

OPINION
OF THE DISSERTATION WORK
OF
NIKOLINA MILKOVA TANKUSHEVA

On topic:
„DIDACTIC TECHNOLOGY FOR DEVELOPMENT OF COORDINATION
ABILITIES OF PUPILS AT PRIMARY SCHOOL THROUGH GYMNASTICS”

For acquiring educational and scientific degree “Doctor of Philosophy” in the professional field 1.3. Pedagogy of education in ... (Methodology of physical education and sport at kindergarten and primary schools) and according to Order RD 38-317 / 02.07.2019 of the Rector of Sofia University "St. Kliment Ohridski

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Considering Tankusheva's professional and competitive career as a coach and long-time participant in the national gymnastics team of the Republic of Bulgaria with numerous appearances at European, World Championships and the Olympic Games in Beijing, we can say that the chosen theme is a logical continuation of her professional career.

The dissertation is structured according to the academic requirements for such work in a volume of 262 pages, including 5 applications. The layout and visualization is excellent and is presented through 69 figures, 39 tables and 2 normative tables.

The conceptual statement of the problem and the proving part of the work were realized on the basis of 199 literary sources, including 12 Internet sites, which is a guarantee for the research abilities and excellent awareness of the author.

The PhD student's arguments regarding the relevance of the studied topic are presented in the introduction. Studies related to the modern way of life, the role of physical education and sport for the health status of adolescents and the material base in the Bulgarian schools are mentioned. The role of gymnastics in developing the coordination abilities of children is noted.

In Chapter One, the statement of the problem is presented by the PhD student in several main directions:

- Theoretical statement of the problem of nature and specificity of didactic technologies for the formation of motor abilities in elementary school students
- Anatomical-physiological and mental characteristics of elementary school students and the role of gymnastics in the physical education and sport system.

The listed directions are presented in a detailed and competent manner.

At the beginning of Chapter Two, Tankusheva logically formulates the working hypothesis. The purpose, tasks and methodology of sports pedagogical research are presented correctly and in detail, the tests are described and illustrated, which makes them easy to accept. The expected results of the applied technology for improving the coordination abilities of students of the third grade are presented. Exercises and “polygons” for impact on coordination abilities are described in great detail and illustrated, which I consider to be a serious contribution with practical value. Two pedagogical

experiments were conducted: ascertaining and main. The ascertainment experiment was implemented in 13 schools in Bulgaria with a total of 1073 students from the 3rd grade, of which 564 boys and 509 girls. The main pedagogical experiment was conducted during the second academic term of the academic year 2018/19 for 12 weeks. The total number of students in the control and experimental groups (Sofia and Burgas) is 94 to 47. The results of the conducted studies have been processed with appropriate mathematical and statistical methods.

In Chapter Three, the PhD student makes an in-depth analysis in the following areas:

- Comparative analysis of the coordination abilities of 9-10-year-old students by demographic characteristics;
- Mean values and variability of the studied traits characterizing the coordination skills of 9-10 year-old students;
- Mean values and variability of signs of physical development at the beginning and end of the sport-pedagogical experiment;
- Mean values and variability of the traits characterizing the coordination abilities at the beginning and end of the sport-pedagogical experiment.

The effectiveness of the applied methodology for developing the coordination abilities in the studied population has been checked and proven. The factor structure of physical development and coordination abilities of 9-10-year-old students was established. On the basis of the established results, a normative base was developed to assess the physical development and coordination abilities of 9-10 year-old

students (girls and boys). Methodological guidelines for implementation in practice are presented.

The conclusions and recommendations are a logical consequence of a thorough and professional analysis.

The submitted abstract and publications are as required.

Summary:

The presented dissertation of Nikolina Tankusheva was realized on the basis of a large-scale ascertainment experiment, on the basis of which her own methodology was developed and tested in the real conditions of the Bulgarian school with proven effectiveness on the coordination abilities of the studied population. Normative tables have been developed to evaluate the coordination skills of 9-10 year old boys and girls.

In our opinion, the facts listed above have a significant scientific and practical contribution and would help to improve the training of students and the practical work of sports pedagogues in terms of teaching methodology and control of coordination abilities.

CONCLUSION

The peer-reviewed scientific work has scientific and applied value and meets the requirements of the Law on Development of the Academic Staff of the Republic of Bulgaria and the Rules of the Sofia University “St. Kliment Ohridski” for the award of the educational and scientific degree “Doctor”, which convinces me to propose to the Honorable Scientific Jury to award *Nicolina Tankusheva the educational and scientific degree “Doctor of Philosophy”* in the

professional field: 1.3. Pedagogy of education in ... (Methodology of physical education and sport at kindergarten and primary schools).

Sofia

Assoc. Prof. N. Mavrudieva, PhD

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