

Opinion

By Professor Lachezar Vasilev Dimitrov, Ph.D.

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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: Kostadin Dimitrov Dimitrov

Topic: "Study of Technical and Tactical Preparation in Taekwon-Do Training"

Research supervisor: Prof. Veselin Zhelyazkov Margaritov, Ph.D.

By order ПД - 31-120 of 20.01.2023 of the Rector of Paisii Hilendarski University of Plovdiv, I was appointed as a member of the scientific jury to conduct the defence of a dissertation work entitled: "Study of Technical and Tactical Preparation in Taekwon-Do Training" 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 is Kostadin Dimitrov Dimitrov – an independent PhD student at the Department of "Theory and Methodology of Physical Education and Sport" with supervisor Prof. Veselin Zhelyazkov Margaritov, Ph.D., Paisii Hilendarski University of Plovdiv.

The set of paper materials presented by Kostadin Dimitrov is in accordance with Article 36 (1) of the Regulations for the Academic Staff Development of P. Hilendarski University. The doctoral student has included 3 publications.

The subject chosen by the doctoral student K. Dimitrov is of actual relevance and significance due to the great popularity of Taekwon-do and the conducted scientific research in the process of training and improvement of the technical and tactical preparation among adolescent athletes. The main purpose is formulated clearly and precisely and conforms with the developed hypothesis. Six main tasks are chronologically listed.

The doctoral student K. Dimitrov has comprised and implemented an adequate modern methodology for proving the positive role of the created model and the interrelationships between mental, physical and technical-tactical indicators. 40 athletes in EG and CG participated in the experiment. 16 control tests were implemented. A questionnaire survey and mathematical and statistical processing were carried out. The author has offered 7 main modules for the development and improvement of special physical qualities, of the technical and tactical abilities and of the psycho-physical shape. This part of the dissertation carries a concrete practical contribution.

The dissertation thesis contains 156 pages, including 97 figures and 39 tables. Questionnaire cards, SAM-test, SJT-test, a set of exercises for specific techniques and a historical overview on the origins and development of martial arts are presented in 11 annexes. 116 literary sources were used (102 in Cyrillic and 14 in Latin).

The high credibility of the thesis is emphasised by the implemented test battery with high informativeness for the obtained results, the statistical processing, the analysis and the summaries. All those stimulate, in general, a real positive assessment of the experimental methodology.

The categorically differentiated analysis of the results indisputably proves that the created and experimented models with special and competitive means for physical, technical-tactical and psycho-physical training are effective in the preparation and improvement of adolescent athletes from the experimental group.

A contribution to practice is found in the conducted correlation analysis and the derived dependencies in the following areas for the experimental group: for physical activity, for mental activity and for psycho-physical activity.

The conclusions and recommendations are derived from the conducted research, the obtained results and the correct and objective analysis, and are of marked applicability and significance for the work during practice with young athletes in Taekwon-do sports.

The doctoral student K. Dimitrov produced three articles in Bulgarian.

The above publications lay out information and facts about the history of Taekwon-do on a global scale. The results and rankings of the national teams of men, women, juniors - boys and girls - in the period 2015-2021 are analysed for various world and European championships. The comparative analysis of the achievements of the leading countries gives an adequate assessment of the achievements in the competitive process. Relevant conclusions are summarised regarding the corrections in the training practice for optimisation of the process for physical, technical-tactical and psycho-physical training of adolescent athletes in Taekwon-do. For sports science, the facts and expertise developed in the process of training and improvement, according to the specifics of this martial art, bear a significant effect, practical applicability and guidelines for coaches, referees and competitors.

The offered thesis was developed at a very good scientific level and is the personal work of the author K. Dimitrov. The derived results, conclusions and contributions to theory and practice are of high theoretical and applied value.

The Abstract is constructed according to the requirements in line with the presented dissertation work and is a correct reflection of the content and the achieved results.

It is expedient to produce and print a methodological manual based on the realised scientific experiment, the effective methodology, results and conclusions for use by specialists, coaches, managers and competitors with the support of the Bulgarian Taekwon-do Federation.

Conclusion

The dissertation thesis contains scientific and applied results, rendering an original contribution to sports science and meeting all the requirements of ASDA, the rules of ASDA and the regulations of Paisii Hilendarski University of Plovdiv.

The dissertation thesis proves that the doctoral student K. Dimitrov possesses 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 confidently give my positive assessment of the conducted research presented in the dissertation work, the Abstract, the achieved results and contributions, and I propose to the Honourable Scientific Jury to award Kostadin Dimitrov Dimitrov 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".

14.02.2023

Sofia

Reviewer:

Professor Lachezar Dimitrov, Ph.D.