ЮГОЗАПАДЕН УНИВЕРСИТЕТ
„НЕОФИТ РИЛСКИ"
БЛАГОЕВГРАД

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FACULTY OF PUBLIC HEALTH, HEALTH CARE AND SPORTS
DEPARTMENT OF SPORTS

INFORMATION PACKAGE FOR DOCTORAL STUDIES

FIELD OF SCIENCE:	**7. HEALTHCARE AND SPORTS**
PROFESSIONAL FIELD:	**7.6. SPORTS**
DOCTORAL PROGRAM:	**METHODOLOGY OF SCIENTIFIC RESEARCH IN SPORTS**
EDUCATIONAL AND SCIENTIFIC DEGREE:	**DOCTOR (PHD)**
NQF LEVEL:	**8**
PROFESSIONAL QUALIFICATION:	**RESEARCHER (DOCTOR OF SPORTS)**
DURATION OF STUDY:	**3 (THREE) OR 4 (FOUR) YEARS**
MODE OF STUDY:	**FULL-TIME / INDEPENDENT; PART-TIME / DISTANCE LEARNING**

Blagoevgrad, 2025

1. General Presentation of the Doctoral Program

The qualification profile of the specialty is a key document defining the curriculum and study programs for doctoral students in the doctoral program *Methodology of Scientific Research in Sports*. It complies with the Higher Education Act, the Act on the Development of the Academic Staff in the Republic of Bulgaria, its Implementing Regulations, and the Internal Regulations of the South-West University "Neofit Rilski" for the development of academic staff.

The doctoral program *Methodology of Scientific Research in Sports* provides opportunities for professional advancement by developing essential knowledge, skills, and competencies in doctoral students.

A major part of the program is scientific research, through which the doctoral student acquires skills for conducting experiments, collecting, processing, and analyzing results, and applying them in sports practice.

2. Objectives of the Doctoral Program

The program prepares highly qualified research and teaching staff with fundamental expertise in the field of sports science and its practical applications.

1. Acquisition of experience in research through the use of established principles and methods.
2. Development of fundamental scientific training – the ability to independently formulate research problems, organize and conduct research, and present original work at various scientific forums.
3. Formation of the necessary professional competences for effective teaching.
4. Development of skills to integrate acquired practical knowledge into teaching and applied research activities.
5. Acquisition of teamwork skills and an innovative approach to scientific inquiry.

3. General Qualification and Specialization of the Program

The doctoral program *Methodology of Scientific Research in Sports* at the Faculty of Public Health, Health Care and Sports of South-West University "Neofit Rilski" offers study with a duration of up to 3 years for full-time and independent study, and up to 4 years for part-time study, culminating in the defense of a doctoral dissertation. Graduates obtain the educational and scientific degree "Doctor of Sports".

The curriculum includes compulsory and elective courses.
Compulsory courses:

1. Project Development
2. Foreign Language (Bulgarian for foreign doctoral students)

3. Theoretical and Methodological Aspects in Sports Science
4. Methodology and Methods of Research in Sports

Elective courses are aligned with the topic of the dissertation.

4. Acquired Knowledge, Skills, and Competencies (according to the National Qualifications Framework)

4.1. Knowledge (theoretical and/or factual)

- Broadly educated in the field of sports.
- Able to systematize knowledge and critically analyze and synthesize innovations in the discipline.

4.2. Skills (cognitive and/or practical)

- Organizes, plans, and conducts research using modern research methods in sports according to dissertation needs.
- Solves and overcomes critical problems by using scientific publications and consulting experts in sports science.
- Communicates with different audiences (athletes, coaches, and the public).
- Applies experimental results in sports practice.

4.3. Autonomy and Responsibility

- Develops new methodologies for practical application in various sports and for specific athletes.
- Demonstrates skills in preparing and publishing up-to-date research papers.
- Designs, implements, and adapts research processes using modern methods and equipment for functional research in sports.

4.4. Learning Competence

- Monitors scientific literature in the field.
- Demonstrates capacity for its use, understanding, and interpretation in future professional activity.

4.5. Communication and Social Competences

- Demonstrates transferable skills requiring high personal responsibility, independent initiative in complex and unpredictable situations, and in professional or equivalent settings.
- Shows ability to conceptualize, design, and implement projects to generate new knowledge and apply or understand advanced sports achievements.
- Communicates fluently in major European languages, enabling participation in international sports science forums.

