

OPINION

on the dissertation of

Edi Ivanov Ivanov

on:

„PEDAGOGICAL MODEL FOR ACCELERATED PRIMARY TRAINING IN TAEKWONDO FOR STUDENTS IN I- IV GRADES“

For acquiring the educational and scientific degree "Doctor" in the doctoral program "Methodology of Education in Kindergarten and Primary School in Physical Education and Sport" Professional field 1.3. Pedagogy of Education, Field of higher education 1.

From Assoc. Prof Daniela Tomova, PhD

Member of the scientific jury, according to Order № ПД 38-359/08.07.2022 of the Rector of Sofia University "St. Kliment Ohridski".

Increasing the effectiveness of the training process is associated with the implementation of innovative methodologies aimed at forming motor skills and habits of the sport for a shorter period and improving the physical performance of athletes. History and traditions of the sport of taekwondo in Bulgaria, as well as the high achievements of the athletes in European and world championships are a prerequisite for the great interest in martial arts of adolescents. The importance of the sport for personality building through the formation of sport-technical and tactical skills and complex development of motor abilities attracts many children to sports clubs. In this regard, the chosen topic of the dissertation is relevant.

The presented scientific work consists of 162 pages, structured in an introduction, four chapters, conclusions, recommendations and bibliography, which includes 132 sources, 16 of which are in Latin. The presentation of the experimental study and the analyzed data are illustrated with 30 tables and 22 figures.

The first chapter is focused on the theoretical setting of the problem, in which the doctoral student gives a historical overview of taekwon-do as a sport in the world and in Bulgaria and presents the characteristics of the sport. The specifics of the training methodology in the individual stages are also discussed, with emphasis on the stage of initial sports training. In paragraph 1.5 "The influence of physical and psychological qualities in Taekwon-Do training", the relationship of physical and technical training is discussed, which corresponds with the investigation of the

level of physical fitness of Taekwon-Do competitors, students in the primary stage of basic education.

The second chapter deals with the age-specific development of pupils from 7 to 11 years of age and focuses on the morphofunctional changes that occur in the adolescents' organism as a result of the physical exercise: central nervous system; respiratory system and cardiovascular system.

The methodological framework of the study is presented in chapter three - description of the object, subject, hypothesis, aim, objectives and methods of the study. The methodological parameters of the study correspond with the stated aim and objectives. The implemented experiment meets the requirements for conducting scientific research. The presented motor tests - 12 in number to assess the physical fitness of taekwondo athletes are in the context of the set research intentions. The contingent of subjects is impressive - 263 athletes aged 7 to 11 years from nine Sport Clubs in the country.

The results of the study and their analysis are presented in Chapter Four. Their illustration through figures and tables complements the presentation and enriches the illustration of the obtained results. The effectiveness and applicability of the presented author's methodology is proved.

The contribution points can be defined as follows:

- An author's model for accelerated initial training in Taekwon-do for boys and girls aged 7 to 11 years was developed and tested.
- The research presented in this dissertation complements and enriches the history, nature and content of the sport of Taekwon-Do.
- The level of physical fitness of taekwondo athletes aged 7-11 years old is established. The applied model of initial training in taekwondo proves the positive impact on the development of explosive power of lower and upper limbs and dynamic strength in girls and boys.
- The presented pedagogical model is of high practical realization. Its application would contribute to the increase of physical fitness of primary school students, competitors in taekwon do and to the greater efficiency of their technical training

The formulated conclusions support the presentation, the recommendations reflect the research work carried out by the PhD student.

The author has presented the results of the research in one independent and two co-authored papers. The abstract reflects the content of the dissertation.

Conclusion

The presented dissertation on "**Pedagogical model for accelerated primary training in taekwondo for students in i- iv grades**" is structured in accordance with the requirements for the acquisition of the educational and scientific degree "Doctor". The obtained results have significance both in terms of theory and sports-pedagogical practice.

From the above said and the mentioned contributions I have the reason to vote positive and recommend to the esteemed members of the scientific jury to award the educational and scientific degree "Doctor" to **Edi Ivanov Ivanov**, PhD student at the Department of Individual Sports and Recreation at the Department of Sport, Sofia University "St.Kliment Ohridski" in Professional field 1.3. Pedagogy of Education in....

10.09.2022

Opinion by:

Assoc. Prof Daniela Tomova, PhD