

# OPINION

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**BY PROF. ANZHELINA YANEVA, DSc**

**DEPARTMENT OF SPORTS AT SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI "**

**FOR PUBLIC DISCUSSION OF A DOCTORAL DISSERTATION**

**FOR OBTAINING AN EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR"**

**FIELD OF HIGHER EDUCATION:** 1. PEDAGOGY

**PROFESSIONAL FIELD:** 1.3. PEDAGOGY OF TEACHING IN.... (METHODOLOGY OF TEACHING PHYSICAL EDUCATION AND SPORTS – FITNESS DISCIPLINES)

**SCIENTIFIC SPECIALTY:** FITNESS DISCIPLINES

**UNIVERSITY:** *SOFIA UNIVERSITY "ST. KLIMENT OHRIDSKI"*

**DEPARTMENT OF SPORTS**

**DEPARTMENT:** "INDIVIDUAL SPORTS AND RECREATION"

**DISSERTATION TITLE:** "MODEL FOR INCREASING THE PHYSICAL FITNESS OF STUDENTS WITH THE MEANS OF CIRCUIT TRAINING "

**NAME OF THE DISSERTATION:** NIKOLETA DIMITROVA BOCHEVA

**SCIENTIFIC ADVISER:** ASSOC. PROF. M. KONCHEV, PH.D.

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THE AUTHOR NIKOLETA BOCHEVA EXPLORES A PROBLEM THAT IS RELEVANT AND SIGNIFICANT. IT FOCUSES ON THE NEED TO PROVIDE OPPORTUNITIES FOR PHYSICAL ACTIVITY AND MAINTAIN GOOD HEALTH BY IMPROVING THE METHODOLOGY OF TRAINING IN PHYSICAL EDUCATION AND SPORTS AND THE INTRODUCTION OF NEW FITNESS DISCIPLINES AT THE UNIVERSITY AND IN PARTICULAR FITNESS CLASSES ON THE PRINCIPLE OF CIRCUIT TRAINING.

THE AUTHOR DEVELOPS THE TOPIC IN A VOLUME OF 203 PAGES USING THE FOLLOWING STRUCTURE: INTRODUCTION; LITERATURE REVIEW; PURPOSE, TASKS, METHODOLOGY, AND ORGANIZATION OF THE RESEARCH; RESULTS ANALYSIS; CONCLUSIONS AND RECOMMENDATIONS CONCLUSION; REFERENCES AND APPLICATIONS.

AT THE BEGINNING OF THE DOCTORAL DISSERTATION ARE PRESENTED THE ABBREVIATIONS OF THE TERMS USED TO FACILITATE READERS, AND AT THE END – A DECLARATION OF ORIGINALITY AND A LIST OF PUBLICATIONS ON THE TOPIC (3 PCS.), WHICH COVERS THE MINIMUM NATIONAL REQUIREMENTS FOR ENTRY IN NACID.

THE STUDIED LITERATURE IS CORRECTLY CITED IN THE TEXT AND CONTAINS 162 COPIES SOURCES, OF WHICH 39 IN CYRILLIC, 113 IN LATIN, 10 INTERNET SITES, MOST OF WHICH 85% WERE PUBLISHED AFTER 2 000.

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THE APPENDICES ARE 9, WHERE ARE PRESENTED: THE ANNUAL DISTRIBUTION AND ITS EDUCATIONAL CONTENT (APPENDICES №3 AND 4); THE EXPERIMENTAL MODEL (APPENDICES №5, 6, 7, AND 8), AS THE INDIVIDUAL PARTS OF THE LESSON ARE WELL ILLUSTRATED WITH PHOTOS, TABLES, AND FIGURES.

THE ENTIRE DOCTORAL DISSERTATION IS WELL ILLUSTRATED AND PRESENTED IN 50 PCS. TABLES, 35 PCS. FIGURES AND 16 PCS. PHOTOS, SOME OF WHICH ARE REPEATED IN THE APPLICATIONS.

IN **THE FIRST CHAPTER**, THE DOCTORAL STUDENT PRESENTS THE EMERGENCE, DEVELOPMENT, TYPES, AND SPECIFICS OF VARIOUS FITNESS DISCIPLINES, AS WELL AS THEIR ABILITY TO IMPROVE PHYSICAL FITNESS AND PHYSICAL QUALITIES, AS PART OF PHYSICAL EDUCATION AND SPORTS IN THE HIGHER EDUCATION SYSTEM.

IN THE **SECOND CHAPTER**, BASED ON THE RESEARCHED LITERATURE SOURCES AND THE MADE HYPOTHESIS, THE SUBJECT, THE OBJECT, THE PURPOSE AND THE TASKS OF THE RESEARCH ARE DETERMINED. THE SCOPE, ORGANIZATION, AND METHODOLOGY OF THE RESEARCH ARE PRESENTED, INDICATING A SUFFICIENT NUMBER, OF WELL-DESCRIBED AND APPROPRIATE TEST INDICATORS, SUBSTANTIATED AND SUPPORTING THE RESEARCH.

