

OPINION

by Assoc. Prof. Fani Boykova, PHD,

Plovdiv University

"Paisii Hilendarski"

of a dissertation for awarding the educational and scientific degree "doctor"

in the field of higher education: 1. Pedagogical sciences

professional direction: 1.3. Pedagogy of training in...

doctoral program "Theory and methodology of physical education and sports
training"

Author: Kostadin Dimitrov Dimitrov

Topic: "Investigation of the technically-tactical preparation in Taekwondo training"

Scientific supervisor: Prof. Ph.D. Veselin Margaritov

1. General presentation of the procedure and the doctoral student

By order No. P33-21-120 dated 20.01.2023 of the Rector of Plovdiv University "Paisii Hilendarski" (PU), I have been appointed as a member of the scientific jury to ensure a procedure for the defense of a dissertation on the topic "Investigation of the technically-tactical preparation in taekwondo training". Author of the dissertation is Kostadin Dimitrov Dimitrov - doctoral student of independent training at the Department "Theory and Methodology of Physical Education and Sport" with supervisor Prof. Ph.D. Veselin Margaritov from Plovdiv University "Paisii Hilendarski".

The set of paper materials presented by Kostadin Dimitrov is in accordance with Article 36 (1) of the Regulations for the Development of the Academic Staff of PU "Paisii Hilendarski", the most significant components being: the dissertation, the abstract and the publications on the subject.

Organizationally, the work is composed of an introduction, three chapters, a bibliography and appendices. The dissertation contains 167 pages, of which 155 pages are text, in which the results are illustrated with 39 tables and 97 figures; The appendices are 11 in a volume of 12 pages. The doctoral student demonstrates good scientific training, knowledge of the research and broad bibliographic awareness of the topic under consideration. The scientific literature studied and explained in the text includes 116 literary sources, of which 101 are in Cyrillic and 15 are in Latin.

2. Relevance of the topic

The topic of the study outlines perspectives in applied-scientific terms for understanding significant practical problems, the knowledge of which is a consequence of personally formed experience.

3. Problem awareness

In the articles, as well as in the dissertation, Kostadin Dimitrov presents an in-depth account of his personal experience, which convincingly supports the conclusions drawn, outlining the original authorial profile of

the study. The dissertation work and the related publications demonstrate Kostadin Dimitrov's in-depth knowledge of the researched issues, broad bibliographic awareness and ability to critically analyze the summarized scientific statements and the research empiricism.

4. Research methodology

The research methods used, the processing and analysis of empirical data, are consistent with the topic and objectives of the research. The toolkit of the experimental work includes tests, a survey, statistical processing of data from the experimental work, analyzes (variational, correlational), analytical and graphical visualization of the results.

5. Characterization and evaluation of the dissertation work and contributions

In the Introduction, the motivation for developing the topic is presented. It is emphasized that the technical and tactical training of taekwondo practitioners is determined by its compliance with the requirements of modern sport.

In the first chapter, the historical development of the "martial art" taekwondo is systematically and analytically presented in theoretical and pragmatic terms. The importance of psychophysical training is emphasized, and its specifics are highlighted in comparison with other sports. Special attention is paid to the importance of technical preparation in taekwondo. The influence of tactics in sports and in particular in taekwondo is justified, the concepts of strategy and tactics are differentiated.

The hypothesis, purpose, tasks and methodology of the study are presented in the second chapter. The dissertation project sets itself tasks that are successfully derived: reviewing the development of taekwondo in a theoretical aspect; the technical and tactical preparation in the training process to be analyzed; models of preparation that increase technically-tactical training; to investigate and analyze individually mental, physical and technical qualities by experiment; to carry out a correlation analysis of the results obtained.

The third chapter presents analytically with quantitative and qualitative methods, graphically visualized, the results of the experimental work. The contribution characteristic of the dissertation study is explained in the presented reflexive model of making sense of the relationship between mental and physical training.

The observations, conclusions and summary statements presented in the dissertation have a pronounced practical and applied value and outline prospects for future development. The applications, graphs and schemes in the dissertation demonstrate an experimental work impressive in volume and content.

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

On the topic of the dissertation the PhD student has realized 3 publications in specialized journals. The yearslong experience and personal commitment of the author to the establishing and development of taekwondo nationally and internationally enable Kostadin Dimitrov to convincingly highlight in theoretical and applied aspects any problems in the technically-tactical training and to outline a model for their improvement in order to optimize the training process.

7. Abstract

The abstract accurately and representatively reflects the content of the dissertation and its contributions.

8. Recommendations for future use of dissertation contributions and results

The observations, conclusions and summary statements presented in the dissertation are of theoretical and practical applied value and outline prospects for improvement of the training process. I recommend that the dissertation study be published as a book that will be a useful methodological guide for everyone practicing and interested in taekwondo.

CONCLUSION

The presented text contains the necessary components of a doctoral dissertation and has the characteristics of a complete research project. Scientific applied results are presented, which are an original contribution and meet all the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria (ZRASRB), the Regulations for the Implementation of ZRASRB and the related Regulations of PU "Paisii Hilendarski". The dissertation shows that the PhD student Kostadin Dimitrov possesses in-depth theoretical knowledge and demonstrates qualities and skills for independent scientific research. Due to the above, I give my positive assessment and propose to the honorable scientific jury to award to Kostadin Dimitrov Dimitrov the educational and scientific degree of 'Doctor' in the field of higher education: 1. Pedagogical Sciences; professional field: 1.3. Pedagogy of Education in...

26.02.2023

Prepared the opinion:

(Assoc. Prof. Fani Boykova, PHD)