

O P I N I O N

by Assoc. Prof. Irina Nesheva, Ph.D.

of dissertation of assistant Nikoleta Dimitrova Bocheva,
lecturer at Sofia University "St. Kliment Ohridski", Department of Sports
Department of "Individual Sports and Recreation"

for awarding the educational and scientific degree "Doctor"
in a professional field - 1.3. Pedagogy of training in... (Methodology of training in
physical education and sports - fitness disciplines)

on the topic:

MODEL FOR INCREASING THE PHYSICAL FITNESS OF STUDENTS WITH THE MEANS OF THE CIRCULAR TRAINING

Scientific adviser: **Assoc. Prof. Mihail Konchev, Ph.D.**

One of the still unresolved problems in the field of sports and physical education is the insufficient and limited physical activity of students in higher education (especially after 2020), although there are effective programs to improve the physical fitness of students.

Nowadays, modern training is associated with the ever-increasing tension and intensity of curricula, which implies maintaining and maintaining high performance.

The need to provide opportunities for additional physical activity and maintaining good health, in order to actively combat immobilization and health prevention, creates prerequisites for the promotion and introduction of new fitness disciplines. This in turn would help maintain students' motivation and interest.

The dissertation has a high scientific status and meets all the requirements for such developments. The topic is dissertable, current and promising.

The paper presented for opinion by Assistant Professor Nikoleta Bocheva, lecturer at Sofia University "St. Kliment Ohridski", Department of Sports is developed in three interrelated chapters and point IV - conclusions and recommendations, set out in a volume of 203 pages. The dissertation includes 50 tables, 35 figures and 9 annexes. The bibliography includes 162 sources, of which 39 in Cyrillic and 113 in Latin, as well as 10 web sites.

The aim of the research is **“Development of a model for increasing physical fitness and research of the effect of its impact on students from Sofia University“ St. Kliment Ohridski ”**.

Subject, object, contingent and organization of the research, as well as the formulated six tasks are accurate, clear and correct, and are in accordance with the theoretical formulation, the working hypothesis and the purpose of the dissertation.

To prove her thesis, the doctoral student applies a toolkit of the following research methods: research and analysis of literature and other information sources (as these authors are correctly generated and cited); online survey with students of Sofia University "St. Kliment Ohridski ", from I to IV course, aged 18-22, participated in the sports-profiled activities in circuit training; sports-pedagogical testing before and after application of the developed model; conducting a pedagogical experiment with students who participated in sports-profiled activities in circuit training; application of mathematical-statistical methods and tools for analysis of the test results.

Here it is worth mentioning that DT is structured in direct proportion to the detailed description in the second chapter (of 36 pages), whose methodology is related to sports and pedagogical testing for physical fitness of the studied contingent with emphasis on the system "Eurofit", application of test battery and the pedagogical experiment.

My only remarks, which are mostly constructive, refer mainly to stylistic omissions: 1) impersonal time is missed in some passages of work - for example, "equilibrium stability is measured by the Flamingo test", instead of "equilibrium stability is measured by the Flamingo test" "Etc.", 2) there is a lack of information in the content about (diet, supplements and vitamins, etc.), which are as sub-items of I.3 with the title - CLASSIFICATION OF FITNESS DISCIPLINES, and this does not correlate with the topic , i.e. the content could describe the sub-points and so the reader (reviewer) will not be surprised.

The position of the doctoral student on issues related to: The legal and normative base is professionally expressed; Regulations for application of the law on physical education and sports; National Strategy for Development of Physical Education and Sports in the Republic of Bulgaria 2012 - 2022; written abbreviations before introduction; the conclusions and summaries at the end of each main point.

I will focus on some basic and indisputable in importance scientific and scientific-applied contributions of the dissertation, which are mainly:

- ✓ the effect of the performed research work in three stages has been objectified - initial, intermediate and final measurements;

- ✓ a set of anthropometric, functional indicators and indicators of physical fitness is applied, divided into three groups, as well as sports-pedagogical testing for programming and realization of the experimental scientific-applied research;
- ✓ An experimental methodology for practicing circuit training has been designed and tested, which is a form of conditioning training, including endurance training, strength resistance, high-intensity aerobic activity, which leads to an increase in active body mass (ATM) and reduction of body fat;
- ✓ A model for increasing physical fitness has been developed and tested with the means of circuit training with the option of interval training work for qualities. This model has potential opportunities for application in the system of physical education and sports at Sofia University "St. Kl. Ohridski ", and why not in school physical education and sports;
- ✓ the protocols for recording the volume of load during the circuit training and the physical qualities are analyzed; functional capacity and anthropometric indicators are analyzed; the results of the nutrition test and the intake of food supplements, vitamins were analyzed and the magnitude of the effect of the applied methodology was assessed.

In conclusion, I believe that work contributes to the theory and practice related to the model of physical activity of students at Sofia University in terms of its impact on their health, physiological and psycho-emotional state, ie on their overall health status.

The above gives me a sufficiently substantiated reason to confidently recommend to the members of the esteemed Jury in a professional direction - 1.3. Pedagogy of training in... (Methodology of training in physical education and sports - fitness disciplines) for the award of educational and scientific degree "Doctor" as PhD student Nikoleta Bocheva to be admitted to public defense and to be evaluated with dignity.

Question to the PhD student: Do you have a concept for the development of this model in synchronous and asynchronous distance learning and what vision would you have?

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