

REVIEW

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DEPARTMENT OF SPORTS AT SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI

FOR OBTAINING THE EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR"

AREA OF HIGHER EDUCATION: 1. PEDAGOGY

PROFESSIONAL FIELD: 1.3. PEDAGOGY OF EDUCATION IN... (METHODOLOGY OF EDUCATION IN PHYSICAL EDUCATION AND SPORT)

SCIENTIFIC SPECIALTY: KARATE

UNIVERSITY: SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI"

DEPARTMENT OF SPORT

DEPARTMENT: "INDIVIDUAL SPORTS AND RECREATION"

DISSERTATION TITLE: "IMPACT OF SOME MOTOR SKILLS AND ANTHROPOMETRIC PARAMETERS ON THE ACHIEVEMENT OF SPECIFIC KARATE PRECISION"

NAME OF DISSERTATION STUDENT: VENTSISLAV NEDEV

SUPERVISOR: ASSOC. PROF. EVGENI YORDANOV, PHD

THE PHD STUDENT VENTSISLAV NEDEV IS IX DAN IN KARATE AND HAS BEEN INVOLVED IN KARATE FOR MORE THAN 50 YEARS AS A COMPETITOR, COACH, REFEREE, SELECTOR, OFFICIAL AND OTHER ACTIVITIES IN THE REPUBLIC OF MACEDONIA, INCLUDING AS A DEPUTY COACH OF THE NATIONAL YUGOSLAV KARATE TEAM AND AN INTERNATIONAL JUDGE IN CATEGORY "A".

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HE IS THE FOUNDER, PRESIDENT, AND COACH OF THE RABOTNICKI KARATE CLUB AND THE MACEDONIAN TRADITIONAL KARATE FEDERATION. HE IS A GRADUATE LECTURER AT THE FACULTY OF PHYSICAL EDUCATION IN SKOPJE, MACEDONIA.

FOR MANY YEARS HE HAS BEEN THE COACH AND SELECTOR OF THE MACEDONIAN NATIONAL TRADITIONAL KARATE TEAM, AND UNDER HIS LEADERSHIP MANY SUCCESSFUL KARATE PLAYERS, GREW AND REALIZED, WINNERS OF MEDALS FROM EUROPEAN AND WORLD CHAMPIONSHIPS, FOR WHICH HE RECEIVED MANY AWARDS, SOME OF WHICH ARE:

- ✓ 1980 – BEST COACH OF SKOPIE AND THE REPUBLIC OF MACEDONIA;
- ✓ 2000 – KARATE COACH OF THE CENTURY IN THE REPUBLIC OF MACEDONIA;
- ✓ 2013 – AWARDED THE HIGHEST RANK IN KARATE – BLACK BELT 9 DAN IN PRAGUE, CZECH REPUBLIC;
- ✓ 2018 – WAS AWARDED THE "13 NOVEMBER" AWARD FOR OVERALL CONTRIBUTION TO THE CITY OF SKOPIE, NORTH MACEDONIA.

VENTSISLAV NEDEV PERFORMS SEVERAL FUNCTIONS IN KARATE SPORTS:

- ✓ CHAIRMAN OF THE MACEDONIAN TRADITIONAL KARATE FEDERATION (ITCF);
- ✓ PRESIDENT OF THE BALKAN TRADITIONAL KARATE FEDERATION (BTKF);
- ✓ CHAIRMAN OF THE TECHNICAL COMMITTEE AND MEMBER OF THE MANAGEMENT BOARD OF THE EUROPEAN TRADITIONAL KARATE FEDERATION (ETKF);
- ✓ MEMBER OF THE TECHNICAL COMMITTEE AND THE COUNCIL OF THE INTERNATIONAL TRADITIONAL KARATE FEDERATION (ITCF).

IN ORDER TO COMPLETE HIS GROWTH IN KARATE SPORTS, HE BEGAN SCIENTIFIC RESEARCH, WITH THE OBJECTIVE OF DEVELOPMENT AND IN SCIENTIFIC ACTIVITY, MAKING A CONNECTION BETWEEN THEORY AND PRACTICE IN KARATE AND IMPROVING THE ACHIEVEMENTS OF COMPETITORS AT A YOUNG AGE.

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VENTSISLAV NEDEV WAS ENROLLED AS A PHD STUDENT OF INDEPENDENT TRAINING WITH ORDER NO RD 20-1042 OF 25.05.2021. OF THE RECTOR OF SOFIA UNIVERSITY TO THE DEPARTMENT OF INDIVIDUAL SPORTS AND RECREATION AT THE DEPARTMENT OF SPORTS. HE PARTICIPATED IN SEVERAL SCIENTIFIC CONFERENCES, TOOK THE DOCTORAL MINIMUM EXAMINATION AND PUBLISHED THREE ARTICLES RELATED TO THE DOCTORAL TOPIC.