4.6. Professional Competences

- Understands in detail the principles, methods, and approaches used in sports research.
- Makes informed judgments on complex issues in sports, often in the absence of complete data, and presents ideas and conclusions clearly to specialists and non-specialists.
- Capable of pursuing research at increasingly complex levels, contributing to the development of new methodologies, ideas, or approaches.
- Masters the methodology of theoretical and experimental sports research.
- Possesses research culture and ability to use modern information and communication technologies.
- Develops new research methods and applies them independently, respecting intellectual property rights.
- Analyzes and critically evaluates research results and prepares corresponding reviews.

5. Career Opportunities

- Participation in various forms of continuing education (postdoctoral programs for further professional qualification and experience in the scientific field and profession).
- Participation in competitions for academic positions and/or scientific degrees in Professional Field 7.6. Sports.
- Employment in various positions in sports pedagogy (according to Regulation No. 2 of 27.03.2017 on the professional competence and qualification of sports pedagogical staff, issued by the Minister of Youth and Sports, State Gazette No. 29 of 07.04.2017).

The doctoral program Methodology of Scientific Research in Sports in Professional Field 7.6. Sports at South-West University "Neofit Rilski" is accredited with an overall score of 9.07 (nine point zero seven) on July 3, 2025, Protocol No. 13, based on the report of the Standing Committee on Healthcare and Sports.

CURRICULUM CONTENT

№	NAMES OF ACADEMIC/RESEARCH ACTIVITIES	Form of Delivery and Implementation Form of Recognition	Form of Delivery and Implementation Form of Recognition

		CREDITS	WORKLOAD	Lectures, Seminars, Laboratory Exercises, Independent Study, Consultations, Participation, Other	Examination, Continuous Assessment Oral Interview, Certificate, Report, Protocol, Approval, Other
I.	**EDUCATIONAL ACTIVITIES**				
1.	Theoretical and Methodological Aspects in Sports Science	10.0	300	15* л, 15* с (30 аз / 270 сп)	Examination
2.	Methodology and Statistical Methods in Sports	10.0	300	15* л /15* у (30 аз / 270 сп)	Examination
3.	Project Preparation and Management	2.0	60	30 аз / 30 сп	Examination
4.	Specialized Foreign Language (Bulgarian for International Doctoral Students)	2.0	60	15 л, 15 с (30 аз / 30 сп)	Examination
5.	Elective Course 1	3.0	90	15* л, 15* с (30 аз / 60 сп)	Examination
6.	Elective Course 2	3.0	90	15* л, 15* с (30 аз / 60 сп)	Examination
7.	Attendance and Participation in Courses (Seminars, Tutorials at Doctoral Level)	1.0	30	30 ч. участие	Certificate
	TOTAL:	**31**	**900**		
II.	**RESEARCH ACTIVITIES**				
1.	Development and Presentation of a Scientific Thesis	20	600	600 h Independent Study	Report
2.	Development of the Dissertation Project – Stage One: Literature Review, Analysis, and Presentation of the Research Concept and Tools*	20	600	50 h Consultations 550 h Self-Study	Presentation before the PN Committee
3.	Development of the Dissertation Project – Stage Two: Conducting Scientific Research for the Dissertation	30	900	50 h Consultations 850 h Self-Study	Report / Minutes of the Meeting
4.	Discussion and Analysis of the Results from the Dissertation Research	10	300	10 h Consultations 290 h Self-Study	Oral Interview
5.	Research Activity – Preparation and Publication of Articles or Reports in Scientific Journals	30	900	50 h Consultations 850 h Self-Study	Report
6.	Development of the Final Version of the Dissertation	15	450	10 h Consultations 440 h Self-Study	Certificate
7.	Participation in Scientific Forums (National or International)	7	210	10 h Consultations 200 h Self-Study	Certificate / Minutes of the Meeting
	TOTAL:	**142.0**			
III.	**TEACHING ACTIVITIES**				
1.	Teaching Activities – Conducting Seminars, Practical or Laboratory Sessions	4.0	120	30 h Exercises / or 30 h Other Teaching Activities / 90 h Self-Study	Report, Approval by Department Head
2.	Observation and Mentoring	2.0	60	15 h / 45 h Self-Study	Report, Approval by Department Head

