

## **Statement** of the dissertation work

‘Innovative Adaptive Methods for Specialized Running Endurance in Educational and Sports Process’ for the awarding of the academic title ‘Doctor of Science’ in career pathway 1.3 Pedagogy of teaching... (Methodology of the Physical Education)

Applicant:

Associate Professor Maya Borisova Chipeva, PhD at Physical Education and Sports Department at Technical University Sofia

Author of the statement:

Associate Professor Plamen Nyagin, PhD, within the meaning of the Law on the Development of the Academic Staff in the Republic of Bulgaria, according to the order RD 38 - 165/11. 04. 2023 of the Rector of Technical University Sofia in relation to awarding the academic title ‘Doctor of Science’ and obtaining the academic position in Sports Department, ‘Individual Sports and Sport Games’ unit at Technical University Sofia.

Associate Professor Maya Borisova, PhD was born on 1<sup>st</sup> May 1978 in Sofia. She graduated from National Sports Academy ‘Vasil Levski’.

In 2002, she earned bachelor’s degree in physical education and track and field training.

Graduated with master’s degree from National Sports Academy ‘Vasil Levski’.

Degree in: Sports Journalism in 2006

A senior teacher in career pathway 7.6 Sports since 2014.

In 2016 she defended a dissertation work at Theory and Methodology of Physical Education and Sports Training.

Associate Professor in career pathway 1.2 Pedagogy at Technical University Sofia.

Degree in: Theory of Physical Education and Sports Training from 2019

The dissertation work is 288 pages long with 32 tables and 21 figures.

The bibliographic list consists of 198 resources – 148 in Bulgarian, 50 in English and 3 websites.

A working hypothesis is formed in order to develop the dissertation work within 5 theses.

The aim, objectives, organization and methodology of the study are widely described and presented in the appropriate style for the type of work. The results from the study are processed with contemporary computer technology.

Assoc. Prof. Maya Borisova Chipeva, PhD has developed 8 models for the middle-distance runners' preparation and 2 for football players. The model for the measurement of critical speed and its transformation into zones for the preparation of middle-distance runners is exceptionally innovative. Another new way of preparation for football players is the quantitative and qualitative numbering of a large number of adaptational parameters for 3 main aerobic zones.

Based on the developed methods there are 10 conclusions and 8 recommendations made. There are all in use for the sports theory and practice.

Five main results connected with the problems of the innovative way of solving the adaptive development of the athletes in the specialized endurance preparation in middle-distance running and in football are the most applicable contributions of the dissertation work.

In conclusion, I can firmly state that a vast amount of scientific work has been done by the author. The dissertation work fulfills the requirements for obtaining the scientific award 'Doctor of Science'.

Based on the scientific excellence and outstanding contributions of the study I outlined beforehand, I suggest the Honorable Scientific Jury to award Assoc. Prof. Maya Borisova Chipeva, PhD the academic title 'Doctor of Science' in career pathway 1.3 Pedagogy of teaching... (Methodology of the Physical Education).

May 14, 2023

Assoc. Prof. Plamen Nyagin, PhD.....

