

OPINION

by Assoc. Prof. Nevyana Dokova Dokova-PhD, Southwest University "Neofit Rilski" -

Blagoevgrad

of dissertation for awarding the educational and scientific degree „doctor“

on: field of higher education **1. Pedagogical Sciences**

professional field 1.3. **Pedagogy of training in ...**

Doctoral Program "**Theory and Methodology of Physical Education and Sports Training**"

Author:

Kostadin Dimitrov Dimitrov

Topic: "STUDY OF TECHNICAL-TACTICAL PREPARATION IN TAEKWON-DO TRAINING"

Scientific supervisor: Prof. D. Ped. Sc Veselin Zhelyazkov Margaritov

1. General presentation of the procedure and the doctoral student

Introduction of the procedure

By order RD -21-120 of 20. 01. 2023 of the Rector of the University of Plovdiv "Paisii Hilendarski" I have been appointed as a member of the scientific jury to ensure the procedure for the defense of a dissertation on the topic: " **Study of technical-tactical preparation in taekwon-do training** " for obtaining the educational and scientific degree "Doctor" in the above-mentioned field of higher education, professional field and doctoral program" for obtaining the educational and scientific degree "Doctor" in the above-mentioned field of higher education, professional field and doctoral program.

The author of the dissertation is a doctoral student at the Department of Theory and Methodology of Physical Education at the University of Plovdiv. The set of materials submitted by the student Dimitrov is in accordance with Article 36 (1) of the Regulations for the Development of the Academic Staff of the University of Physics and Mathematics and includes the following documents:

- a request to the Rector of **University of Plovdiv** for disclosure of the dissertation defense procedure;
- European format **CV**;
- the minutes of the departmental council related to the reporting of the readiness to open the procedure and the preliminary discussion of the dissertation;
- dissertation;
- abstract;
- list of scientific publications on the subject of the dissertation;
- copies of the scientific publications;

- declaration of originality and authenticity of the attached documents;
- statement of compliance with the specific requirements of the Faculty of Education.

The doctoral candidate has attached 3 publications related to the dissertation topic, which are independent.

Brief biographical data about the doctoral student

Kostadin Dimitrov Dimitrov was born on 05.06.1975. He has completed secondary education at the Vocational High School of Electrical Engineering and Electronics in. He completed his higher education at the Paisii Hilendarski University of Plovdiv as a Master in Mathematics with specialization in Informatics and as a Master in Electronic Commerce.

Kostadin Dimitrov has many years of experience and high achievements in the sport of Taekwondo. He is a multiple national champion and national competitor of the Republic of Bulgaria. Senior coach of competitors with over 50 medals from world and European championships. International referee and international instructor at the International Taekwondo Federation ITF. Holder of 7th Dan. Vice-president of the Bulgarian Taekwondo ITF. Professionally Kostadin Dimitrov is also Mayor of Trakia District - Plovdiv Municipality.

2. Topical relevance

Scientific research focused on improving the training process and enriching the methodological knowledge in the field of physical education and sport deserves positive evaluation. Therefore, the presented dissertation is based on a practical-applied research on a topical scientific problem concerning the development and application of a training model to enhance the technical-tactical training of taekwondo practitioners. Moreover, the considered scientific issue has also its social relevance, as it is a martial art contributing to the complex psychophysical improvement of those practicing it, therefore it has established sports traditions both in Bulgaria and internationally.

3. Knowledge of the problem

The doctoral student's long sport-competition, coaching and management experience in the field of taekwondo is undoubtedly an indicator of good practical knowledge of the considered scientific problem. On the other hand, the professional competence of the author in combination with the thorough theoretical grounding of the problem gives greater scientific and applied value to the dissertation work.

4. Study methodology

The author demonstrates knowledge of the methodology and methods of scientific research in the field of physical education and sport. The complex methodology selected by him both for theoretical and empirical research and for mathematical-statistical processing of experimental data enables to achieve the set research goal, to solve the set tasks and to prove the formulated hypothesis.

5. Characteristics and evaluation of the thesis and contributions

Structurally and conceptually, the study meets the established standards for this type of work. Generally, the dissertation is structured by an introduction, three chapters with separate conclusions,

appendices and references consulted. Quantitatively, the thesis consists of 155 standard pages and 11 appendices. It is highly illustrated with 97 figures and 39 tables. The contingent of the study is 40 athletes divided into experimental and control group. The bibliography consists of 116 references of which 101 in Cyrillic and 15 in Latin. The list of author publications includes 3 titles.

The first chapter logically presents the theoretical justification of the problem (61 pp.).

The historical retrospective gives an insight into the emergence and development of taekwondo internationally, as well as the Bulgarian achievements in this sport.

The general and specific theoretical and methodological aspects of psychophysical, technical and tactical training in the context of the educational and training process in taekwondo are emphasized.

In general, the scientific and applied significance of the research is clearly and substantiated, supported by a meaningful theoretical analysis of specialized methodological literature.

The second chapter covers the methodological framework of the research and its organizational and time parameters (11 pp.). The hypothesis, the objective and the tasks of the research are formulated. Moreover, the methodology chosen by the author generally allows to implement the set research intentions. The comprehensive methodological presentation of the model for improving the technical and tactical training of taekwondo practitioners with logically separated modules in the stages of training activity makes a positive impression.

All this indicates the evidence of a strong methodological competence for conducting research activity.

The third and most important part of the thesis (76 pp.), referring to the analysis of the experimental results, contains the necessary qualitative and quantitative analysis of the collected empirical material. Based on the conducted research, in-depth conclusions and recommendations are formulated directed to the optimization of the methodology of improving technical-tactical skills in the training process of Taekwon-Do ITF and the introduction of modern methods of improving the level of mental training.

6. Assessment of publications and personal contribution of the doctoral student

The doctoral candidate has three independent publications relevant to the thesis. Each of these publications is completely reflective of the scientific research on the topic. I have no doubt that the texts, the empirical study, the results obtained and the contributions outlined to the dissertation are the consequence of the student's research activity.

7. Abstract

The thesis abstract reflects the main points and results of the research. In terms of length and structure is made according the requirements and accepted standards for this kind of work.

8. Recommendations for further use of the dissertation contributions and results

The author's suggested model for improving the technical and tactical training of Taekwon-Do practitioners should be generally integrated into the educational and training process of this sport.

CONCLUSION

The dissertation work contains mainly scientific and applied results, which represent an original contribution to the training and preparation of Taekwon-Do practitioners. It complies with all the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of the Law on the Development of Academic Staff in the Republic of Bulgaria and the relevant Regulations of the PU "Paisii Hilendarski".

The dissertation work has proved that the doctoral student Kostadin Dimitrov has profound theoretical knowledge and professional skills in the scientific specialty "Theory and Methodology of Physical Education" by demonstrating qualities and skills for independent scientific research.

Given the aforesaid, I confidently give my positive assessment of the research presented by the above-reviewed dissertation, abstract, results and contributions, and propose to the Honorable Scientific Jury **to award** the Educational and Scientific Degree „doctor“ to **Kostadin Dimitrov Dimitrov** in:

field of higher education: 1. 1. **Pedagogical sciences**

professional field 1.3. **Pedagogy of training in ...**

Doctoral Program "**Theory and Methodology of Physical Education and Sports Training**"

22.02.2023

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/Assoc. Prof Nevyana Dokova, PhD/