**Prof. Boryana Tumanova, PhD**

Member of a scientific jury,

appointed with ordinance № RD 38-359/08.07.2022

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 training in kindergarten and primary school of physical education and sports).

Sofia University “St. Kliment Ohridski” Department of Sport-Individual Sports and Recreation

Author of the thesis: **Edi Ivanov** – PhD student in self-education

Topic: "PEDAGOGICAL MODEL FOR ACCELERATED INITIAL LEARNING IN TAEKWONDO OF STUDENTS I - IV CLASS"

Scientific Leader: Proff. Iren Peltekova, PhD

**Dissertation information**

The selected and developed theme of the dissertation work is contemporary and significant with many applied aspes aimed at modern models for the management of physical education and sports. Considers the possibility of solving tasks related to the development and implementation in practice of the best and most productive models for management and sports preparation of athletes and the training process. An up-to-date, contemporary problem that finds importance in improving the physical capacity of adolescents through the means applied in the training and training of Taekwondo and which would increase motivation and the need to perform motor activity and strengthen health. The dissertation is distinguished by a clear structure, has the separation of chapters, sections and subsections at a structural and meaningful level, which on the one hand facilitates the perception of information, on the other – shows the PhD student's ability to systematize information. The following is the generally accepted model and structure for this type of scientific work, presented in 155 pages, which includes 29 tables and 22 figures. The work is structured in an introduction, four chapters, conclusions and recommendations, contributions, bibliography and 2 applications. 145 pages are subject to review.

The bibliography includes 167 sources, of which 139 in Cyrillic, 13 in Latin and 15 websites.

The introduction (3 p.) presents the motivation of the dissertant, which notices a trend towards the lower age from which primary practice begins and systematic sports activities in different sports and disciplines. The issues related to achieving high sports results implies, above all, long-standing and properly modelled training activities. Problems for the initial preparation, preservation and maintenance of high working capacity are decisive in this process and are achieved through the application of pedagogical, medico - biological, psychological and other methods of research. The questions about the initial preparation of children are extremely topical and crucial for their future development as elite athletes and are of interest to all professionals in the field of sport. The presented pedagogical model for accelerated initial training in taekwondo of students from 1th – 5th grade proves the importance, usefulness and timely development of the topic chosen by the PhD student.

Chapter One " Theoretical staging of the problem" (41pp.) includes five sections. Through the theoretical overview in this chapter, Ivanov gradually enters into the problem. It carried out a thorough, multifaceted analysis of the information from theoretical, scientific and applied and practical publications of professionally proven authors on the issues of the study. Discussed in detail by the theory of physical education and sport are: the emergence and development of taekwondo – the world and in our country, a common characteristic and social importance of taekwondo, training methodologies and types of competitions on taekwondo, the influence of physical and psychological qualities in the training of taekwondo. What is impressive here is that the vast majority of the facts mentioned in this chapter are presented on the basis of the author's personal observations and his direct involvement in any of these events.. Attention is paid to the role and place of the sports educator in this process, the placement of the objectives and tasks of the activity, didactic principles and methods, as well as considering the results after the implementation of the exercises and their impact. One of the main factors of physical preparation is the training load. The author determines the main factors of the load and clarifies their importance in this process, arguing that well planned and properly directed training load has a significant and positive effect on improving physical preparation and defines it as a specific type of stress. Based on the analysis of the physical qualities it does, it defines situational physical activity as a complete, dynamic, immediate physical condition, determining the practical activity of martial arts athletes in their adaptation to extreme situations for a certain time.

Chapter Two - Age features in the development of students from the main level of education – initial stage (1th - 4th class) with a volume of 10 pages, morphological and functional changes in adolescents are described, as well as changes that occur in the cardiovascular, respiratory and nervous systems. Here stand out the main features of the age characteristics of the surveyed contingent and its adaptation to loads. Everything so far directs the reader to the necessary completion of the theoretical justification of the problem, summarizes it and helps to formulate the working hypothesis on page 60 – "We assume that the implementation of the developed pedagogical model for initial training under taekwondo for a one-year period of time will accelerate the effectiveness of initial training and increase the physical qualities and specific technical skills of girls and boys from 1th to 4th class." This would allow, on the basis of a logical selection of training impacts, to increase the level of motor qualities and technical training and supports the identification of the subject matter, subject matter, purpose and tasks of the study in the next chapter of the thesis "Survey methodology". It consists of 15 pages and has a classic structure. Presents a well-formulated objective, five tasks and the organization of scientific research. The subject, object and contingent of the study (263 children I – IV class, aged 7 to 11 years participating in taekwondo primary training) were correctly defined. The methods used are well chosen, a prerequisite for comprehensive examination and examination of the scientific problem posed and achievement of its purpose. The study interprets the results of the study and analysis of literary and other information sources; pedagogical testing before and after application of the developed model; technical skills of the learners were verified at the beginning of the study and at the end of the study, conducting a pedagogical observation and pedagogical experiment that allows to compare the effectiveness of different approaches, means or methods in the preparation of the training children; application of mathematical and statistical methods and means of analysis of the results obtained from the testing. This chapter, as the last subparagraph, presents a Model for Accelerated Initial Learning in taekwondo. It works with the participants from the experimental groups. The Model contains three stages. Each stage in meaningful terms is a set of means including specific practical exercises for mastering the technique, creating physical qualities, theoretical knowledge, building habits and communication behaviors. The learners from the control groups are trained according to the classical methodology.

Fourth third "Analysis of results" has a volume of 56 pages. Here is shown all the practical work carried out by the PhD student. The results of the collected and processed data were analyzed. The presented figures and tables give an insight into the results obtained. With considerable value, I determine the most characteristic relationships between the physical attributes studied in schoolboys and schoolgirls from the experimental and control groups from first to fourth class before and after the experiment. The analysis of the results of the correlation study reveals certain trends for improving the physical capacity of students, both in experimental and control groups.

Everything presented in the development so far opens up the possibility to formulate conclusions and recommendations for the practice, set out with a volume of 2 pp. They result from the results obtained and give a logical answer to the tasks assigned. The author of the dissertation proves that the methodology of his proposed pedagogical model has a stronger impact on the accelerated development of the physical qualities of the students compared to the standard methodology.

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

***Scientific contributions:.***

The overall analysis of the dissertation work makes it clear to outline its contributions in a scientific and theoretical and scientific and practical, namely that in the implementation of the sports preparation, selection and objective evaluation of the engaged athletes in the sport, taekwondo, new approaches have been sought to optimize the training, development and selection of the players involved.

***Conclusion:***

The PhD student has shown solid theoretical training, precision and correctness in carrying out the research, skills that allow independent work in the research field. Представеният докторски труд отговаря на всички условия и изисквания. Undoubtedly, scientific work has been carried out by the author and shows competence in this field. I don't find forms of plagiarism. The contribution points in the dissertation work, its scientific and practical merits, give me reason to give a positive assessment and with conviction to propose to the members of the esteemed scientific jury to award Edi Ivanov the educational and scientific degree "Doctor" Professional Direction – 1.3 Pedagogy of… (Methodology of training in kindergarten and primary school of physical education and sports).

24.08.2022 г. *Member of the Scientific Jury:*

*(Prof. Dr. Boryana Tumanova* *PhD)*