness and sports-technical preparation in adolescent volleyball players have been established. The impact and effectiveness of the experimental volleyball methodology on 10-12-year old volleyball players has been established.

The resulting dependencies can serve in the use of training programs for adolescent volleyball players and improvement of the volleyball training process for young players.

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

The summaries of the dissertation work correspond to the empirical work carried out. Eight conclusions and six recommendations were made, which have great practical value. The appendix presents 12 training models for 10-12 year old volleyball players, and for each activity the tasks are specified, the exercises and their dosage are described.

### **3. Evaluation of the scientific and applied contributions**

The theoretical and practical study and the systematic conclusions made in the present study allow the following more important scientific contributions to sports science to be highlighted:

1. The selection of parameters in the test battery formulated in the present study is adequate for application in 10-12 year old volleyball players.
2. The current state and trends for the development of the specific

working capacity in 10-12 year old boys actively practicing volleyball in a sports club are reported.

3. Correlational dependencies have been established for the studied indicators of anthropometry, motor fitness and sports-technical preparation.
4. The average values of the studied aggregates for the 10-12 year old volleyball players were revealed.
5. The variability of the studied indicators of motor fitness and sports-technical preparation was revealed.
6. The role of the applied methodology for developing the specific working capacity with emphasis on speed and agility in 10-12 year old volleyball players has been proven.

#### **4. Evaluation of publications related to the dissertation**

Four publications are presented that are related to the topic of the dissertation. All articles are at a good scientific level and have achieved useful results for sports theory and practice.

#### **5. Evaluation of the abstract**

The abstract presents the content of the dissertation well. I have no critical notes.

#### **6. Criticisms, recommendations and questions**

I have no critical notes.

#### **7. Conclusion**

In accordance with the above stated, and taking into account the relevance and benefits for coaches, specialists, 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 the educational and scientific degree "DOCTOR" to Lyubomira Lyubomirova Vasileva in the Professional field: 7.6. "Sport", Doctoral program "Theory and Methodology of Sports Science".

Sofia  
17.05.2023

Assoc. prof. Ralitsa Arsova, PhD: