

**To the Chairman
of the scientific jury**

OPINION

By Prof. Nadezhda Georgieva Yordanova-Stoyanova, PhD

of a dissertation on the topic "**Development of motor abilities of 9th and 10th grade students using volleyball** "

for awarding the educational and scientific degree "**Doctor**"

in the field of higher education 1. Pedagogical sciences, professional field 1.3. Pedagogy of education in...

scientific specialty "Methodology of Physical Education and Sports Training"

author of the dissertation: *Diana Zhivkova Filipova*

scientific supervisor: *Assoc. Prof. Dr. Vera Antonova - Varbanova*

GENERAL PRESENTATION OF THE DOCTORAL STUDENT

Diana Filipova was born in Varna. In 1992, she completed her secondary education in her hometown. In the period 2010 - 2015, she obtained a Bachelor's and Master's degree at the Bishop Konstantin Preslavski University of Shumen, majoring in Pedagogy of Physical Education.

The career path of a the doctoral student is closely linked to the qualifications acquired. In 2015, Diana was appointed as a teacher at the First Language High School in 2011. She is a volleyball specialist, competitor and a coach with numerous awards.

RELEVANCE AND SIGNIFICANCE OF THE PROBLEM DEVELOPED IN THE DISSERTATION

Diana Filipova's dissertation is a scientific and practical study in the field of motor functions related to the game of volleyball. It focuses on the physical development and positive impact of motor activity in volleyball training of students.

The relevance and importance of the dissertation work are based on the fact that volleyball is a favorite and very popular game among secondary school students. Motor activity and physical exercise and sports are some of the most appropriate means for the comprehensive physical development of adolescents.

Therefore, I believe that the topic chosen and developed by Diana Filipova is interesting and important for theory and practice.

EVALUATION OF THE RESULTS AND CONTRIBUTIONS OF THE DISSERTATION

Doctoral student Diana Filipova knows the problem in depth. From her biography it is clear that she has accumulated rich theoretical and practical experience. Her dissertation is 184 standard typewritten pages, illustrated with 29 tables, 23 figures and appendices. Structurally, it meets the requirements for this type of scientific work. It consists of an introduction, four chapters, literature and appendices. The first chapter is dedicated to theoretical analysis and formulation of the problem, the second is related to methodology and organization of the study, the third is analysis of the results obtained, and the fourth formulates the conclusions and recommendations.

The dissertation correctly formulates the working hypothesis, research objective, subject and object. All collected results are subject to mathematical and statistical processing. The 10 made The conclusion and 6 recommendations, structured by the theoretical analysis, the conducted survey, anthropometric measurements and motor activity tests, meet the set goals and objectives. The study was carried out with 160 students, divided into 2 experimental groups of 40 girls and boys and 2 control groups of 40 girls and boys, all aged 15-16, based on the application of a modern approach, methods and methodology. A thematic survey was conducted with 40 teachers and an analysis of the attitude and competencies of teachers to participate in the educational process in physical education and sports was made. The contingent of experimental subjects was randomly selected on the territory of two municipalities: the city of Varna - IEG and Sofia University "V. Levski"; the city of Dolni Chiflik, in the period 2017 - 2019. Anthropometric indicators were taken from the same in the medical offices. As a result of the in-depth study of the many literary sources, both in Bulgarian and foreign languages, the doctoral student is developing a programme related to volleyball training in secondary schools.

Regarding the bibliography - 100 literary sources were studied and analyzed, in Cyrillic, in Latin and sources from the Internet.

Diana Filipova has presented 3 independent publications on the topic.

As significant contributions of the dissertation, I can highlight the following:

- ✓ *The relationships between motor skills and the acquisition of volleyball technique in 9th*

and 10th grade students have been clarified.

- ✓ *A model has been developed for implementing special volleyball exercises and techniques in physical education and sports lessons.*
- ✓ *Indicators have been defined for the control and evaluation of the special physical and technical preparation of 9th and 10th grade students, which can be used for ongoing control and evaluation in volleyball.*

The attached abstract accurately reflects what was developed in the dissertation.

CONCLUSION:

The dissertation work proposed to me for opinion **possesses** all the qualities required for such a work. Its direct connection to practice makes a good impression.

I will vote in favor and invite the other members of the scientific jury to support **Diana Filipova** for the award of the educational and scientific degree "**Doctor**" in the field of higher education "**Pedagogical Sciences**", Professional direction **1.3. Pedagogy of training in...** Scientific specialty "**Methodology of training in physical education and sports**"

09.11.2025

Member of the scientific jury:
/ Prof. Dr. N. Yordanova /