3.	Student Consultations	1.0	30	30 h Consultations	Report, Approval by Department Head
	ОБЩО :	**7.0**			
IV.	**OTHER**				
1.	Participation in Department Meetings, Departmental, Faculty, and University Committees, and Other Academic Activities (if the doctoral student is selected)	6	180	180 h Participation	Minutes, Approval by Department Head
2.	Participation in Projects	2	60	60 h Participation	Report, Approval by Department Head
3.	Participation in the Organization of Sports Events	2	60	60 h Participation	Report, Approval by Department Head
	TOTAL:				
	TOTAL (for the entire duration of the program):	**180**	**5400**		
	ELECTIVE COURSES				
1.	Theoretical and Methodological Aspects of Sports for High Performance	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
2.	Issues in Sports Training for Youth Athletes	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
3.	Specifics of Conditioning Training by Sport Type	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
4.	Management and Periodization of Sports Training	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
5.	Issues in Technical and Tactical Training in Sports	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
6.	Selection, Forecasting, and Assessment of Sports Readiness	3.0	90	15 h Lectures, 15 h Seminars (30 h Independent Study / 60 h Self-Study)	Examination
7.	Additional courses related to the topic of the dissertation may be added.				Examination
8.					

Conditions for Admission to Doctoral Dissertation Defense

The educational and scientific degree "Doctor" is awarded after fulfilling the requirements of Art. 46, para. 2 of the Higher Education Act, Art. 9, para. 2 of the Act on the Development of the Academic Staff in the Republic of Bulgaria, Section II of its Implementing Regulations, and in accordance with the Conditions and Procedures for Acquiring the Educational and Scientific Degree "Doctor" from the Internal Rules for the Development of the Academic Staff at South-West University "Neofit Rilski."

Notes on the Curriculum:

1. The academic discipline *"Development of a Dissertation Project – First Stage: Literature Review and Referencing, Presentation of a Research Concept and Research Tools"* serves as the doctoral minimum.
2. The individual educational, research, teaching, and other activities included in this General Curriculum are specified in the **individual work plan** of each enrolled doctoral student for each academic year, indicating details regarding the respective workload, forms of implementation and recognition, as well as other relevant information.
3. The General Curriculum reflects all requirements stipulated in the Higher Education Act, the Act on the Development of the Academic Staff in the Republic of Bulgaria, its Implementing Regulations, and the Internal Rules for the Development of the Academic Staff at South-West University "Neofit Rilski."
4. The doctoral curriculum must provide opportunities to meet the minimum national requirements for the respective scientific field.
5. The lectures and seminars included in the curriculum, marked with an asterisk (*), are conducted with the full workload when the number of doctoral students exceeds five.
6. Elective courses are offered after the dissertation research topic has been defined; they are included in the **Individual Curriculum** and approved by the academic unit. Each doctoral student selects two elective courses, with the option to add specific disciplines related to the dissertation topic.

DESCRIPTION OF ACADEMIC DISCIPLINES

DOCTORAL PROGRAM:

"METHODOLOGY OF SCIENTIFIC RESEARCH IN SPORTS"

Course Title: Theoretical and Methodological Aspects in Sports Science

ECTS credits: 10.0
Weekly workload: 30 lecture hours / 270 self-study hours
Assessment method: Examination
Course status: Compulsory
Semester: I
Type of exam: Written / Oral interview
Methodological guidance:
Department of Sports, Faculty of Public Health, Health Care and Sports
Lecturer: Assoc. Prof. Daniela Lekina, PhD, Department of Sports
E-mail: danilekina@swu.bg

Annotation

The course *"Theoretical and Methodological Aspects in Sports Science"* is included as a compulsory discipline in the general curriculum of the doctoral program *"Methodology of Scientific Research in Sports"*. The lecture course examines general methodological issues of sports science. It analyzes the essence of its object, subject, methods, goals, and the arguments for its independent existence. Doctoral students are introduced to the main principles, methods, and approaches applied in sports research. Special attention is given to the methodology of theoretical and experimental research in the field of sports with the aim of designing, planning, and implementing a research process.

Aim

To acquaint doctoral students with the theoretical-methodological and organizational issues of sports science. To analyze research methods, psychological support in sports training, and the athlete's competitive realization in the sports environment. To develop skills for managing the research process – demonstrating theoretical knowledge and competence in designing, planning, and carrying out research with scientific rigor.

Tasks

1. To acquire skills for successfully integrating practical knowledge into teaching and applied activities.
2. To acquire skills for applying scientifically based methods for planning and conducting experimental work in sports practice.
3. To develop complex competences that enable doctoral students to effectively carry out organizational, methodological-practical, and teaching activities.

