

BY PROF. DSc ANZHELINA YANEVA

REVIEW OF DOCTORAL THESIS

TO OBTAIN AN EDUCATIONAL AND SCIENTIFIC DEGREE "DOCTOR"

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

PROFESSIONAL DIRECTION: **1.3. PEDAGOGY OF TEACHING IN** (*TEACHING METHODOLOGY IN KINDERGARTEN AND PRIMARY SCHOOL IN PHYSICAL EDUCATION AND SPORTS*)

SCIENTIFIC SPECIALTY: **TAE KWON DO**

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

DEPARTMENT OF SPORTS

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

DISSERTATION TITLE: **"PEDAGOGICAL MODEL FOR ACCELERATED INITIAL TRAINING IN TAEKWON-DO FOR STUDENTS OF GRADES I – IV"**

DISSERTATION NAME: **EDI IVANOV IVANOV**

SUPERVISOR: **PROF. IREN PELTEKOVA, PH.D**

DOCTORAL STUDENT EDI IVANOV HAS A RICH SPORTS BIOGRAPHY AS AN ATHLETE, COMPETITOR, COACH, TEACHER, ORGANIZER, AND ACTIVIST.

DURING HIS SCHOOL YEARS IN PLEVEN, HE BEGAN TO PRACTICE AND PARTICIPATE IN KARATE-DO AND KARTING COMPETITIONS, LATER IN MOTORSPORTS, IN WHICH SPORT HE BECAME THE CHAMPION IN 1979. IN THE SAME YEAR, HE WAS IN THE "TEN BEST SPORTSMEN" RANKING OF THIS SPORT.

IN 1979, HE GRADUATED WITH THE "PHYSICAL EDUCATION TEACHER" AND "ROWING COACH" SPECIALTY AT THE GEORGI DIMITROV HIPE, NOW VASIL LEVSKI NATIONAL SPORTS ACADEMY.

CONSISTENTLY WORKS IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS IN VARIOUS ORGANIZATIONS IN PLEVEN AND SOFIA, INCLUDING THE MINISTRY OF YOUTH AND SPORTS, AND THE COMMISSION FOR YOUTH AND SPORTS OF THE NATIONAL ASSEMBLY, SUPPORTING THE ORGANIZATION AND MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS AMONG DIFFERENT AGE GROUPS. TOGETHER WITH VARIOUS GOVERNMENTAL AND NON-GOVERNMENTAL ORGANIZATIONS DEVELOPING AND ADMINISTERING PHYSICAL EXERCISE AND SPORTS ACTIVITIES.

THE AUTHOR IS ACTIVELY INVOLVED AS A LEADER AND CONTRACTOR IN THE PLANNING, ADMINISTRATION, ORGANIZATION, AND CONDUCT OF VARIOUS SPORTS ACTIVITIES AND COMPETITIONS IN THE FIELD OF MASS SPORTS, TRAINING OF SPORTS PERSONNEL, PARTICIPATION IN ENSURING THE PREPARATION OF ATHLETES FROM NATIONAL TEAMS, AS WELL AS NEW FORMS OF MASS SPORTS AND PRACTICING PHYSICAL EXERCISES.

SINCE 1982, HE HAS ACTIVELY PARTICIPATED IN ORGANIZED ACTIVITIES WITH KARATE DO AND SPECIALIZED HAND-TO-HAND COMBAT ACCORDING TO THE BNA SYSTEM, AND SINCE 1984 IN POPULARIZING, PROPAGANDIZING, VALIDATING, AND PRACTICING TAEKWON-DO.

SINCE 1990, AFTER STUDYING IN CHINA, HE HAS BEEN TEACHING AND TRAINING CHILDREN AND TEENAGERS IN TAEKWONDO AS A TEACHER AND COACH.

EDI IVANOV CREATES THE FIRST TAEKWONDO SCHOOL IN BULGARIA AND HELPS TO EXPAND THE SCOPE AND NUMBER OF TRAINEES TO CREATE SCHOOLS IN SOFIA AND THE COUNTRY.

THE PH.D. STUDENT PARTICIPATES IN ESTABLISHING AND VALIDATING NATIONAL SPORTS ORGANIZATIONS (FEDERATIONS) IN TAEKWONDO, "SPORTS FOR ALL", "STUDENT SPORTS", "HUNTING SHOOTING" AND "TRIATHLON". HE BECAME A MEMBER OF THE INTERNATIONAL TAEKWON-DO FEDERATION WITH THE RANK OF VICE-PRESIDENT.

