**Prof. Boryana Tumanova, PhD**

Member of a scientific jury,

appointed with ordinance № RD 38-29/20.01.2023 г.

of the Rector of Sofia University “St. Kliment Ohridski“

on the Thesis Submitted for Awarding the Educational and Scientific Degree “Doctor” (Ph.D.)

Professional Direction: 1.3 Pedagogy of… (Methodology of physical education and sports).

Sofia University “St. Kliment Ohridski” Department of Sport-Sports games and mountain sports

Author of the thesis: **Martin Yordanov Yordanov** – PhD student in self-education

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

Scientific Leader: Proff. Georgi Ignatov,, PhD

**Dissertation data**

Relevance of the topic, structure and knowledge of the problem

The presented topic is contemporary and significant with applied aspects aimed at modern models of management of physical education and sports, and it considers the possibility of the form of a systematically conducted pedagogical process outside school. It solves tasks related to the development and implementation in practice of alternatives to traditional methods, it looks for opportunities to deliver lessons from the weekly program and conduct additional extracurricular sports activities. The doctoral student skillfully systematizes information. The dissertation is distinguished by a clear structure, as chapters, sections and subsections are distinguished on a structural and content level. The model and structure are generally accepted for this type of scientific works, which makes it easier to understand. 175 pages are presented for review, which include 32 tables and 43 figures. The work is structured as an introduction, three chapters, conclusions and recommendations, contributions, bibliography, 17 appendices. Of these, 4 are thematically distributed by lesson contents for the age group in question (9th grade). The list of publications presents 2 independent publications and two co-authored with his supervisor. 135 pages are subject to review.

The bibliography includes 137 sources, of which 104 are in Cyrillic and 19 are in Latin. It has 7 documentary sources and 7 internet pages.

The introduction presents the motivation of the dissertation student, who notes the ineffective and inadequate framework of the weekly program in Bulgaria, in which physical education is too insufficient namely, two or three times a week with a duration of 40 minutes. It emphasizes the issue of integration between the general education program in school and extracurricular sports activities. It is stated as necessary to identify the needs of young people and create alternatives to traditional methods. The issues of physical education and sports in the educational system and the formative impact of sports in school age are extremely relevant and crucial for the future development of children and youth and are of interest to all specialists in the field of physical education.

Chapter one "Status and statement of the problem according to literary sources" includes six sections. Through the theoretical overview in this chapter, the doctoral student gradually immerses us into the problem. The chapter contains an in-depth, multifaceted analysis and overview of the scientific research in the specialized literature on the problems of the study. Examined in detail from the theory of physical education and sports are: the state and problems of physical education and sports in secondary education in the Republic of Bulgaria; the role and place of extracurricular activities in physical education and sports; the peculiarities of school age (from 12 to 17 years), physical development and motor activity. An overview of the scientific research in the specialized literature, content and structure of the concept of "physical fitness. Attention is paid to sports training with the specifics and development of motor skills. Everything up to here directs the reader to the necessary completeness of the theoretical justification of the problem, summarizes it and helps to formulate the working hypothesis on page 59 - "We assume that by applying in extracurricular time a program for additional motor activity developed by us, the physical fitness of 15-16 year old students will be improved." This would make it possible, on the basis of a logical selection of training effects, to cover the needs of children for more sports activities, to increase the level of their motor abilities and improve their health.

Chapter two - "Methodology and organization of the research" - has a classical structure. It presents a well-formulated goal, seven tasks and a methodology of scientific research. The contingent is determined - 60 students from the 10th grade studying in several schools, unintentionally divided equally into experimental and control groups. The object, the subject and the organization of the research are correctly described. The study was carried out in three stages, starting in September 2020 and ending in October 2022. The methods used are well selected, a prerequisite for a comprehensive consideration and research of the scientific problem and achieving its goal. The study interprets the results of the survey and the analysis of literary sources; talks, survey, pedagogical observation and pedagogical experiment that allow to compare the effectiveness of different approaches, means or methods in the preparation. Anthropometric method and sports-pedagogical testing were performed before and after application of the developed model. Mathematical-statistical methods were used to analyze the results obtained from the "SPSS"19 and "Excel" testing. by variation, correlation, and comparative Student's t-test. In this chapter, the extracurricular activity program for 15-16-year-old students is presented as the last subsection. It was used with the participants of the experimental group. It contains a developed model in 4 types of sports, distributed in the school year for 4 weeks for each one, two hours a week with a duration of 60 minutes. In terms of content, it represents an appropriate scientifically developed methodology with games and exercises that are adapted to the age of the studied students. The students from the control groups are trained according to the classical methodology in the school program.

In the third chapter, "Analysis of the results", all the practical work carried out by the doctoral student is demonstrated. The results of the collected and processed data were analyzed. The presented figures and tables provide visual information about the obtained results. According to the dissertation, the variation analysis of the individual indicators with the data from the measurements of the anthropometric indicators - height and weight and body mass index at the beginning of the study directs us to establish overweight or initial stages of increased weight. I evaluate highly the established characteristic interrelationships and dependencies, as well as the degree of influence that the studied indicators have on the level of physical fitness of the examined students. In the analysis of the results of the study of the correlation relationships, certain trends for improving the physical performance of the students are revealed, which would help teachers in choosing exercises to develop the relevant muscle groups and motor qualities.

Everything presented so far reveals an opportunity to formulate conclusions and recommendations for practice. They derive from the obtained results and give a logical answer to the objectives set. The author's program for additional motor activity in extracurricular time, presented in the dissertation work, would help to upgrade the results achieved in physical education and sports classes at school.

Citation and reference of authors, publications and sources in the dissertation is according to established standards.

**Conclusion**: The doctoral student took the remarks and recommendations from the initial discussion of his work into account. I evaluate highly the scientific work and can propose with conviction to the members of the Scientific Jury that Martin Yordanov be awarded the educational and scientific degree "Doctor", Field of higher education: 1.3 Pedagogy of training in ... (Methodology of training in physical education and sports ).

*06.03.2023 г. Prof. Boryana Tumanova, PhD*