

Review

by Professor Lachezar Vasilev Dimitrov
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On a dissertation thesis for awarding the educational and scientific degree "Doctor" in the field of higher education 1. Pedagogical sciences, professional area 1.3 Pedagogy of training in ..., Doctoral program "Theory and methodology of physical education and sports"

Author: Georgi Nikolov Kabakov

Topic: "Optimisation of the Psychophysical Training of the Football Referee"

Supervisor: Prof. Veselin Zhelyazkov Margaritov, Ph.D.

1. General overview of the presented materials

By order ПД – 21-2093 from 13.12.2022 of the Rector of Paisii Hilendarski University of Plovdiv, I was appointed as a member of the scientific jury to organise the defense of a dissertation thesis on the topic: "Optimisation of the psychophysical training of the football referee" for the acquisition of the scientific degree "Doctor" in the field of higher education 1. Pedagogical sciences, professional area 1.3 Pedagogy of training in ..., Doctoral program "Theory and Methodology of Physical Education and Sports"

The author of the dissertation work is Georgi Nikolov Kabakov - an independent doctoral student at the Department of "Theory and Methodology of Physical Education and Sports" with supervisor Prof. Veselin Zhelyazkov Margaritov, PhD, at Paisii Hilendarski University of Plovdiv.

The set of paper materials submitted by Georgi Kabakov is in compliance with Article 36 (1) of the Regulations for the Development of the Academic Staff of PU and includes the following documents: application to the Rector, curriculum vitae, minutes from the departmental council for the opening of the procedure, Dissertation thesis, Abstract, list of publications on the topic of the work, copies of scientific publications, list of noted citations and declaration of originality and authenticity of the attached documents.

The doctoral student has included 4 publications.

2. Brief biographical data for the doctoral student

G. Kabakov was born on February 22, 1986. Since 2001 until present he has worked as a football referee. From 2005 to 2013 he was in professional football. Since 2013 he has been an international football referee and is the recipient of a number of prestigious awards. From 2021 he is an Assistant at the Department of Physical Education and Sports at P. Hilendarski University of Plovdiv.

3. Relevance and adequacy of the topic and of the set purpose and tasks.

The subject chosen and developed by the doctoral student Georgi Kabakov is of high relevance and importance due to the growing requirements for the decisions and actions of the football referees in the conditions of dynamic and extreme football. His scientific search is fully grounded in view of his participation at the highest level in professional football from where he gains actual experience to improve the physical and mental preparation of the referees and assistant referees on the pitch. The central purpose is formulated clearly and accurately and covers the presented hypothesis. 7 main tasks are listed in chronological order.

4. Knowledge of the subject.

251 sources were studied and analysed for the purposes of the literature review, of which 163 in Cyrillic, 72 in Latin and 16 internet sites. The author, G. Kabakov, has conducted extensive research and examination, substantiated with his own opinion, in the areas of the history of football and football refereeing, of the physical and mental training of the football referee, as well as of the positive transfer between them. By developing his own summarised opinion, the author shapes his main idea in the scientific search.

This is evident from the offered working hypothesis.

5. Research methodology

The PhD student G. Kabakov planned and implemented an adequate and contemporary methodology for profiled research, control and evaluation to achieve the main purpose and the resulting tasks.

This part of the thesis carries real practical applicability with the presented models in terms of content and structure in the specialised training of football referees. This contribution is a visual aid for complex training of the referees.

6. Characterisation and assessment of the dissertation thesis.

The dissertation work has a volume of 175 pages, including 7 appendices. It also includes 45 tables, 97 figures, 12 diagrams in the main body and 14 diagrams in the appendices. 10 classical and specialised scientific methods were used for the drawing-up of the dissertation. The high credibility of the work is rendered by the participation of elite Bulgarian referees in the experiment, by the administration of European standards control tests for physical capacity and psychological status, as well as by the precise mathematical and statistical processing of the obtained results. After the survey, the basic conclusion drawn, concerning the two experimental groups, is that the examined referees have changed their views in a positive direction with the acquired knowledge and training effects after the second survey. Doubtless, the offered and applied practical models and the theoretical preparation on the role of the psychophysical training of football referees contribute to this.

