

S T A T E M E N T

ON

DISSERTATION THESIS:

" A CIRCLE TRAINING MODEL FOR INCREASING STUDENT PHYSICAL FITNESS"

In view of the papers offered under the professional profile "Methodology of Training in Physical Education and Sports-Fitness Events" for the scientific degree "DOCTOR."

By ass. Nicoletta Bocheva, a doctoral student, self-education plan, at "Individual Sports and Recreation" Department, Sports Faculty to "St. Kliment Ohridski" Sofia University

Supervising Tutor: Ass. Prof. Mikhail Konchev, PhD

General Description of the Dissertation Thesis

The dissertation thesis offered by Nicoletta Bocheva conforms to the principles and requirements of this kind of scientific research. This thesis has 193 pages in total, including fifty (50) tables, thirty-five (35) figures, and sixteen (16) photos. The structure of the paper contains an introduction, four (4) chapters, a bibliography, and nine (9) appendices. The author has carried out profound and serious theoretical studies and has used vast literature (a reference list of 162 items is attached). The layout of the dissertation thesis makes a very good impression. Special attention is given to fitness events as a factor in physical education and sports in the universities so that the student's motor skills can be increased. Detailed characterization of the fitness events is made, as well as a classification, as part of the sports and physical education within the system of higher education. Thus, the author has formulated a working hypothesis, and this hypothesis is oriented exactly to particular types of problems and looking for answers to them. These answers imply the development of new practical trends in this field.

Aims and Methods of the Dissertation Thesis

The aims of the current study, its tasks, the subject, and the contingent are clearly formulated. The methodology of this study is provided in a correct way.

The author has applied well-selected sports-pedagogical tests, an online questionnaire, and a pedagogical experiment.

Mathematical and statistical methods and means are applied when the results of the examination have been processed.

The analysis of the results and the comments on them are successfully done.

The conclusions drawn, and the overall recommendations made in this thesis are provided in a suitable way.

Conclusion

In my opinion, the author has done a research study in a sufficient volume. The dissertation thesis meets all the requirements of the Law on the Conditions and Order Awarding Scientific Degrees and Titles and Obtaining Academic Positions, as well as the Rules and Regulations of "St. Kliment Ohridski" Sofia University.

On the ground of the abovesaid, I propose to the highly respected members of the Scientific Jury to award Nicoletta Bocheva the educational and scientific degree "Doctor" in the scientific specialty "Theory and Methodology of Physical Education and Sports Training," professional profile: 1. 3. *Methodology of Training in Physical Education and Sports-Fitness Events*".

January 24th, 2022

Reviewer:

/Maya Chipeva/