Expected Results

After completing the course, doctoral students should acquire theoretical-methodological and practical knowledge and skills in the field of sports science; be able to direct their scientific research both generally and in relation to their chosen topic; apply the

obtained results in their academic work; and use different scientific approaches in the organization and management of sports.

Methodology and Statistical Methods in Sports

ECTS credits: 10.0 **Weekly hours:** 30 hours / 270 hours
Form of assessment: exam **Course status:** mandatory
Semester: I **Exam type**written/interview
Methodological guidance:
Department of Sports
Faculty of Public Health, Healthcare and Sports
Lecturer:
Assoc. Prof. Dr. Dimitar Tomov "Sports"
E-mail: dimitar.tomov@swu.bg

Annotation
The topics covered in the curriculum of "Methodology and Statistical Methods in Sports" concern the essence and specificities of scientific work as a separate research activity, methodological approaches, principles, and methods of research work in the field of sports.

Goal and objectives:
- familiarization with the basic theoretical positions, methodological approaches, principles, and methods of research work in the field of sports, and mastering the necessary metrological and computational procedures.
- to learn to comply with the basic requirements within research activity - the requirements for general validity, provability, and verifiability, in their scientific research activities;
- to master the requirements of the most important theoretical and empirical methods of scientific knowledge and acquire knowledge and skills for their practical application in sports and pedagogical scientific research.

Expected results: Doctoral students will learn to identify scientific problems, develop concepts, formulate scientific theses and hypotheses, conduct experimental work, analyze the results obtained, draw conclusions, summarize conclusions, form abstracts, scientific reports, and diploma theses.

Specialized Foreign Language

ECTS credits: 2.0 **Weekly workload:** 30 lecture hours / 30 self-study hours
Assessment method: Examination **Course status:** Compulsory
Semester: I **Type of exam:** Written / Oral interview
Methodological guidance:
Department of German and Romance Studies,Faculty of Philology
Lecturer: Assoc. Prof. Dafina Kostadinova, PhD

Course description

According to Resolution No. 21 of 04.09.2013 of the Academic Council, the English language course is compulsory for all doctoral students during the first year of their studies across all faculties and doctoral programs at South-West University "Neofit Rilski."

The course is intensive, involving 6 hours of daily training. It is usually held each year in the first month after the end of the summer semester, and its duration may vary depending on the grouping of students by levels of language competence. The competence level is determined through a placement test, based on which participants are divided into beginner, intermediate, and advanced groups, corresponding to CEFR levels A1, A2–B1, and B2–C1.

The course aims to provide practical English language training, focusing on vocabulary and grammar acquisition at lower levels, and on improving and expanding knowledge, as well as raising the level of proficiency at higher levels.

The training follows an integrative approach, emphasizing the development of the four basic skills: reading, writing, listening, and speaking. Special focus is placed on developing speaking and listening skills, acquiring the fundamentals of academic writing in English, and preparing presentations, CVs, abstracts, and articles in English.

The course necessarily includes the following modules: practical grammar, vocabulary, writing practice, reading and listening comprehension, and speaking. Depending on the specific needs of students from different faculties and fields of study, specialized vocabulary and exercises in specialized and general translation are also introduced.

Project Preparation and Management

ECTS credits: 2.0
Weekly workload: 30 lecture hours / 30 self-study hours
Assessment method: Examination
Course status: Compulsory
Semester: I
Type of exam: Written / Oral interview
Lecturer: Prof. Albena Vutsova, PhD

Course description:

The course *"Project Preparation and Management"* aims to prepare highly qualified specialists in project preparation and management at both national and trans-European levels by providing knowledge and skills related to different types of projects and programs.

Specific objectives of the course:

- To provide fundamental knowledge and skills in project management, focusing on national and international instruments supporting various projects and programs.
- To enhance knowledge of the essence and main characteristics of project management and project team management.
- To introduce good practices in making strategic and tactical management decisions related to project implementation.

Doctoral students completing this course will acquire the necessary competence to develop projects, design project structures in various fields, participate in project management, and bring projects to completion. These skills are of great importance, as the development of many economic sectors is based on project-program principles.

The course corresponds to the mission and concept of the university to provide modern and up-to-date knowledge. Its volume is consistent with the allocated credits and the qualification profile of the specialty. Achievement of course objectives is monitored through two tests – an entry test and a final test.

