

STATEMENT

by Prof. Bistra Gueorguieva Dimitrova, D.Sc.

from NATIONAL SPORTS ACADEMY "VASIL LEVSKI"

Subject: Scientific position of the materials submitted for participation in the procedure for awarding the scientific degree "Doctor of Sciences" in the professional field 1.3. Pedagogy of training in..., specialty "Methodology of training in physical education and sports - Judo", at Sofia University "St. Kl. Ohridski".

In the procedure for official public approbation of the Dissertation for the award of the scientific degree "Doctor of Sciences" is presented Prof. Anzhelina Yaneva-Prokopova, Ph.D. with topic: "Theoretical and practical aspects of judo training" in a professional field 1.3. Pedagogy of training in..., specialty "Methodology of training in physical education and sports - Judo".

Prof. An. Yaneva, doctor holds the academic position of professor at Sofia University "St. Kl. Ohridski" since 2014. Citizen of the Republic of Bulgaria, in 1986 graduated from the National Sports Academy "Vasil Levski" - Sofia (VIF "G. Dimitrov"), acquiring a professional qualification for Pedagogy of Physical Education and Sports, specialty Teacher. In 2010 he won a competition and held the academic position of "Associate Professor" in scientific specialty 05.07.05 "Theory and methodology of physical education and sports training, incl. Therapeutic Physical Education" at Sofia University "St. Kl. Ohridski".

In January 2009 he obtained the scientific degree "Doctor" in the same professional field 1.3. Pedagogy of physical education training, after defense of a dissertation on the topic: Methodology for initial training in judo for preschool children. Since then, he has invariably worked on a permanent employment contract in the same department, and since 2017 he has held the position of Head of Department.

Prof. Anzhelina Yaneva - Prokopova, PhD is a leader, coordinator and keynote speaker in international projects in partnership with Belgium and Italy on the priority axis "Volunteering in Europe for Social Inclusion" (Volunteering in

Europe for social inclusion) and other educational programs of the European Commission from 2004 until before the Kovid'19 pandemic, and during it did not stop its active participation in online conferences, the last of which was in July 2021 of the indexed and referenced in a world database scientific journal Trakia Journal of Science (issued by the Thracian University of Stara Zagora).

The candidate is a member, leader and expert in National and international organizations and program councils. He is the research supervisor of many successfully defended doctoral students.

The attached documentation gives grounds to conclude that the candidate is an active participant in the process of building a Bulgarian school in the field of Judo sports, as well as its leader and analyst at various management levels. In this regard, she has given numerous scientific publications, textbooks, monographs and interviews covered in the mass media.

The doctoral dissertation was originally structured in four chapters with a total volume of 336 pages. A list of publications and a declaration of authorship are attached. The used literature includes titles in Cyrillic (165 pcs.), In Latin (57 pcs.) And specialized electronic pages (32 pcs.).

The illustration in the Doctoral Thesis is presented through 47 tables, 78 figures and 10 appendices. An important consideration is the state numbering of the figures and tables in the author's abstract of the one in the doctoral thesis.

The doctoral thesis has undergone a preliminary expert discussion and is aimed at public defense before a scientific jury at a meeting of the Department of Individual Sports and Recreation at the Department of Sports of Sofia University "St. Kliment Ohridski" in November 2021.

Prof. Anzhelina Yaneva, PhD, has developed a classification structure of martial arts in Chapter One, which is a valuable tool in the theory of Judo sports. In the formulation of the problem a historical periodization is presented and the first attempt is made to systematize the philosophy of martial arts. Author's contribution to the dissertation is the pedagogical section of the architecture of the pedagogical process, analyzing the social benefits of judo education and training, such as: sports intelligence, emotional intelligence, education, motivation, initiative, principle, respect for tradition and ethics. All personal qualities characteristic of the formation of leaders from an early age.

As it was emphasized above, the most in-depth and extensive scientific analysis of the candidate is in the direction of developing the training and

creating prerequisites for professional realization in parallel with the formation of a strong and confident personality. This problem is most comprehensively and thoroughly developed in Chapters 2 and 3. The methodology, the means, the specialized staff, the specifics of training and the most important indicator of the means for prevention of aggression in school and society are presented consistently and logically.

Prof. Anzhelina Yaneva also works on the development of education through a shared analysis of their own pedagogical and sports achievements over the years, which makes the dissertation a notable scientific achievement.