FROM 2006 TO THE PRESENT, EDI IVANOV IS A STATE AND CHIEF EXPERT IN THE MINISTRY OF YOUTH AND SPORTS, SUPPORTING AND IMPLEMENTING REGIONAL POLICY, COORDINATING SPORTS STRUCTURES, PERFORMING ORGANIZATIONAL-MANAGEMENT AND CONTROL FUNCTIONS, AND PROVIDING METHODOLOGICAL ASSISTANCE AND ASSISTANCE IN THE REALIZATION OF SPORTS EVENTS AND COMPETITIONS. AT THE SAME TIME, HE ASSISTS TAEKWON-DO CLUBS IN BULGARIA.

AS A CONTINUATION OF HIS ACTIVITY, HE DEVELOPED A DOCTORAL THESIS, WHICH INVESTIGATES A PROBLEM THAT IS CURRENT AND SIGNIFICANT FOR THE METHODOLOGY OF TEACHING PHYSICAL EDUCATION AND SPORTS TO YOUNG CHILDREN IN PRIMARY SCHOOL.

THE DOCTORAL WORK IS STRUCTURED IN FOUR CHAPTERS WITH A TOTAL VOLUME OF 155 PAGES WITH THE FOLLOWING STRUCTURE: INTRODUCTION; 4 PCS. HEADS; CONCLUSIONS AND RECOMMENDATIONS; CONTRIBUTIONS; BIBLIOGRAPHY AND APPENDICES. A LIST OF PUBLICATIONS AND A DECLARATION OF AUTHORSHIP ARE ATTACHED.

THE AUTHOR USED FOR HIS ANALYSIS LITERATURE OF 167 ITEMS. SOURCES, OF WHICH 139 ARE IN CYRILLIC, 13 ARE IN LATIN, AND 15 ARE INTERNET SITES.

THE DOCTORAL THESIS IS WELL ILLUSTRATED AND PRESENTED IN 29 VOLUMES TABLES AND 22 PCS. FIGURES.

IN THE FIRST TWO CHAPTERS, THE AUTHOR EXPLORES THE GENERAL AND SPECIFIC CHARACTERISTICS OF TAEKWON-DO.

IN THE FIRST CHAPTER, "THEORETICAL JUSTIFICATION OF THE PROBLEM", THE FOLLOWING IS SEQUENTIALLY ANALYZED: THE HISTORY AND DEVELOPMENT OF TAEKWON-DO IN THE WORLD AND OUR COUNTRY, THE GENERAL CHARACTERISTICS, THE TRAINING METHODOLOGY, THE TYPES OF COMPETITIONS, AND THE SOCIAL SIGNIFICANCE OF TAEKWON-DO, AS WELL AS THE INFLUENCE OF THE PHYSICAL AND PSYCHOLOGICAL QUALITIES IN TAEKWON-DO TRAINING.

IN THE SECOND CHAPTER, AS A CONTINUATION OF THE FIRST CHAPTER, EDI IVANOV ANALYZES THE AGE CHARACTERISTICS IN THE DEVELOPMENT OF STUDENTS FROM THE BASIC LEVEL OF EDUCATION - ELEMENTARY STAGE (I - IV GRADES), THE MORPHOLOGICAL AND FUNCTIONAL CHANGES IN ADOLESCENTS, AND THE CHANGES IN THE CARDIOVASCULAR, RESPIRATORY AND NERVOUS SYSTEMS.

THE RESEARCH AND ANALYSIS IN THE TWO CHAPTERS, ACCORDING TO THE AUTHOR, ARE INSUFFICIENT AND NEED TO BE SUPPLEMENTED, WHICH IS THE MAIN MOTIVE FOR RESEARCHING THE PROBLEM OF INITIAL TRAINING IN TAEKWONDO FOR STUDENTS OF GRADES I TO IV.

ANALYZING THE MAIN CHARACTERISTICS AND METHODS OF TAEKWONDO TRAINING, HE REVEALS THAT THERE ARE RESERVES FOR OPTIMIZING TRAINING EFFECTS AND IMPROVING THE QUALITY OF INITIAL TRAINING IN ADOLESCENT TAEKWONDO PLAYERS.

