

FROM

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**SPORTS DEPARTMENT AT SU "ST. KLIMENT OHRIDSKI"**

**FOR PUBLIC DISCUSSION OF DOCTORAL DEVELOPMENT FOR OBTAINING EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR"**

**AREA OF HIGHER EDUCATION: 1. PEDAGOGY**

**PROFESSIONAL DIRECTION: 1.3. PEDAGOGY OF TRAINING IN.... (METHODOLOGY OF TRAINING IN PHYSICAL EDUCATION AND SPORT - KINESITHERAPY)**

**SCIENTIFIC SPECIALTY: KINESITHERAPY**

**UNIVERSITY: SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI"**

**SPORTS DEPARTMENT**

**DEPARTMENT: "INDIVIDUAL SPORTS AND RECREATION"**

**DISSERTATION TITLE:** *"MONITORING THE EFFECT OF KINESITHERAPY METHODS IN STUDENTS WITH MUSCULOSKELETAL DYSFUNCTIONS, OVERWEIGHT AND OBESITY"*

**NAME OF THE DISSERTANT: GERGANA GEORGIEVA DESPOTOVA**

**SUPERVISOR: PROF. KOSTADIN KOSTOV, PhD**

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THE AUTHOR GERGANA DESPOTOVA INVESTIGATES A PROBLEM THAT IS CURRENT AND SIGNIFICANT FOR THE HEALTH CONDITION OF YOUTH IN THE CONTEMPORARY SOCIETY RELATED TO THE RELATED RELATIONSHIP.

THE REDUCED MOTOR ACTIVITY AND THE METHODS AND MEANS THROUGH WHICH WEIGHT REDUCTION ARE THE MAIN IDEA OF THE AUTHOR, WHO DEVELOPS IT IN A VOLUME OF 194 PAGES. THROUGH THE FOLLOWING STRUCTURE OF THE PRESENTED DOCTORATE: INTRODUCTION; PROBLEM STATEMENT; PURPOSE, TASKS, METHODOLOGY AND ORGANIZATION OF THE RESEARCH; METHODOLOGY OF KINESITHERAPY; RESULTS AND ANALYSIS; CONCLUSIONS, RECOMMENDATIONS AND SCIENTIFIC CONTRIBUTIONS; BIBLIOGRAPHY AND APPENDICES (4 PCS).

THE STUDIED LITERATURE CONTAINS 177 PCS. SOURCES, OF WHICH 60 IN CYRILLIC, 111 IN LATIN, 6 INTERNET SITES, 88% OF WHICH WERE PUBLISHED AFTER 2 000 YEARS.

THE DOCTORAL DEVELOPMENT IS WELL ILLUSTRATED AND PRESENTED IN 38 PCS. TABLES, 16 PCS. FIGURES AND 14 PCS. FIGURES IN APPENDIX №4.

IN THE **FIRST CHAPTER** "FORMULATION OF THE PROBLEM," THE AUTHOR ANALYZED OBESITY AS SOCIALLY SIGNIFICANT DISEASES, SUCH AS ON THE ESSENCE OF OBESITY, EPIDEMIOLOGY AND ETIOLOGY AND PATHOGENESIS OF OVERWEIGHT AND OBESITY, ENERGY BALANCE AND MECHANISMS FOR THE REGULATION OF ENERGY HOMEOSTASIS. ASSIGNED A PLACE AS THE MORBIDITY ASSOCIATED WITH OBESITY AND METHODS OF TREATMENT - MEDICATED AND SURGICAL, DIET TREATMENT, PHYSICAL ACTIVITY, BEHAVIORAL THERAPY

APPLIED KINESITHERAPY AND PREVENTION OF OVERWEIGHT AND OBESITY. DEFINES THE ROLE OF THE KINESITHERAPY CENTERS AND OF PHYSICAL EDUCATION AND SPORTS IN THE HIGHER EDUCATION INSTITUTIONS IN BULGARIA.

LED BY THE CURRENT REQUIREMENTS KINESITHERAPY, THE AUTHOR REPRESENTS A WORKING HYPOTHESIS THE ASSUMPTION THAT: THE METHOD OF KINESITHERAPY COMBINED WITH DIET TREATMENT AND ON COURSE UNDER STUDENTS FROM SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI" OVERWEIGHT, OBESITY AND MUSCULOSKELETAL DYSFUNCTIONS ONCE A WEEK WILL LEAD TO WEIGHT REDUCTION AND IMPROVE THEIR FUNCTIONAL CONDITION, BUT METHODOLOGY APPLIED THREE TIMES A WEEK WILL HAVE A PRONOUNCED THERAPEUTIC EFFECT.

IN THE **SECOND CHAPTER**, ON THE BASIS OF THE RESEARCHED LITERATURE SOURCES AND THE HYPOTHESIS MADE, THE SUBJECT, OBJECT, PURPOSE AND TASKS OF THE RESEARCH ARE DEFINED. THE SCOPE, ORGANIZATION AND METHODOLOGY OF THE RESEARCH ARE PRESENTED, AND SUFFICIENTLY INDICATED THE NUMBER, WELL DESCRIBED AND SUITABLE TEST INDICATOR. THE AUTHOR ALSO FOLLOWS THE ANTHROPOMETRIC INDICATORS OF GROWTH, BODY WEIGHT, BODY CIRCLES AND SKIN FOLDS FOR ESTABLISHING THE PHYSICAL DEVELOPMENT OF THE STUDY PARTICIPANTS.

