

## 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 education in ...**

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

**Author:**

**Markus Alois Senft**

**Topic: "Sports-Pedagogical and Psychological Aspects to Optimise WingTsun 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 -21-711 of 01. 04. 2024 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: "**Sports-Pedagogical and Psychological Aspects to Optimise WingTsun Training**" for obtaining the educational and scientific degree "Doctor" in the abovementioned 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 Markus Alois Senft 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;

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

### ***Brief biographical data about the doctoral student***

Markus Alois Senft was born on 18.11.1967. He completed his secondary education at the Johann Michael Sailer Gymnasium in Dillingen and his higher education at the University of Plovdiv "Paisii Hilendarski" as a "Master" in the field of Sports Pedagogy and as a "Master" in the field of Applied Cultural Studies at the University of Lüneburg. He has also taken part in a number of further training courses.

Markus Alois Senft has extensive experience in the field of martial arts and especially in WingTsun. Proof of this is the scientific question he has chosen to address in this dissertation.

### **2. Topical relevance**

Any scientific research aimed at improving the training process and enriching the methodological knowledge in the field of physical education and sport deserves a positive evaluation. In this respect, the present dissertation is based on practical applied research on a current scientific problem concerning the optimisation of WingTsun training through the development and application of psychophysical and motor-coordination exercise models based on Heidelberg Competence Training.

### **3. Knowledge of the problem**

The long professional experience of the doctoral candidate in the field of martial arts and especially in the sport of WingTsun is undoubtedly an indicator of a good practical knowledge of the scientific problem under consideration. On the other hand, the professional competence of the author, combined with the thorough theoretical grounding of the problem, gives the dissertation greater scientific and applied value.

### **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**

In terms of structure and content, the thesis conforms to the established standards for this type of work. Essentially, the thesis consists of an introduction, four chapters, with the last chapter containing the conclusions and recommendations, as well as appendices and references.

Quantitatively, the development is in the volume of 176 standard pages and 26 pages of appendices. It is well illustrated with 48 figures and 32 tables. The contingent of the study was 100 learners aged between 22 and 38 years, divided into 4 groups: 2 experimental and 2 control groups. The bibliography contains 151 references. The list of the author's publications contains 3 titles.

**The first chapter** logically presents the theoretical background of the problem. In general, the scientific and applied importance of the research is highlighted in a clear and argumentative way, supported by a meaningful theoretical analysis of the specialised methodological literature. The main place in this part of the dissertation is devoted to the meaningful presentation of the Heidelberg Competence Training (HCT), which is necessary for the improvement of the psychophysical and motor-coordinative abilities of the investigated persons practising WingTsun.

**The second chapter**, developed by the doctoral student, covers the methodological framework of the research and its organisational and temporal parameters. The hypothesis, the object, the subject, the aim and the tasks of the research are formulated. Also, the methodology chosen by the author as a whole allows to realise the set research intentions. A positive impression is made both by the comprehensive methodological presentation of the research tools and by the selection of a wide range of mathematical and statistical methods.

All of this indicates the presence of the necessary methodological competence to conduct research.

**The third** and most important part of the thesis, related to the analysis of the experimental results, contains the necessary qualitative and quantitative analysis of the collected empirical material. On the basis of the research conducted, in-depth conclusions and recommendations will be formulated aimed at optimising WingTsun training through the application of psychophysical and motor coordination training models based on Heidelberg Competence 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 proposes psychophysical and motor coordination exercise models, based on the Heidelberg Competence Training, to be generally integrated into the educational training process in this type of sport.

## CONCLUSION

The dissertation contains mainly scientific and applied results that represent an original contribution to the education and training of those involved in WingTsun. It meets all the requirements of the Academic Staff Development Act of the Republic of Bulgaria (ASDA), the implementing regulations of the ASDA and the relevant regulations of the Paisii Hilendarski University of Plovdiv.

The dissertation work shows that the doctoral candidate Markus Alois Senft possesses in depth theoretical knowledge and professional skills in the scientific speciality "Theory and Methodology of Physical Education", and demonstrates qualities and abilities for independent scientific research.

For the above reasons, I confidently give my positive assessment of the research presented in the above dissertation, abstract, results and contributions, and propose to the esteemed scientific jury that **Markus Alois Senft** be **awarded** the degree of Doctor of Education and Science in:

field of higher education **1. Pedagogical Sciences**  
professional field 1.3. **Pedagogy of education in ...**  
Doctoral Program "**Theory and Methodology of Physical Education**  
**and Sports Training**"

25.04.2024

Opinion by: .....

**/Assoc. Prof Nevyana Dokova, PhD/**