THE RESEARCH METHODOLOGY IS PRESENTED IN THE THIRD CHAPTER AND DESCRIBES IN DETAIL EACH STAGE AND ELEMENT OF THE EXPERIMENTAL WORK.

THE HYPOTHESIS, PURPOSE, TASKS, SUBJECT, OBJECT, AND SUBJECT ARE CORRECTLY FORMULATED. THE RESEARCH METHODS AND THE TEST BATTERY ARE SPECIFIED ACCORDING TO THE PURPOSE AND TASKS OF THE RESEARCH. THE TESTS FOR CHECKING PHYSICAL ABILITY AND SPORTS-TECHNICAL SKILLS ARE DESCRIBED IN DETAIL AND PRESENTED IN THE THIRD CHAPTER AND THE APPENDIX.

THE MATHEMATICAL AND STATISTICAL METHODS USED BY THE AUTHOR TO PROVE THE HYPOTHESIS ARE VARIATION, CORRELATION, AND GRAPHIC ANALYSES, AS WELL AS THE COMPARATIVE STUDENT'S T-TEST .

THE STUDY COVERED 263 CHILDREN FROM 9 SPORTS CLUBS IN BULGARIA - SOFIA, PLEVEN, PANAGYURISHTE, PERNIK, AND SEVLIEVO. THE CHILDREN ARE AGED FROM 7 TO 11 YEARS, 183 BOYS AND 80 GIRLS, DIVIDED INTO TWO GROUPS - CONTROL AND EXPERIMENTAL.

THE RESEARCH ORGANIZATION, ALSO WELL DESCRIBED, IS IN THREE MAIN STAGES OVER 3 YEARS (2020-2022).

IN THIS CHAPTER, THE AUTHOR PRESENTS HIS EXPERIMENTAL MODIFIED TRAINING METHODOLOGY AS A " MODEL FOR ACCELERATED INITIAL TRAINING IN TAEKWONDO ". THE MODEL CONTAINS THREE STAGES, MADE UP OF SPECIFIC PRACTICAL EXERCISES FOR MASTERING THE TECHNIQUE, BUILDING PHYSICAL QUALITIES, HABITS, AND BEHAVIOR FOR COMMUNICATION, AS WELL AS THEORETICAL KNOWLEDGE.

A TRAINING METHODOLOGY IS EXPRESSED IN SIMULTANEOUS TRAINING AND CONSOLIDATION OF THE ACHIEVED SPECIFIC SKILLS AND HABITS, AND EACH STAGE IS CHARACTERIZED BY THE INCLUSION OF A CERTAIN NUMBER OF SPECIAL EXERCISES AND THEIR STUDY IN A STATIC AND DYNAMIC STATE.

THE CONTENT AND EXERCISES IMPLEMENTED IN THE MODEL FOR ACCELERATED INITIAL TRAINING IN TAEKWON-DO GUARANTEE, AS THE AUTHOR SUGGESTS, THAT IN THE TIME

OF ONE YEAR, THE EFFECTIVENESS OF INITIAL TRAINING WILL BE ACCELERATED, AND THE PHYSICAL QUALITIES AND SPECIFIC TECHNICAL SKILLS OF GIRLS AND BOYS FROM I TO IV CLASS.

THE RESULTS OF THE CONDUCTED EXPERIMENTAL TRAINING WERE PROCESSED STATISTICALLY, ACCORDING TO THE REQUIREMENTS, AND WERE SUMMARIZED AND ANALYZED.

THE ANALYSIS OF THE OBTAINED RESULTS IS DONE IN THE FOURTH CHAPTER, WHERE THE AUTHOR EXAMINES THE PHYSICAL QUALITIES - EXPLOSIVE AND DYNAMIC STRENGTH, SPEED, ENDURANCE, AND FLEXIBILITY AND ESTABLISHES WHAT THE DEPENDENCIES AND THE DEGREE OF CORRELATION ARE BY GROUPS AND BY AGE.