THE DOCTORAL STUDENT HAS SUCCESSFULLY PASSED THROUGH THE VERIFICATION PROCESS OF SIMILARITY OF THE DISSERTATION TEXT AS A RESULT OF ANALYSIS OF THE DISSERTATION TEXT IN THE PLAGIARISM PREVENTION SYSTEM. THE OPINION OF THE SCIENTIFIC SUPERVISOR – ASSOC. PROF. EVGENI YORDANOV, IS THAT THERE **IS NO DATA OF PLAGIARISM WITH FOREIGN WORKS** OF THE PRESENT DISSERTATION THESIS DEFENSE WITH AUTHOR VENTSISLAV NEDEV.

THE INTERNAL DEFENSE (PRELIMINARY DISCUSSION) WAS HELD IN THE DEPARTMENT OF INDIVIDUAL SPORTS AND RECREATION. THE FINAL VERSION OF THE DOCTORAL THESIS HAS CONSIDERED MOST OF THE REMARKS AND RECOMMENDATIONS GIVEN DURING THE PRELIMINARY DISCUSSION. IT IS NOTED THAT CORRESPONDING CORRECTIONS HAVE BEEN MADE FOR A BETTER PRESENTATION OF THE TOPIC AND THE PROBLEMS ANALYZED BY THE DOCTORAL STUDENT.

VENTSISLAV NEDEV RESEARCHES A CURRENT PROBLEM, SIGNIFICANT NOT ONLY FOR THE THEORY, BUT ALSO FOR THE PRACTICE OF PHYSICAL EDUCATION AND SPORTS. DUE TO THE SPECIFICS OF THE SPORT, THE AUTHOR FOCUSES ON PRECISION, ARGUING THAT ACCURACY IS CRUCIAL IN INDIVIDUAL SITUATIONS. THE AUTHOR'S MAIN OBJECTIVE, WHICH HE DEVELOPED, IS TO STUDY THE IMPACT OF CERTAIN ANTHROPOMETRIC PARAMETERS AND MOTOR SKILLS ON THE SUCCESS OF REALIZING SPECIFIC KARATE PRECISION.

THE DEVELOPMENT IS STRUCTURED AS FOLLOWS: INTRODUCTION; LITERATURE REVIEW ON THE PROBLEM; RESEARCH METHODOLOGY; RESULTS AND DISCUSSION; CONCLUSIONS AND CONTRIBUTIONS, REFERENCES AND APPENDICES.

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THE DOCTORATE IS RICHLY ILLUSTRATED BY 33 PCS. TABLES, 18 PCS. PHOTOS AND 17 PCS. FIGURES IN THE TEXT AND APPENDICES. THE LITERATURE SOURCES IN THE TEXT AND AT THE END OF THE DEVELOPMENT ARE INDICATED AND DESCRIBED CORRECTLY ACCORDING TO THE APA STANDARD.

IN "INTRODUCTION", THE AUTHOR RAISES THE PROBLEM OF KARATE AS A SPORT AND MARTIAL ART DOMINATED BY ACYCLIC UNPREDICTABLE MOVEMENTS FOR SYMBOLIC ELIMINATION OF THE OPPONENT. THIS "POSITIVE" ELIMINATION IS THROUGH CONTROLLED, WITH MAXIMUM AND SUBMAXIMUM INTENSITY, STRIKES TO THE OPPONENT'S HEAD AND BODY, WHICH REPRESENTS THE SPECIFICS, SYMBOLISM AND MEANING OF KARATE.

IN THE **FIRST CHAPTER** "LITERARY REVIEW", THE AUTHOR ANALYZES THE LITERARY SOURCES (78, OF THEM 37 IN LATIN) AS WELL AS HIS OWN AND THE FOREIGN EXPERIENCE, CONSIDERING CURRENT RESEARCH ON ANTHROPOMETRIC MEASUREMENTS, MOTOR SKILLS AND SPECIFIC MOTOR ABILITIES IN KARATE PLAYERS. THE DEVELOPMENT PROVIDES THEORETICAL INFORMATION THAT HAS PRACTICAL APPLICATION, SUCH AS THE STRUCTURE OF THE TRAINING PROCESS AND THE RELEVANT LEADING FACTORS IN ORDER TO IMPROVING THE PREPARATION PROCESS AND THE PERFORMANCE OF KARATE PLAYERS.

IN THE **SECOND CHAPTER**, BASED ON THE STUDIED LITERARY SOURCES AND THE MADE HYPOTHESES, THE SUBJECT, OBJECT, PURPOSE AND TASKS OF THE RESEARCH ARE CORRECTLY DEFINED. THE SCOPE AND METHODOLOGY OF THE RESEARCH ARE PRESENTED. THE CHARACTERISTICS AND THE SIZE OF THE SELECTED SAMPLE DETERMINE THE MAIN METHODS OF DATA PROCESSING CARRIED OUT WITH THE STATISTICS 6.0 AND SPSS 12.0 SOFTWARE, WITH APPROPRIATE STATISTICAL ALGORITHMS.