TO DETERMINE THE FUNCTIONAL STATE OF THE SURVEYED INDIVIDUALS THE TEST OF RUFIE IS USED WITH CONVENTIONAL PHYSICAL LOAD AND TEST OF THE STATIC POWER MUSCLE ENDURANCE OF THE BODY BY KRAUSS-WEBER, AND THE AMOUNT ASSESSMENT OF PAIN AND EVALUATION OF POSTURE.

PROCESSING OF THE RESULTS OF THE STUDY, THE PhD STUDENT USES MATH-STATISTICAL METHODS: ALTERNATIVE, FREQUENCY VARIATION, COMPARATIVE, DISPERSIVE ANALYSIS BY STUDENT'S TEST, MAN-WHITNEY, WILCOXON, FISCHER (ANOVA).

IN THE **THIRD CHAPTER** IS PROVIDED COPYRIGHT MODEL THAT IS TIED TO THE TASKS, METHODS AND MEANS OF KINESYOTHERAPY, DIET TREATMENT AND THEORETICAL KNOWLEDGE ABOUT THE ESSENCE OF A HEALTHY LIFESTYLE, COMPLICATIONS DUE TO OBESITY, THE BENEFITS OF REGULAR PHYSICAL EXERCISES AND SPORTS, BASED ON MEDICINAL FOOD, THE PREVENTION OF SOCIALLY SIGNIFICANT DISEASES PRESENTED THROUGH A LECTURE COURSE.

IN **CHAPTER FOUR** ARE PRESENTED AT TWO SUB-CHAPTERS THE RESULTS OF THE RESEARCH, AS THE DATA ANALYSIS WAS MADE ACCORDING TO THE METHODS OF RESEARCH BASED METHODS.

THE DATA CONDUCTED SURVEY CORROBORATE THE ALLEGATIONS OF THE AUTHOR ABOUT LOW AWARENESS OF STUDENTS FOR HEALTHY LIFESTYLE AND THE NEED TO IMPROVE THEIR HEALTH CULTURE AND STATUS, AND INSUFFICIENT OPPORTUNITIES TO PRACTICE SPORT AND PHYSICAL ACTIVITY, BECAUSE OF THE OPTIONAL CHARACTER OF THE SUBJECT "SPORT" AT UNIVERSITIES.

THE ANALYZES MADE, A CONSEQUENCE OF THE PEDAGOGICAL EXPERIMENT, PROVE THAT THE APPLIED METHOD OF KINESITHERAPY FOR STUDENTS FROM SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI" SUFFERING OVERWEIGHT, OBESITY AND MUSCULOSKELETAL



DYSFUNCTIONS ONCE A WEEK BRINGS IMPROVEMENT OF FUNCTIONAL STATUS OF STUDENTS, AND A REDUCTION IN BODY WEIGHT, BODY CIRCUMFERENCE SKIN FOLDS. A MORE NATURAL THERAPEUTIC EFFECT, COMPLETELY, SHOWS THE APPLICATION OF THE EXPERIMENTAL TECHNIQUE THREE TIMES A WEEK.

## CONCLUSIONS AND RECOMMENDATIONS

AT THE END OF THE DEVELOPMENT, THE AUTHOR FORMULATES 7 PCS. CONCLUSIONS AND 5 PCS. RECOMMENDATIONS SUMMARIZING THE RESULTS OF THE RESEARCH, EMPHASIZING THAT THE EXPERIMENTAL METHODOLOGY SHOULD BE USED AS MEANS FOR PREVENTION AND TREATMENT OF OVERWEIGHT AND OBESITY.

NO ATTEMPT FOR PLAGIARISM HAS BEEN DETECTED AND THE LITERATURE USED IS CORRECTLY MARKED CORRECTLY IN THE TEXT OF THE DEVELOPMENT.

ASSISTANT DESPOTOVA HAS FOUR INDEPENDENT PUBLICATIONS ON THE TOPIC, WHICH COVERS THE MINIMUM REQUIREMENTS FOR ENROLLMENT IN NACID.

THE DOCTORATE HAS THEORETICAL-SCIENTIFIC AND PRACTICAL CONTRIBUTIONS, WHICH CAN BE SUMMARIZED IN THE FOLLOWING WAY:

- DISTINGUISHED WITH IN-DEPTH KNOWLEDGE AND LEADS TO EXPANSION OF KNOWLEDGE IN THEORY;

- A METHOD OF KINESITHERAPY, APPLIED WITH DIFFERENT WEEKLY FREQUENCY, FOR STUDENTS WITH OVERWEIGHT AND OBESITY, HAS BEEN DEVELOPED;

THE PROPOSED MODEL CAN BE IMPLEMENTED IN PRACTICE AND BE CARRIED OUT WITH OTHER FORMS OF MOTOR ACTIVITY, AS WELL AS FOR THE PREVENTION OF OVERWEIGHT AND OBESITY.

THE PROBLEM OF THE RESEARCH, THE STRUCTURE, THE QUALITY, AS WELL AS THE VOLUME OF THE DEVELOPMENT AND PRESENTED DOCTORATE MEET THE REQUIREMENTS FOR SUCH KIND OF SCIENTIFIC RESEARCH.

THE SCIENTIFIC AND PRACTICAL MERITS OF THE DOCTORATE AND THE RESEARCH POTENTIAL OF THE AUTHOR ALLOWS ME TO OFFER THE MEMBERS OF THE SCIENTIFIC JURY TO VERDICT ON ASSISTANT GERGANA GEORGIEVA DESPOTOVA EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR" OF 1.3. PEDAGOGY OF TRAINING IN ... (METHODOLOGY OF TRAINING IN PHYSICAL EDUCATION AND SPORT - KINESITHERAPY).

SEPTEMBER 15, 2021

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