BASED ON THE ANALYSIS, THE AUTHOR FORMULATES 7 ITEMS. CONCLUSIONS AND 5 PCS. RECOMMENDATIONS AND DERIVES THE THEORETICAL-SCIENTIFIC CONTRIBUTIONS FROM THE SCIENTIFIC-RESEARCH EXPERIMENT, WHICH ARE EXPRESSED IN THE FOLLOWING:

- ✓ HISTORY, ESSENCE, AND CONTENT OF TAEKWON-DO ARE SUPPLEMENTED ;
- ✓ A MODEL FOR ACCELERATED INITIAL TAEKWONDO TRAINING IS OFFERED FOR BOYS AND GIRLS FROM I TO IV GRADES;
- ✓ THE EFFECTIVENESS OF THE CREATED PEDAGOGICAL MODEL FOR ACCELERATED INITIAL TAEKWONDO TRAINING FOR BOYS AND GIRLS FROM I TO IV GRADES IS PROVEN;
- ✓ THROUGH THE APPLICATION OF THE MODEL, THE PHYSICAL CAPACITY OF THE STUDENTS IS IMPROVED.

THE AUTHOR PRESENTS 3 NOS. PUBLICATIONS RELATED TO THE DOCTORAL THESIS, THEREBY MEETING THE MINIMUM NATIONAL REQUIREMENTS. TWO OF THE PUBLICATIONS ARE JOINT WITH THE SUPERVISOR, WHICH SHOWS A GOOD COLLABORATION BETWEEN THE TWO.

NO PLAGIARISM ATTEMPTS WERE DETECTED.

DOCTORAL STUDENT EDI IVANOV WAS ENROLLED AND ENROLLED IN THE ONS "DOCTOR", ACCORDING TO THE REQUIREMENTS, AND THE PROCEDURES BEFORE THE OFFICIAL DEFENSE WERE FOLLOWED. THE AUTHOR HAS COMPLIED WITH MOST OF THE

RECOMMENDATIONS FROM THE PRELIMINARY DISCUSSION. HOWEVER, I WILL POINT OUT A FEW ISSUES I THINK THE REVIEW HAS:

- ✓ LITERARY SOURCES ARE NOT DESCRIBED AS REQUIRED: NOT ALL ARE IN ALPHABETICAL ORDER, AND THERE ARE GAPS IN THE DATA - YEARS, CO-AUTHORS.
- ✓ THE CORRELATION DEPENDENCES ARE NOT PRESENTED GRAPHICALLY AND/OR TABULARLY, WHICH WOULD CONTRIBUTE TO A BETTER PERCEPTION AND VISIBILITY OF THE STUDY.
- ✓ THERE ARE SEVERAL SPELLING AND TERMINOLOGY ERRORS, SUCH AS THE SPELLING OF THE TERM "PUSH-UP".

DESPITE THESE GAPS AND INACCURACIES, THE DOCTORAL THESIS HAS THE NECESSARY POSITIVE QUALITIES AND MERITS, SUCH AS:

- THE CONTENT OF THE DEVELOPMENT CORRESPONDS TO THE TITLE;
- THE STYLE IS SCHOLARLY;
- MODERN SCIENTIFIC METHODS ARE USED;
- EXPANDS KNOWLEDGE IN THEORY AND PRACTICE.

THE PROBLEM OF THE RESEARCH, THE STRUCTURE AND THE QUALITY OF THE DEVELOPED AND PRESENTED DOCTORATE MEET THE REQUIREMENTS FOR THIS KIND OF SCIENTIFIC DEVELOPMENT. THE SCIENTIFIC AND PRACTICAL MERITS OF THE DOCTORATE, THE SCIENTIFIC-RESEARCH POTENTIAL, AND THE ACTIVITIES RELATED TO THE MANAGEMENT, ORGANIZATION, AND IMPLEMENTATION OF SPORTS ACTIVITIES THE AUTHOR GIVE ME THE REASON TO GIVE A POSITIVE ASSESSMENT AND CALL ON THE RESPECTED MEMBERS OF THE SCIENTIFIC JURY TO AWARD THE EDUCATIONAL AND SCIENTIFIC DEGREE " **DOCTOR** ", BY PROFESSIONAL DIRECTION **1.3. PEDAGOGY OF TRAINING IN** (*METHODOLOGY OF TRAINING IN KINDERGARTEN AND PRIMARY SCHOOL IN PHYSICAL EDUCATION AND SPORTS*), ON **EDI IVANOV**.

AUGUST 24, 2022

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