TO CHECK THE NORMALITY AND DISTRIBUTION OF RESULTS, THE COEFFICIENTS OF EXCESS (S.VAR), CORRELATION (R) AND SKEWNESS (KURT), THE METHOD OF KOLMOGOROV AND SMIRNOV, AS WELL AS REGRESSION ANALYSIS AND THE ANOVA AND MANOVA METHODS ARE USED.

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THESE TESTS INDICATED ARE SUFFICIENT IN NUMBER, WELL DESCRIBED AND WITH PURPOSEFUL TEST INDICATORS, JUSTIFIED AND SUPPORTED BY THE RESEARCH AND REVIEWED IN THE TEXT.

THE **THIRD** CHAPTER PRESENTS THE RESULTS OF THE CONDUCTED RESEARCH, PROCESSED WITH STATISTICAL METHODS, AS THE AUTHOR INTERPRETED THE RESEARCH INDICATOR VALUES OBTAINED.

THE PhD STUDENT HAS DESCRIBED THE RESEARCH AND ANALYZED THE DATA BETWEEN TWO GROUPS OF KARATE PLAYERS: CADETS AND ADOLESCENTS. THE HYPOTHESES PUT FORWARD IN THE STUDY ARE CONSISTENTLY AND PURPOSEFULLY PROVEN OR REJECTED, EMPHASIZING THE DIFFERENCES IN THE LEVEL OF PRECISION OF KARATE TECHNIQUES IN THE TWO GROUPS OF KARATE PLAYERS.

ALL DATA ARE ANALYZED AND INTERPRETED, ILLUSTRATED WITH A SUFFICIENT NUMBER OF TABLES AND FIGURES.

IN **THE FOURTH** CHAPTER THE DOCTORAL STUDENT ANALYZES THE RESULTS AND POINTS OUT THE THEORETICAL AND PRACTICAL BENEFITS AND ACHIEVEMENTS OF THE STUDY OF SPECIFIC KARATE PRECISION. HE FORMULATES 3 BASIC CONCLUSIONS AND 4 RECOMMENDATIONS AS A RESULT OF THE CONDUCTED RESEARCH.

THE AUTHOR IS CONVINCED THAT THE RESEARCH WILL PROVIDE A SOLID BASIS FOR THE PROCESS OF SELECTION AND MONITORING OF YOUNG AND TALENTED KARATE PLAYERS, KEEPING IN MIND THAT THE ACHIEVING TOP RESULTS IS BASED ON A SCIENTIFICALLY BASED RATHER THAN AN INTUITIVE APPROACH.

REMARKS:

- THERE IS NO INFORMATION ABOUT THE ORGANIZATION AND PERIOD OF THE STUDY, ALTHOUGH IT IS IMPLIED THAT IT IS IN THE PERIOD BEFORE AND AFTER 2020.
- THERE ARE SEVERAL SPELLING AND STYLISTIC ERRORS.

ADVANTAGES:

- THE CONTENT OF THE DEVELOPMENT CORRESPONDS TO THE TITLE;

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- THE STRUCTURE IS APPROPRIATE;
- THE STYLE IS SCIENTIFIC;
- MODERN SCIENTIFIC METHODS ARE USED;
- DISTINGUISHED WITH IN-DEPTH KNOWLEDGE;
- LEADS TO AN EXPANSION OF KNOWLEDGE IN THEORY.

THE RESEARCH PROBLEM, STRUCTURE, QUALITY, AS WELL AS VOLUME OF THE DOCTORATE DEVELOPED AND PRESENTED ARE OF SCIENTIFIC AND PRACTICAL VALUE. THE RESULTS AND CONCLUSIONS OBTAINED ARE OF GREAT IMPORTANCE BOTH FOR SCIENCE AND FOR PRACTICE IN KARATE AND PHYSICAL EDUCATION AND SPORTS.

THE ABSTRACT IS PROPERLY PREPARED, IN ACCORDANCE WITH THE REQUIREMENTS OF THE LAW AND REFLECTS THE STRUCTURE, CONTENT AND RESULTS OF THE DISSERTATION PAPER.

THE SCIENTIFIC AND PRACTICAL MERITS OF THE DOCTORATE AND THE SCIENTIFIC RESEARCH POTENTIAL OF THE AUTHOR GIVE ME REASON TO PROPOSE TO THE MEMBERS OF THE SCIENTIFIC JURY TO AWARD MR. VENTSISLAV NEDEV THE EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR" OF 1.3. PEDAGOGY OF EDUCATION IN ... (METHODOLOGY OF EDUCATION IN PHYSICAL EDUCATION AND SPORT).

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