This speaks of the systematization and purposefulness of the overall scientific, pedagogical and sports production, which has undoubted scientific, theoretical and practical contributions. It is obvious that the candidate's innovative approach skillfully combines the positive aspects of the world experience and the achievements of our sports-pedagogical science and practice. The developed author's approaches and programs turn out to be up-to-date and sustainable over time in terms of interest on the part of learners and consumers, clubs and federations. The publications in English emphasize the international importance of the studied problems.

The analysis presented in Chapter Three is a guarantee for the high efficiency of the training process and the formed athletes with high professional skills. The quality of the author's methodology corresponds to the high levels set as an international standard in the training of young people practicing the sport of judo.

The classification structure of elements, approaches, positions and techniques developed by the candidate, a combination of techniques and counter-techniques is a modern tool with a high social and practical application of scientific work.

The topicality and accuracy of the scientific analyses created by the author are evidenced by the numerous reports from conferences and congresses, published in indexed journals in the world database. They concern the modern aspects of the pedagogical process in judo, sports intellect, emotional intelligence, the formation and establishment of standards for ethical behavior and / or self-defense. The formation of these positive social relations through the practice of judo sports builds an alternative culture against aggression in school and in society. In our opinion, Prof. Yaneva is a main pioneer in the

development of innovation and an interdisciplinary approach in this field of martial arts.

The other main direction of the author's scientific analyses in Chapter Three, as already mentioned, are oriented and derive from her sports-pedagogical practice in her capacity as a national athlete and judo coach. The candidate presents evidence of a high number of positive citations in the scientific literature, abroad and in Bulgaria, which is proof of the value of the scientific production created by her.

In general, the dissertation presented by the candidate for my scientific opinion indicates research data, authors analyses and discussion of results, which have an undoubted theoretical and practical contribution in the field of theory, practice and pedagogy of Judo sports at national and regional level. The above findings outline her active attitude towards scientific, educational and organizational activities, which are a priority for graduate researchers and lecturers, such as Prof. Yaneva.

The main contributions to the dissertation presented by Prof. Angelina Yaneva, PhD are the development and implementation in the training of sports personnel in the field of martial arts in Bulgaria, an author's algorithm according to the specifics of age groups: up to 7 years, up to 10 years and over 10 years of practicing judo. Scientific and pedagogical schools have been established in the field of this type of martial art in Bulgaria. A significant addition to the practice is the distribution of techniques and requirements according to the age characteristics of the practitioners. Practical models of techniques, combinations and counter approaches and attacks from different starting positions and grips have been developed and tested. The applied author's training methodology provides a cumulative effect and prerequisites for building the foundation on the way to high mastery, based on correct specialized terminology, reflecting in the active thinking of the athletes in mastering the specifics of the technique.

The present study has a theoretical and scientifically applied contribution to the methodology of judo training for beginners and advanced judokas of all ages. At the same time, the methodology of physical education for its part of the extracurricular forms of education has been upgraded.

Standards for ethical norms of behavior have been developed, integrating the European requirements for reducing aggressive behavior at school and in social communication by developing emotional intelligence. In practice, together

with sports intelligence, the two indicators build on the national socio-pedagogical conditions. In the field of sports, the candidate contributes to the improvement of the martial arts training process. Everything is the personal work of the author and no passages with repeatability of theoretical constructs have been found.

As these are problems of undoubted social and upgrading significance, they undoubtedly affect the future civic activity and motivation of the Millennials. This gives grounds to conclude that the candidate, Prof. Angelina Yaneva - Prokopova, PhD has the necessary personal contributions to the development of practical and theoretical aspects of the above topics in the professional field of pedagogy of teaching in and in particular in the sport judo.

Knowing personally Prof. Anzhelina Yaneva - Prokopova, Doctor, I can confidently say that she is a complete and creative expert, with the necessary qualities to acquire the scientific degree "Doctor of Science".

Conclusion:

Given the above, I propose Prof. Anzhelina Yaneva - Prokopova, PhD to be awarded the scientific degree "Doctor of Science" in the professional field 1.3. Pedagogy of training in..., in the specialty "Methodology of training in physical education and sports - Judo".

7.12.2021

Prepared the statement:

/Prof. Bistra Dimitrova, D.Sc/