Elective Courses

Theoretical and Methodological Aspects of High-Performance Sports

ECTS credits: 3.0 **Weekly workload:** 30 lecture hours / 60 self-study hours
Assessment method: Examination **Course status:** Elective
Semester: I **Type of exam:** Written / Oral interview
Methodological guidance:
Department of Sports, Faculty of Public Health,
Health Care and Sports
Lecturer: Assoc. Prof. Daniela Lekina, PhD, Department of Sports
E-mail: danilekina@swu.bg

Course description

The course *"Theoretical and Methodological Aspects of High-Performance Sports"* is included as an elective discipline in the doctoral program *"Methodology of Scientific Research in Sports."* The lecture course examines general methodological problems of high-performance sports training. It analyzes the essence and nature of modern sport and sports training. Doctoral students are introduced to the main principles, methods, and approaches applied in building and managing the training form of elite athletes. Special attention is given to the methodology of theoretical and experimental research in the field of sports for designing, planning, and carrying out a scientific research process.

Aim

To familiarize doctoral students with theoretical-methodological and organizational problems of sports and sports training. To analyze training means and methods of their application, management of sports form, adaptation of training to extreme situations, fatigue in sports training, and recovery strategies for elite athletes.

Tasks

1. To acquire skills for successfully integrating practical knowledge into teaching and applied activities.
2. To acquire skills for using scientifically based methods for planning and conducting experimental work in sports practice.
3. To develop complex competences enabling doctoral students to effectively conduct organizational, methodological-practical, and teaching activities.

Expected Results

After completing the course, doctoral students should have acquired theoretical-methodological and practical knowledge and skills related to high-performance sports training. They should be able to direct their research both generally and according to their chosen topic, apply the obtained results in their research work, and use different scientific approaches in the organization and management of sports.

Problems of Sports Training in Adolescents

ECTS credits: 3.0
Weekly workload: 30 lecture hours / 60 self-study hours
Assessment method: Examination
Course status: Elective
Semester: I
Type of exam: Written / Oral interview
Methodological guidance:
Department of Sports, Faculty of Public Health, Health Care and Sports
Lecturer: Assoc. Prof. Diana Peeva, PhD, Department of Sports
E-mail: diana2616@swu.bg

Course description

The course *"Problems of Sports Training in Adolescents"* is related to acquiring a wide range of knowledge and skills in training and competitive activities with young athletes. In recent years, many sports have shown a trend toward lowering the starting age for sports participation, shortening the training periods, and accelerating the acquisition and improvement of sports techniques among adolescents. Early biological maturation of children, combined with the increasing competitive requirements in different sports disciplines, places higher demands on educators working with young children.

This course is compulsory and is included in the general curriculum of the doctoral program *"Methodology of Scientific Research in Sports."*

Aim

To acquire a broad spectrum of knowledge and skills in training and competitive activities with young athletes.

Tasks

To provide doctoral students with detailed knowledge of the specific features of training activities during childhood and adolescence.

Expected Results

Doctoral students will acquire the skills to conduct training processes tailored to the specifics of childhood and adolescence, including the correct use of methods, tools, planning, organization, and implementation of training and competitive activities with young athletes.

SPECIFICS OF CONDITIONING TRAINING BY TYPE OF SPORT

ECTS credits: 3.0
Weekly hours: 30 hours / 60 minutes
Form of assessment: exam
Status of the course: elective

Semester: I **Type of exam:** written/interview
Methodological guidance:
Department of Sport
Faculty of Public Health, Healthcare and Sport
Lecturer:
Assoc. Prof. Dr. Dimitar Tomov "Sport"
E-mail: dimitar.tomov@swu.bg

Annotation
The program focuses on the study of core theoretical and methodological concepts in conditioning training, which will shape complex competencies in doctoral students, allowing them to acquire the necessary skills to plan and manage the training process using scientific methods.

Goal and objectives: Through lectures and exercises, doctoral students must:
- study the most important problems and solutions in the field of conditioning training and physical preparation in various types of sports;
- learn to comply with the basic requirements for scientificity in cognitive activity - the requirements for general validity, provability, and verifiability, in their scientific research activities;
- master the requirements of the most important theoretical and empirical methods of scientific knowledge and acquire knowledge and skills for their practical application in sports and pedagogical scientific research.

Expected results: To provide for the training of highly qualified specialists to serve the needs of sports and scientific organizations at the national and international levels, as well as educators within the education and sports service systems.

