

## ***OPINION***

About the dissertation thesis of  
MARTIN YORDANOV YORDANOV

**Topic:** THE EFFECT OF EXTRACURRICULAR ACTIVITY ON THE PHYSICAL  
FITNESS OF 15-16 YEAR OLD STUDENTS

For obtaining the educational and scientific degree "Doctor", on the basis of the  
Order of the Rector of the Sofia University „St. Kliment Ohridski“ –  
Sofia № ПД / 20.01.2023

**Professional field:** 1.3. Pedagogy of Education...

**Doctoral programme:** Methodology of education in physical education and  
sport

**Scientific Supervisor:** Prof. Georgi Vladimirov Ignatov, Ph. D

**Drafted the opinion:** Assoc. Prof. Korneliya Nikolaeva Naydenova, Ph. D

WHO data show a 50% increase in obesity among the adult population between 1980 and 2008, and the main reason is the low level of motor activity and daily lack of movement. Low levels of motor activity in adults are caused on the one hand by the peculiarities of modern lifestyle, and on the other by the lack of lasting motivation for its implementation, which is formed at school age.

The modern way of life significantly restricts students for physical activity, which leads to a low level of their physical capacity or as discussed in the dissertation provided for reviewing suitability. In this regard, two or three times a week lessons in "Physical Education and Sport" are one of the few options for purposeful physical exercise, respectively to cover the daily minimum of physical activity. This requires seeking other opportunities to increase the amount of motor activity of adolescents. One of these opportunities is organized extracurricular and extracurricular activity. From this point of view, the topic of the dissertation can be defined as topical by considering the problem of enriching the opportunities for the realization of organized and purposeful motor activity at school age and its impact on the parameters of their physical fitness.

### **Biographical data about the PhD student**

Martin Yordanov Yordanov was born on 26.03.19 85 in Sofia. He completed his secondary education in 200-4years in 57 sports school "St. Naum Ohridski", Sofia. In the period from 2005 to 2009 acquires an Educational Qualification Degree Bachelor in Economics, with a professional qualification Economist from New Bulgarian University. In the next academic year 2009/2010 he graduated as

a Master from the University of National and World Economy with a degree in Media and Journalism and specialization in Public Relations. Between 2021 and 2022 he underwent a training course for acquiring the Master's Degree in the Master's Degree Program in Physical Education and Sport at the National Sports Academy, in a program specialization Physical Education in Preschool.

His professional career began in 2012 as a Head of extracurricular activities at Olimpiets School Football Club. In 2017 he held the same position in the "Children's Sports Club", where he continues to work to this day. The facts presented in the biographical reference of the doctoral student clearly show the leading motive for choosing the topic of the dissertation.

### **Data on dissertation, abstract and publication activity**

The dissertation work is in volume of 17-5 pages with included appendices. The outlined structure meets the requirements for such scientific developments. The content of the work is structured in an introduction, three separate chapters, after which these logically are presented conclusions, recommendations, contributions of the development and publications of the doctoral student related to it, the literature used and applications, which are in a volume of 29 pages. Bibliographical reference presented by the author is in a volume of 138 sources. From the sources reviewed and analyzed, 23 are in Latin, mostly in English, 108 are in Cyrillic, 7 Internet addresses are also presented. The dissertation is illustrated by 32 figures and 60 tables, of which 17 tables in annexes. The quantity and quality of the instruments that illustrate the results of the study fully reflect the activities carried out in the development and significantly support the reading of the dissertation.

In the introduction, the doctoral student introduces the problem by clarifying the need for daily motor activity in adolescents in relation to modern lifestyle, the benefits of sports and physical education and respectively the need and demand for approaches to increase the amount of motor activity among students. At the end of the introduction, he also reveals the need to integrate classroom and extracurricular activities with physical exercises and sports, which integration is based on curricula.

