

S T A T E M E N T

ON

DISSERTATION THESIS:

"Innovative Adaptive Methods of Specialized Sprint Resistance in the Training-and-Sports Processes"

Submitted under "Methodology of Training in Physical Education and Sports-Fitness Events" professional profile

For the Scientific Degree "DOCTOR."

By Doctoral Candidate: Ass. Prof. Maya Borisova Chipeva, Dr.

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REVIEWER: Ass. Prof. Dobrinka Vaskova Shalamanova, PhD

By an order of "St. Kliment Ohridski" Sofia University Rector, entered into the Register of Sofia University, No 76/10.04.2023.

Ass. Prof. Maya Borisova Chipeva, Dr. was born in Sofia on May 1st, 1978. She graduated from "Vassil Levski" National Sports Academy in 2002. At present, she is an Associated Professor at "Physical Education and Sports" Department of Technical University, Sofia.

In 2016, she defended a doctor's dissertation thesis on "Theory and Methods of Physical Education and Sports Training". In 2019, she was awarded the academic title, "Associated professor". Ass. Prof. Maya Borisova Chipeva, Dr., is a trainer in Track-and-Field Athletics for the University representative teams. She is also a certificated fitness specialist with a diploma in bodybuilding, aerobics, kangoo jumps, and body design.

The dissertation thesis submitted by Maya Chipeva has 288 pages in total, including 32 tables, 21 figures, and 198 literature references. 148 pages of these references are in Cyrillic script, 50 pages are in Latin script and 3 pages are Internet pages. The names of recognised authors, both

contemporary and from the near past, attract the reader's attention. Arranging the research works, Ass. Prof. Maya Borisova Chipeva conducted consultations with famous experts and trainers in Track-and-Field Athletics and Football and made a profit from the most renowned authorities on conditioning.

In the literature summary, the author not only presents the theoretical foundations of the adaptation as a whole and, in particular, in connection with this research but also accentuates the problems of resistance from the point of view of its basic parameters: intensity, duration, biological, cardio-respiratory, regulatory and sports-and-technical changes under the influence of the sports loads. It is from this summary that the main methodical tasks, laid down in this dissertation thesis, to be realized in two directions become perceptible. They are as follows:

- The peculiarities of the sprint loads in middle-distance running,
- The peculiarities of running training of interval-changeable character in football games.

Based on the comprehensive analysis of the present literature review and methodological formulations, Ass. Prof. Maya Borisova Chipeva elaborates the working hypothesis for her research works ahead. It lends clarification of the adaptation problems due to the application of sprint loads in five basic directions, which will make possible the development of patterns of adaptive processes applicable to sprint efficiency.

The aim, the tasks, and methods of the present research works as well as the entire organization are presented in this dissertation paper in a precise and well-grounded way.

This paper contains contemporary computing methods, provided as a supplement, to process and analyze the results that have proven effectiveness, allowing Ass. Prof. Maya Borisova Chipeva to develop patterns of more accurate optimization of the loads applied during the optimization phases of the sports processes with runners and football players.

Eight patterns are designed for middle-distance runners, and two patterns are meant for football players. They were approbated during the research period. Thus, it becomes apparent that the general physical preparedness is thoroughly considered concerning volume, intensity, and multi-parametric structure of the specific work efficiency, which are of particular importance for the loads applied in the sports process.

The patterns of determining the critical speed and the application of specialized loads for speed/power resistance in this category of runners, as well as the pattern of specific work efficiency with football players can be called an innovative approach in the field of producing adaptive changes in the critical levels of the sprint resistance.

The models of classifying sprint loads with volume, intensity, and adaptive level assessment have a specific application value.

After performing analyses and experiments as well as approbating the models, Ass. Prof. Maya Borisova Chipeva draws ten conclusions and makes eight recommendations, which are well grounded. They suggest profits for training and sports processes and the sports pedagogues who show interest in specialized sprint resistance.

The patterns developed for the purposes of predicting the current sprint potential, unfolding the correlation/factor structure of the specific work efficiency, and assessing the sprint-load potential in various oxygen modes can be defined as a main contribution to this dissertation thesis.

Ass. Prof. Maya Borisova Chipeva provides five independent publications in addition to her dissertation thesis.

This dissertation thesis proposed to us is of sufficient scientific and applied value for sports theory and practice, and it meets the requirements for awarding the scientific degree "Doctor of Sciences" in the professional profile 1.3. Pedagogic of Training in... (*Methodology of Training in Physical Education and Sports-Fitness Events*).

May 11th, 2023

Sofia

REVIEWER:

/Ass. Prof. Dobrinka Shalamanova/

