

OPINION

by **Prof. Dr. Stefan Hristev Bazelkov - Shumen University "Bishop Konstantin Preslavski"**

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

by: 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: Marcus Alois Zenft

Topic: Sports-pedagogical and psychological aspects to optimize WingTsun training

Scientific supervisor: Prof. Ph.D. Veselin Zhelyazkov Margaritov – Plovdiv University "Paisiy Hilendarski"

1. General presentation of the procedure and the doctoral student

By order No. RD-21-711 dated 01.04.2024 of the Rector of Plovdiv University "Paisiy 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 "Sports-pedagogical and psychological aspects to optimize WingTsun training" for the acquisition of 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 training in physical education and sports training. The author of the dissertation is Markus Alois Zenft - a doctoral student of independent training at the "Theory and Methodology of Physical Education and Sport" department, with a scientific supervisor Prof. Ph.D. Veselin Zhelyazkov Margaritov from Plovdiv University "Paisiy Hilendarski".

The set of paper materials presented by Markus Zenft is in accordance with Art. 36 (1) of the Regulations for the Development of the Academic Staff of the PU, includes the following documents:

- a request to the Rector of the PU to disclose the procedure for the defense of a dissertation work;
- CV in European format;
- protocol from the departmental council related to reporting the readiness to open the procedure and preliminary discussion of the dissertation work;
- dissertation work;
- abstract;
- list of scientific publications on the topic of the dissertation;
- copies of scientific publications;
- declaration of originality and authenticity of the attached documents;
- certificate of compliance with the minimum national requirements;

The doctoral student has attached 3 scientific publications related to the topic of the dissertation.

2. Relevance of the topic

The choice of a dissertable problematic, as one of the important prerequisites, is present and is one of the important preliminary merits of the presented development. The interest in the methodology and practice of combat sports in our time is much more significant. The younger generation finds particular meaning in activities to improve self-defense skills. This gives me reason to define the topic and the title of the dissertation work as current enough to cause a need for timely study and solving of the problem of theory and practice. The problem areas raised by the doctoral student arouse a certain scientific and practical interest related to the efforts to introduce positive changes in the physical education of people of different age ranges.

3. Knowing the problem

The dissertation work of the doctoral student Markus Zenft is primarily oriented to scientific and applied research in the field of sports, and the specifics concern the illumination of private problems related to the theory and methodology of training in the martial art of Wing Chun. The theoretical foundations of the problem are developed in chapter one, summarizing 151 literary sources. It consists of 65 pages, which is about 38% of the entire development. Structurally, it is made up of four paragraphs. In this regard, I would recommend that chapter one be titled "Literary Analysis and Problem Statement."

The historical review of the Wing Chun martial art allows one to gain insight into the essence and philosophy of the specific activity. In the following paragraphs, the author has made an in-depth analysis of the sports-pedagogical and psychological characteristics of the training and training system, in the context of the subject of the research. In the last paragraph of chapter one, Markus Zenft makes a theoretical analysis of the specific motor activity, motor actions and physical performance of the students practicing martial-applied techniques. The reasoning and partial conclusions made have a certain relation to the topic of the development, which makes it sufficiently informative and valuable.

4. Research methodology

In the second chapter of the dissertation, the methodological part of the research is developed. It begins by situating the hypothesis of the scientific study, formulated on the basis of the analysis of theoretical justifications and scientific studies in the field of sports pedagogy, psychology of martial arts and in particular the training of Wing Chun. The aim and tasks resulting from it, the subject and the object of the research are correctly stated. They are designed to solve 7 main tasks, with the solution of which to achieve the goal and to prove or reject the hypothesis of the scientific research.

The methodology for research, accumulation and processing of empirical information can be grouped as follows: methods for checking mental readiness, methods for researching physical performance and statistical methods for data processing. In this regard, I would recommend that in the methodological part these groups of tests be presented in separate tables, including one more column to indicate the direction of growth and accuracy of the measurement.

The doctoral student has correctly used the research methods. The obtained results provide an opportunity to obtain an adequate answer to the tasks set in the dissertation work.

5. Characterization and evaluation of the dissertation work and contributions

In the third chapter of the development, an interpretation of the research results was made through frequency, variation and correlation analysis. The reported increase in the individual indicators conclusively prove the effectiveness of the approved model for applying the Heidelberg Competence Training in Wing Chun training (HCT). This conclusion is warranted by the corresponding Pt values, which in most cases are greater than 95% for the experimental groups. Through the correlation analysis, the internal structural dependencies between the individual indicators of the psychophysical preparation of the students were verified. The overall analysis is supported and illustrated with the help of a sufficient number of statistical tables, figures, correlation models and diagrams.

The conclusions and recommendations are presented in the fourth chapter. Basically, they meet the tasks set in the methodological part. Specific recommendations have been made that refer to the improvement of the Wing Chun training methodology, as well as the practice of other Eastern martial arts.

I would add to the mentioned contributions of the doctoral student that the theoretical basis of training in combat sports has been systematized to a significant extent, their potential for promoting health education and diverting young people from the negative influence of the street has been identified. Among the contributions, the construction of the modified model for the application of the Heidelberg competence training in Wing Chun training stands out. Its positive characteristics allow it to be implemented in practice, using the possibilities for its refinement and improvement.

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

On the topic of the dissertation, Markus Zenft has presented three publications, and in all three he is listed as an independent author. They were published during the doctoral studies and reflect essential aspects of the content of the dissertation work and help popularize the results of the scientific research. All this confirms that the scientific research carried out, the contributions formulated and the results obtained are largely the personal merit of the doctoral student.

7. Abstract

The abstract is presented in Bulgarian and English. It is 32 pages long and structured according to accepted norms for similar texts for scientific communication. In it, in a synthesized form, the main scientific statements, results obtained by the doctoral student in the dissertation work are reflected.

8. Recommendations for future use of dissertation contributions and results

I have no serious objections to the overall presentation of the materials regarding the defense of the dissertation. I allow myself to make a recommendation to a doctoral student to develop in the future didactic materials arising from HCT, which can be used by teachers in the younger age groups in an accessible way. This, in my opinion, will have a positive effect on their overall personal development.

CONCLUSION

The dissertation contains scientific, scientific-applied and applied results, which represent an original contribution to science and meet all the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for the Implementation of the LDASRB and the relevant Regulations of PU "Paisiy Hilendarski".

The dissertation shows that the doctoral student Markus Aloys Zenft possesses in-depth theoretical knowledge and professional skills in the scientific specialty Theory and methodology of physical education and sports training, demonstrating qualities and skills for independent conduct of scientific research.

Due to the above, I confidently give my positive assessment of the conducted research, presented by the above-reviewed dissertation work, abstract, achieved results and contributions and I propose to the honorable scientific jury to award the educational and scientific degree "doctor" to Markus Aloys Zenft 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.

25.04.2024

Prepared the opinion:

Prof. Dr. Stefan Bazelkov