The results and analysis of the indicators for establishing the physical development and physical capacity of the football referees produce the general conclusion, which claims that after the implementation of specific training tools, the final results of the two EGs exceed the achievements of the control groups.

The results and analysis of the indicators of the research on the mental qualities of the football referees, in general and in this particular study, reveal that the referees from the experimental groups have better achievements than those of the control groups in the second study.

The statistical analysis definitely proves that the proposed and examined models with specific tools for physical, mental and psychophysical capacity and development are effective in the complex training of the referees of the experimental groups.

The conducted correlation analysis serves as a practical contribution, too. Such are the inferred dependencies between the indicators of the physical, mental and psychophysical performance of the referees and assistant referees from the experimental groups.

7. Scientific and practical contributions and significance of the thesis.

The conclusions and recommendations are derived from the conducted research. The obtained results and the correct and objective analysis are of significant practical value.

In our opinion, the merits and contributions of the dissertation work are the following:

- A contemporary and significant problem for the process of development and improvement of the specialised training of football referees and assistant referees is examined.

- Rational training models for physical, mental and psychophysical training in the annual cycle in terms of content and structure are created and tested.

- An adequate test battery with high informativeness and complex assessment was used in the three spheres of referee training. The objective results and statistical analysis have proven the effectiveness of the applied models.

- The enhanced knowledge on the subject of psychophysical training of the football referees is of particular value for the innovative approach in training of referees, adequate for modern football.

8. Evaluation of the dissertation thesis publications.

The doctoral student G. Kabakov developed and published 4 articles in Bulgarian in the period 2020-2021 in the collection "Contemporary Problems of Physical Education and Sports", P. Hilendarski Publishing House, Plovdiv. In three of them he is independent and in one he is the lead author.

All in all, the positive result in the published articles of the experimental methodological approaches, the analysed and summarised results for the psycho-physical fitness of the football referees in compliance with the European and world standards, is obvious. For the science of sports, the facts and expertise presented in the direction of training and referee work on the pitch are of significant impact and practical applicability and guidance for the football referees, mentors, referee observers and experts in this area of the football game.

9. Personal contribution of the doctoral student

The PhD student Georgi Kabakov is known for being hardworking, modest and competent university teacher and a Bulgarian football referee of a high international rank. The offered dissertation thesis is developed at a very good scientific level and is his personal work. The formulated and obtained results, conclusions and contributions to theory and practice are of high theoretical and applied value.

10. Abstract

The Abstract is structured according to the requirements and in compliance with the presented dissertation work and is an actual reflection of the content and the achieved results.

11. Critical remarks and recommendations

I have none.

12. Personal impressions

I have a positive opinion about the personality, authority and competences of G. Kabakov as a teacher and football referee. It should be emphasised that he actually conducted an auto-experiment, for which I was a direct witness during the past years, alongside his growth as a football referee of the highest international rank.

13. Recommendations for future applications of the dissertation contributions and results

We recommend that G. Kabakov draws up a methodological guide based on the dissertation thesis for the complex preparation of football referees and to ensure its distribution and implementation in practice through the National Football Referee Commission and the regional councils of the BFU.

Conclusion

The dissertation thesis contains scientific and applied results, ensuring an original contribution to sports science and meeting all the requirements of the Academic Staff Development Act in Bulgaria, the ASDA Regulations and the regulations of P. Hilendarski University of Plovdiv.

The dissertation work shows that the doctoral student G. Kabakov has in-depth theoretical knowledge and professional skills in the scientific specialty 1.3 Pedagogy of training in ... by demonstrating qualities and skills for independent conduct of scientific research.

I definitely give a positive evaluation of the conducted research, presented in the dissertation work, the Abstract, the achieved results and contributions. I propose to the Honorable Scientific Jury to award Georgi Nikolov Kabakov the scientific degree "Doctor" in the field of higher education 1. Pedagogical sciences, professional area 1.3. Pedagogy of training in ..., doctoral program "Theory and methodology of physical education and sports"

23.01.2023

Sofia

Reviewer:

Prof. Lachezar Dimitrov