First chapter Martin Yordanov develops in six main directions, in the last of which he derives the working hypothesis of the dissertation. In this chapter, entitled State and Formulation of the Problem of Literary Sources, the doctoral student gradually reveals and analyzes basic theoretical formulations that are relevant both to the temporary, extracurricular and extracurricular work on physical education within the educational system, as well as to the structure and state of physical fitness. In this chapter, entitled State and Formulation of the Problem of Literary Sources, the doctoral student gradually reveals and analyzes basic theoretical formulations that are relevant both to the temporary, out of class and extracurricular work on physical education within the educational system, as well as to the structure and state of physical fitness. The structuring and arrangement of this chapter is the basis of the overall development, smoothly

introducing into the problem and clarifying many theoretical formulations that are the basis of the experimental work and subsequent analysis and interpretation of the data from the tests conducted before and after it. This chapter clearly shows the ability of a doctoral student to handle scientific literature, to analyze, interpret and summarize the scientific achievements of other authors. At the end of the first chapter, Yordanov correctly outlines and presents the working hypothesis of the dissertation work.

The second chapter, which is developed on 14 pages, meets the requirements for presenting the methodological formulation of a scientific study. The methods presented and described in the different stages of the study have been applied in detail and correctly. The selection of methods presupposes the achievement of the set goal and tasks and provides an opportunity for a comprehensive consideration of the scientific problem. The seven tasks presented in the peer-reviewed chapter of the dissertation are possible to be reduced by combining the first and second and fifth and sixth respectively. The contingent of research is presented in detail and clearly. The organization of the study is described correctly and comprehensively. The development and presentation of this chapter clearly shows the solid research preparation of the doctoral student. There is also an inaccuracy in this chapter, which we would define as technical. On p. 62 "The subject of the study is the effect of our program on...." the focus of the program has been omitted.

The third chapter reflects the research work carried out, and Martin Yordanov logically reveals analyzes and interprets the results of the research. Consistently and through appropriate and correctly applied statistical tools were analyzed the data obtained from the conducted surveys and tests. The overall presentation of this chapter and the approach chosen by the PhD student to illustrate the results obtained facilitates the perception of the presented scientific information. It is also evident in the author's handwriting in the analysis and interpretation of the data obtained from the research work, which should be highly appreciated. The chapter is developed in three subchapters, reflecting in detail all the changes and peculiarities in the different countries of manifestation of the physical fitness of the students involved in the experimental work, which is an essential and with a certain practical orientation contribution of the dissertation. As a complement in this chapter, we can recommend the development and analysis of correlation matrices for the study persons of the experimental group before the experimental work and the same for the control group before and after the experiment, which would complement and reinforce the contribution moments of the dissertation.

The conclusion presented at the end of the dissertation and are divided into subgroups corresponding to the applied basic research methods. Presented in this way seem to be many and do not meet the research tasks set. At the same time, they summarize the main contributing moments of the dissertation. In this regard, we can recommend the generalization of those from the survey to no more than two, and the rest can logically complement the generalizations and conclusions in the individual subchapters of the analysis of the results obtained. The five

recommendations are well formulated and should be highly evaluated. The five recommendations are well formulated and should be highly evaluated.

Some terminological inaccuracies are also allowed in the dissertation, which do not reduce the value of the dissertation. In this regard, I have a question for the doctoral student: Could you clarify the difference between a curriculum and a curriculum, considering them as basic normative documents in the secondary education system?

The abstract meets the requirements and corresponds to the content.

There are 4 publications, 2 are standalone and 2 as coauthor, which meets the national requirements.

## **Conclusion**

Based on the above, and considering the actuality of the dissertation, as well as its applied nature, which enriches the theory and practice in the field of physical education, I suggest to the members of the scientific jury to award the educational and scientific degree "Doctor" to Martin Yordanov Yordanov in professional field 1.3. Pedagogy of education in...

Sofia  
01.03.2023г.

Opinion by:  
(Assoc. Prof. Korneliya Naydenova, Ph. D.)