

STATEMENT

*according to the procedure for the defense of a dissertation on the topic:
„Innovative adaptation models for specialized running endurance in the
educational-sports process“*

*in a professional direction 1.3. Pedagogy of training in... (Methodology of training in
physical education and sports) for awarding the scientific degree "Doctor of
Sciences"*

with the candidate: Associate Professor Maya Borisova Chipeva, Ph.D.

*Author of the statement: **assoc. prof. m. Eng. Grigor Krasimirov Gutev, Ph.D.**
by order of the Rector of Sofia University "St. Kliment Ohridski" according to the SU
register under No. 76/10.04.2023*

Associate Professor Maya Borisova Chipeva, Ph.D., was born in 1978. She graduated from Vasil Levski National Academy of Sciences in 2002 and since 2011 has been a teacher at the Department of Physical Education and Sports at TU-Sofia. In 2016, he acquired the educational and scientific degree "Doctor" in Theory and methodology of physical education and sports training, and in 2019, after a competition, he became "Docent".

The candidate is a long-time athlete in athletics, and subsequently a coach of the representative team TU-Sofia. We should also note that she has wide-ranging interests – a graduate in fitness, bodybuilding, aerobics, Tabata, Cango jumps, and body design.

The thesis submitted for review, which successfully passed a preliminary internal discussion before the team of the Department of "Individual Sports and Recreation" at the Department of Sports of SU, is structured as follows:

- Six main sections are well represented in the content of the dissertation.
- The work covers 288 pages, illustrated with 32 tables and 21 figures.
- The literature reference comprises 198 sources, 148 in Cyrillic, 50 in Latin, and three from the Internet. It is dominated by well-known domestic and foreign authors, specialists, and trainers.

In the literature review, the theoretical foundations of the adaptation processes in sports activity were developed in detail, revealing effective factors for its implementation.

Sufficient space is devoted to endurance-workability, which is the main object of this dissertation, and the personal opinions and positions of the author are also evident here, which I consider a certain contribution.

The main characteristics of middle- and long-distance running and interval-variable running work in the game of football are well presented. Based on the detailed analysis of literary sources and personal ideas for the development of the work. Associate Professor Maya Chipeva develops and correctly formulates the working hypothesis. It is divided into five main points, revealing the need to derive indicators for the adaptation process with a pronounced optimization-applied effect.

I divide the following section into two parts: purpose, tasks, research methods, organization, subject, object, and contingent. In both parts, precisely formulated and reasoned guidelines for research work are evident in scientific work.

With a view to realizing the set goal and the tasks arising from it, a modern computer methodology for processing and analyzing the results with proven high efficiency has been applied.

Based on the research results and analysis, eight models were developed for middle-distance runners and two for football players. The models and methods for evaluating the critical levels of adaptation effects, revealing the correlation-factor structure in middle-distance running, and the dynamics of heart rate adaptation changes due to running loads are of particular importance for the overall training process.

Of interest are the models for determining the critical speed in the different aerobic load zones and the application of speed-force loads in a natural running environment

The developed classification models and directly applicable tables for determining the pace of running at different intensities are of essential importance for the adaptation processes in middle-distance runs.

I believe that Prof. Maya Borisova Chipeva offers a new innovative approach in the preparation of this category of athletes.

In the second part of the dissertation, two models were developed, one of which revealed the specific working capacity of the football player based on the dynamics of aerobic capacity and the running working capacity based on the volume and intensity of running loads. The other classifies running loads, composed of basic adaptation parameters for three aerobic zones.

Of applied value is the research conducted, because of which evaluations of the adaptation levels of the football player's fitness training were developed.

The analysis of the conducted research and the experimentally tested models enable Associate Professor Maya Borisova Chipeva to draw ten conclusions and eight recommendations, which are definitely of practical importance for this category of runners and football players.

The contributions of the dissertation work regarding the developed models for specific endurance in track and field athletes and football players are indisputable.

Based on the in-depth reading of the dissertation presented by Associate Professor Maya Borisova Chipeva for the acquisition of the scientific degree “Doctor of Sciences”, the noted conclusions, recommendations, and contributions, I offer to the respected members of the scientific jury:

To award Prof. Maya Borisova Chipeva, Ph.D., the scientific degree “Doctor of Sciences” in the professional direction 1.3. Pedagogy of training in... (Methodology of training in physical education and sports).

Author of the statement:

/assoc. prof. m. Eng. Grigor Krasimirov Gutev, PhD/

Date: *19.05.2023 г.*

Sofia