

## REVIEW

on “*Didactic technology for developing the coordination abilities of pupils from the elementary school age by gymnastics*” doctor’s theses,  
for awarding “*PhD*” educational and scientific degree  
in the field of high education *1. Pedagogy*,  
in professional direction *1.3. Pedagogy of education in... (Methodology of the education at the kindergarten and the elementary school in physical education and sport)*,  
of the PhD student to “*Primary school pedagogy*” department of  
“St. Kliment Ohridski” Sofia University

**Nikolina Milkova Tankusheva**

Supervisor: *prof. Elena Dzhambazova – Spasunina, PhD*

### **PhD student’s data**

PhD student’s interest to the issue of applying gymnastics as means for developing the motive abilities of children is not occasional. N. Tankusheva has consecutively graduated from a sports school and two qualification degrees (Bachelor’s and Master’s) at “V. Levski” National Academy of Sport having acquired the specialties of a “coach in a kind of sport – gymnastics” and “master in

adapted physical activity”. Additionally, as after diploma qualification, she acquires the specialty of a “teach in physical education and sport”.

She is for many years a competitor of the Bulgaria gymnastics national team – many times a champion of the country, participant in European and world championships as well as in the Beijing 2008 Olympic Games.

Now N. Tankusheva is an Assistant at “Elementary school pedagogy” department at “St. Kl. Ohridski” Sofia University, a judge (national category) and gymnastic coach.

Evidence for her interest in the field of physical education and sport scientific and research work is the fact that yet being a higher student she develops two diploma papers that successfully defends before the state examination committees.

Within the frame of the before diploma practice for the higher students at NSA specializing in gymnastic sports, she is a leading coach at CSKA (Sofia), has participated in the preparation of the mass gymnastic composition “Star orbit” during 2013.

N. Tankusheva is distinguished for high publication activities – except for the Doctor’s theses, she has published 12 scientific articles.

She possesses excellent communication skills, feeling of responsibility, good computer knowledge.

I think that the PhD student Nikolina Tankusheva is a highly educated expert in the field of physical education and sport, successfully established in the sport and pedagogical practice.

### **Data about the PhD preparation process**

N. Tankusheva has accomplished all planned activities and set successfully for her exams according to her Individual educational plan during the PhD

preparation term. She has also successfully defended her doctor's theses when debated by the department team.

Procedure offence or omissions are not found during the PhD preparation term.

### **Doctor's theses and abstract information**

Nikolina Tankusheva's doctor's theses subject is in harmony with the scientific studies in the field of the Theory and methodology of the physical education and sports training as well as with the requirements of "St. Kliment Ohridski" Sofia University Rules for holding scientific degrees and academic positions.

The development is a try to enrich the theory and practice of the physical education and sport during the elementary school age of the Bulgarian school by introducing original methodology for developing the coordination abilities of the pupils applying gymnastics sports means.

The doctor's theses presented for review consists of 258 pages, incl. 39 tables, 69 figures, 2 normative evaluation tables, 5 annexes and bibliography.

The development has a range of *merits* of contribution nature:

- performed is a serious theoretical study, on the basis of 199 literature sources (150 in Cyrillic alphabet, 37 in Latin alphabet and 12 internet sites), on the problem related to the essence and specificity of didactic technology for forming the motive abilities; discovered are the particularities of these abilities, incl. the coordination ones, characteristics is made of the anatomic, physiological and psychic particularities of the elementary school pupils; discovered is the meaning and place of

gymnastics within the physical education and sport system in the Republic of Bulgaria;

- developed is an adequate scientific study methodology – the methods apply allow the PhD student to successfully accomplish the purpose set and to solve the tasks of the study;
- the contingent of the study is exceptionally representative – a sport-pedagogical test is accomplished for establishing the level of the coordination abilities development of 1073 children at the age between 9 and 10 years – 564 boys and 509 girls;
- developed is an original didactic technology for developing the coordination abilities of elementary school pupils by gymnastics means and its effectiveness is proved by a correct sport and pedagogical experiment;
- correct mathematical and statistical methods (variation analysis, hypothesis checkup, by the help of the comparative t-criterion of Student, one factor dispersion analysis and sigma method for evaluation) are used for processing the results of the study;
- the analysis of the results is of high professional level and allows disclosing (comparatively) the average levels and variety of the signs under study as well as the factor structure of the physical development and the coordination abilities of 9-10 year pupils (boys and girls) and – to establish the demographic environment influence on the coordination abilities of the elementary school pupils;
- developed is a normative base for evaluation of the physical development and coordination abilities of the III-rd grade pupils at the Bulgarian school, as well as the methodological instructions for its use.

The conclusions and recommendation originate naturally from the analysis of the results, presented are concisely and clearly.

The doctor's theses is written in good language and style and very well illustrated.

My evaluation is positive - I think the PhD student has conscientiously formulated her scientific contributions.

The abstract reproduces correctly the doctor's theses contents.

### **Publications and participation in scientific forums**

The PhD student has presented sufficient number (3) independently developed publications related to the theme of the doctor's theses. She has participated in various scientific forums by reports.

### **Conclusion**

I think that scientific and research work, sufficient in volume, has been done. The doctor's theses fully answer the requirements of the Law on development of the academic staff in the Republic of Bulgaria and "St. Kliment Ohridski" Sofia University Rules for holding scientific degrees and academic positions.

Nikolina Tankusheva is a young expert, of proved practical contributions and great abilities for development as scientific worker in the field of the physical education and sport.

All mentioned above gives me the reason, being fully convinced, to give my positive vote for awarding *Nikolina Milkova Tankusheva* the *PhD* educational and

scientific degree in the field of higher education 1. Pedagogy, professional direction  
1.3. Pedagogy of education in...(Methodology of the education at the kindergarten  
and the elementary school in physical education and sport).

**August 18, 2019**

**Sofia**

***Reviewer: .....***

***(prof. R. Tzarova, PhD)***