TO PROCESS THE RESULTS OF THE RESEARCH, THE PHD STUDENT USES MATHEMATICAL AND STATISTICAL METHODS: FREQUENCY, VARIATION, COMPARATIVE, SIGMALEN, VARIANCE ANALYSIS THROUGH THE CRITERIA OF STUDENT, WILCOXON, KOLMOGOROV-SMIRNOV, SHAPIRO-WILK, CHEBYSHEV.

IN THIS CHAPTER, THE PHD STUDENT PRESENTS HIS AUTHOR'S EXPERIMENTAL MODEL FOR INCREASING PHYSICAL FITNESS WITH THE MEANS OF CIRCUIT TRAINING. THE STUDY WAS CONDUCTED ON STUDENTS, WOMEN WHO ENROLLED IN SPORTS PROFILING CLASSES IN "CIRCUIT TRAINING" AT SOFIA UNIVERSITY FOR THE ACADEMIC YEAR 2018 - 2019.

IN THE **THIRD CHAPTER**, THE AUTHOR PRESENTS THE RESULTS OF THE RESEARCH, AS THE ANALYSIS OF THE DATA IS MADE ACCORDING TO THE RESEARCH METHODS SET IN THE METHODOLOGY.

PHYSICAL QUALITIES, FUNCTIONAL CAPACITY, AND ANTHROPOMETRIC INDICATORS WERE STUDIED, AND THE RESULTS CLEARLY SHOW THE POSITIVE EFFECT OF THE APPLICATION OF THE EXPERIMENTAL MODEL. THE APPLICATION OF CIRCULAR AND INTERVAL TRAINING, WITH SETS OF EXERCISES FROM CROSSFIT, IMPROVES STUDENTS' PHYSICAL FITNESS, INCREASES ACTIVE BODY WEIGHT, AND REDUCES BODY FAT.

ALSO OF INTEREST ARE THE RESULTS OF A SURVEY AT THE END OF THE EXPERIMENT ON DIET AND INTAKE OF NUTRITIONAL SUPPLEMENTS BY STUDENTS PARTICIPATING IN SPORTS ACTIVITIES AT THE UNIVERSITY. THE RESULTS SHOW THAT THE

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CONSUMPTION OF PROTEINS, CARBOHYDRATES, AND FATS IS WITHIN THE RECOMMENDATIONS FOR NON-TRAINERS AS WELL AS FOR HEALTHY EATING.

ASSISTANT BOCHEVA FORMULATES 6 PCS. **CONCLUSIONS** AND 2 PCS. **RECOMMENDATIONS** SUMMARIZING THE RESULTS OF THE STUDY.

THE DOCTORAL STUDENT HAS COMPLIED WITH SOME SUGGESTIONS AND COMMENTS FROM THE PRELIMINARY DISCUSSION. HOWEVER, THERE ARE A FEW **NOTES** :

✓ LITERATURE SOURCES IN THE LIST AT THE END OF THE DEVELOPMENT ARE NOT WRITTEN IN THE SAME STYLE, FOR EXAMPLE, APA OR ISO 690.

✓ THE PHOTOS, FIGURES, AND TABLES IN THE APPENDICES ARE NOT NUMBERED, AND SOME ARE REPEATED.

THE DOCTORATE HAS THEORETICAL, SCIENTIFIC, AND PRACTICAL **CONTRIBUTIONS**, WHICH CAN BE SUMMARIZED AS FOLLOWS:

– IS CHARACTERIZED BY IN-DEPTH KNOWLEDGE AND LEADS TO THE EXPANSION OF KNOWLEDGE IN THE METHODOLOGY OF FVS;

– A METHODOLOGY FOR IMPROVING PHYSICAL FITNESS HAS BEEN DEVELOPED;

– THE PROPOSED MODEL CAN BE IMPLEMENTED IN PRACTICE.

THE PROBLEM OF THE RESEARCH, THE STRUCTURE, THE QUALITY, AS WELL AS THE VOLUME OF THE DEVELOPED AND PRESENTED DOCTORATE MEET THE REQUIREMENTS FOR THIS KIND OF SCIENTIFIC DEVELOPMENT.

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THE SCIENTIFIC AND PRACTICAL MERITS OF THE DOCTORATE AND THE RESEARCH POTENTIAL OF THE AUTHOR GIVE ME A REASON TO PROPOSE TO THE MEMBERS OF THE SCIENTIFIC JURY TO AWARD THE ASSISTANT **NIKOLETA DIMITROVA BOCHEVA** EDUCATIONAL AND SCIENTIFIC DEGREE " **DOCTOR**" AT 1.3. PEDAGOGY OF TRAINING IN ... (METHODOLOGY OF TRAINING IN PHYSICAL EDUCATION AND SPORTS - FITNESS DISCIPLINES).

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PROF. ANZHELINA YANEVA, DSc