Management and Periodization of Sports Training

ECTS credits: 3.0 **Weekly workload:** 30 lecture hours / 60 self-study hours
Assessment method: Examination **Course status:** Elective
Semester: I **Type of exam:** Written / Oral interview
Methodological guidance:
Department of Sports, Faculty of Public Health, Health Care and Sports
Lecturer: Assoc. Prof. Jasmin Tsankova, PhD, Department of Sports
E-mail: jtzankova@swu.bg

Course description
Modern sports training is a continuous multi-year process, which is characterized by periodic repetition of relatively complete segments of time (cycles, periods, stages). The periodization of sports training is a major factor for rational distribution of training means, methods and forms over time as a prerequisite for achieving high and stable sports results, which is the main goal of the process of sports improvement.

Objectives

The construction and management of sports training of athletes occupies a central place. The main methodological and managerial problem for the training process construction is reduced to finding the respective optimum between the target tasks related to sports calendar and the real adaptation capabilities of organism for their implementation. The changes that occur over time have a regular nature and are characterized by their periodicity (cyclicality).

Tasks
They are related to accumulation of knowledge and skills to build a concept of constructing the training process, its management and control.

- About the structure of multi-year sports training related with the adaptation process phases (phases of sports fitness) and the sports calendar.
- About the features of the one-year training cycle.
- About the different types of macro-, meso- and microcycles in the training process.

Expected results
Competencies for building training sessions

- macrostructure of sports training – covers large cycles (macrocycles) of the training process such as semi-annual and annual;
- mesostructure of sports training – includes medium cycles (mesocycles) of the training process lasting from 20 to 40 days;
- microstructure of sports training – covers small cycles (microcycles) of the training process – from 4 to 10 days, which consist of separate training sessions.

PROBLEMS OF TECHNICAL AND TACTICAL TRAINING IN SPORTS

ECTS credits: 3.0 **Weekly hours:** 30 hours / 60 minutes
Form of assessment: exam **Status of the course:** elective
Semester: I **Type of exam:** written/interview
Methodological guidance:
Department of Sport
Faculty of Public Health, Healthcare and Sport
Lecturer:
Assoc. Prof. Dr. Dimitar Tomov "Sport"
E-mail: dimitar.tomov@swu.bg

Annotation
The program focuses on the study of core theoretical and methodological concepts in technical and tactical training, which will shape complex competencies in doctoral students, allowing them to acquire the necessary skills to plan and manage the training process using scientific methods.

Goal and objectives: Through lectures and exercises, doctoral students must:
- study the most important problems and solutions of technical and tactical training in various types of sports;
- learn to comply with the basic requirements for scientificity in research activity - the requirements for general validity, provability, and verifiability, in their scientific research activities;

- master the requirements of the most important theoretical and empirical methods of scientific knowledge and acquire knowledge and skills for their practical application in sports and pedagogical scientific research.

Expected results: To provide for the training of highly qualified specialists to serve the needs of sports and scientific organizations at the national and international levels, as well as educators within the education and sports service systems.

Selection, Prediction and Assessment of Sports Preparedness

ECTS credits: 3.0
Weekly workload: 30 lecture hours / 60 self-study hours
Assessment method: Examination
Course status: Elective
Semester: I
Type of exam: Written / Oral interview
Methodological guidance:
Department of Sports, Faculty of Public Health, Health Care and Sports
Lecturer: Assoc. Prof. Daniela Lekina, PhD, Department of Sports
E-mail: danilekina@swu.bg

Course description

The course *"Selection, Prediction and Assessment of Sports Preparedness"* is an elective in the curriculum of the doctoral program *"Methodology of Scientific Research in Sports."* It provides doctoral students with theoretical and techno-practical preparation necessary for the specifics of building long-term athlete training, as well as for working with talented and outstanding children in the field of sports.

The theoretical preparation includes acquiring knowledge related to the basics of long-term planning of sports training, diagnostics in sports-preparatory activities for the identification of advanced, premature, or limited development. The course provides knowledge of the factors that determine the structure of long-term training, the stages of athletes' long-term preparation, as well as the morphological, functional, motor, and other aspects of children's development. It also introduces technologies for conducting scientific research on these problems.

The course further focuses on the practical determination of the optimal age limits for athletes' abilities to achieve high results, the rate of improvement in sports mastery, conducting scientific research, data processing, analysis of processual and outcome-specific features in athlete development, and identifying patterns related to their progression. These are applied in the selection of preparatory groups and in predicting sports development.

This course is closely connected to anatomy, physiology, biomechanics, biochemistry, preschool and primary school pedagogy, theory and methodology of physical education, psychology, sociology, and other scientific disciplines.

Specific courses related to the topic of the dissertation may also be added.