

## **OPINION**

By Prof. Dr. Teodora Nikolaeva Simeonova

Shumen University "Bishop Konstantin Preslavski"

of a dissertation on the topic:

### **" DEVELOPMENT OF PHYSICAL ABILITY AND PHYSICAL QUALITIES OF STUDENTS IN FIELD HOCKEY CLASSES "**

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

Field of higher education: 1. Pedagogical sciences

Professional field: 1. 3. Pedagogy of education in...

Doctoral Program "Methodology of Teaching in Physical Education and Sports"

author of the dissertation : **Maria Stefanova Ivanova**

learned supervisors : **Assoc. Prof. Dr. Diana Nikolova Peeva**

**Assoc. Prof. Dr. Plamen Georgiev Petkov**

## **GENERAL PRESENTATION OF THE DOCTORAL STUDENT**

Maria Stefanova Ivanova graduated in 1999 from the South-West University "Neofit Rilski" - Blagoevgrad - Pedagogy of Physical Education, Teacher of Physical Education - Bachelor. She also obtained the Master's Degree in 2006 with the same qualification at the Plovdiv University "Paisiy Hilendarski". In the same university in 2007 she also obtained the Master's Degree in Applied Psychology. She is currently working in the specialty and from 2000 to 2007 she is a teacher of physical education and sports. Since 2024 she has been a part-time doctoral student in the Department of "Physical Education and Sports" at the Faculty of Pedagogy of the University of Shumen. She passes on her pedagogical experience to students as since 2009 she is a senior lecturer at the Thracian University - Stara Zagora. All of this naturally predetermines her scientific pursuits and determines the topic of her dissertation.

## DATA ABOUT THE DISSERTATION AND ABSTRACT

The dissertation work meets the standards and scientometric criteria in sports research. It is structured in the following order: introduction, three chapters - presenting the theoretical, methodological and analytical part, conclusions, contributions and recommendations, literature and applications. The volume of the work is 192 (12 of which are applications) standard pages, contains 34 tables, 86 figures. The bibliography includes 105 titles, of which 81 scientific works in Cyrillic, 8 in Latin and 16 Internet resource.

The first chapter, " Literature Review and Theoretical Statement of the Problem ", is 36 pages long and structured in five paragraphs.

This chapter reviews the historical development of the sport of Field Hockey in the world. A general description, specific features and trends for the development of women's Field Hockey in Bulgaria are made . The goals and objectives of the sport in the physical education and sports program in higher education institutions are revealed . Characteristic features for the development of physical ability and physical qualities are shown as a factor for overcoming and preventing the low level of physical activity.

The content of the first chapter helps to derive the working hypothesis of the dissertation at its end,

Chapter two " **PURPOSE , TASKS , SUBJECT, OBJECT, METHODOLOGY AND ORGANIZATION OF THE RESEARCH** " is 15 pages long and contains everything listed in the title, precisely formulated . Based on the hypothesis made in the previous chapter, the purpose of the research is determined and six tasks are formulated to solve the scientific problem of the dissertation. The organization of the research and the indicators for the diagnostic procedure are described. The curriculum for sports improvement in field hockey for students is presented.

The third chapter is logically the largest - " **RESULTS AND ANALYSIS** " and presents the data from the survey studies, comparative, variational analysis

of the impact of the target program on physical qualities and physical ability. Based on the results obtained, generalizations have been made and the existing dependencies between the indicators have been revealed.

At the end of the dissertation, seven conclusions are synthesized. Their content proves that the tasks of the study have been fulfilled and the set goal has been achieved. The working hypothesis is confirmed. The three recommendations made can be defined as valuable for practice.

The abstract reflects the structure, content, and results of the dissertation in a synthesized form.

## **SCIENTIFIC CONTRIBUTIONS**

The results obtained by doctoral student Maria Stefanova Ivanova scientific contributions are in accordance with the objective results of the research work. They are correctly formulated and have scientific and applied significance. The motivational sphere of female students has been revealed, changes in the levels of physical qualities of female students who are engaged in field hockey have been established.

A program has been created to improve the individual work of the field hockey teacher and to better inform female students. Standards have been developed for individual assessment of the condition and development of the physical qualities of female students.

## **PUBLICATION ACTIVITY**

Doctoral student Maria Stefanova Ivanova has two publications, co-authored with his scientific supervisors, published in the authoritative journal - Trakia Journal of Sciences of Thrace University. All of them reflect the scientific results of the study.

## CRITICAL NOTES

The accumulated theoretical and practical experience of Maria Ivanova is the basis for my recommendation regarding the expansion of publication activities related to knowledge and competencies for the sport of Field Hockey.

## CONCLUSION

The dissertation " **DEVELOPMENT OF PHYSICAL ABILITY AND PHYSICAL QUALITIES OF STUDENTS IN FIELD HOCKEY CLASSES** " meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria (LAADRB), the Regulations for the Implementation of the LAADRB, which gives me reason for a **positive assessment** and to recommend to the members of the esteemed Scientific Jury to award **the educational and scientific degree "doctor"** to **Maria Stefanova Ivanova**.

14.09.2026 .

Prepared the opinion:

  
(Prof. Dr. Teodora Simeonova)