



Broj: 2569/1
Nikšić, 09.11.2020. god.

UNIVERZITET CRNE GORE
ODBORU ZA DOKTORSKE STUDIJE
SENATU

Poštovani,

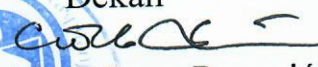
Molim Vas da u skladu sa članom 41 Pravila doktorskih studija Univerziteta Crne Gore, imenujete Komisiju za ocjenu doktorske disertacije pod nazivom: "Efekti specijalizovanog aerobik programa na pozitivan varijabilitet morfoloških, kardio i biohemijskih parametara", kandidatkinje mr Gentiane Beqa Ahmeti.

U prilogu Vam dostavljamo:

- D2 obrazac;
- Potvrdu o predaju doktorske disertacije organizacionoj jedinici;
- Odluku Vijeća o imenovanju komisije za pregled i ocjenu doktorske disertacije broj 2568 od 09.11.2020.godine;
- Kopiju rada kandidata publikovanog u časopisu sa odgovarajuće liste;
- Saglasnost mentora;
- Bio-bibliografija kandidata;
- Bio-bibliografije sa odlukama o izbornim zvanjima predloženih članova Komisije.

S poštovanjem,



Dekan

prof. dr Stevo Popović

ISPUNJENOST USLOVA DOKTORANDA

OPŠTI PODACI O DOKTORANDU			
Titula, ime, ime roditelja, prezime	Mr Gentiana (Fatmir) Beqa Ahmeti		
Fakultet	Fakultet za sport i fizičko vaspitanje		
Studijski program	Fizička kultura		
Broj indeksa	1/2013		
NAZIV DOKTORSKE DISERTACIJE			
Na službenom jeziku	Efekti specializovanog aerobik programa na pozitivan varijabilitet morfoloških, motoričkih, kardio i biohemijskih parametara		
Na engleskom jeziku	The effects of a specialized aerobics program on the positive variability of morphological, motor, cardio and biochemical parameters		
Naučna oblast	Sportske nauke		
MENTOR/MENTORI			
Prvi mentor	Prof. dr Kemal Idrizović	Univerzitet Crne Gore	Sportske nauke
KOMISIJA ZA PREGLED I OCJENU DOKTORSKE DISERTACIJE			
Prof. dr Duško Bjelica	Univerzitet Crne Gore	Sportske nauke	
Prof. dr Stevo Popović	Univerzitet Crne Gore	Sportske nauke	
Prof. dr Zoran Milošević	Univerzitet u Novom Sadu	Sportske nauke	
Doc. dr Bojan Mašanović	Univerzitet Crne Gore	Sportske nauke	
Datum značajni za ocjenu doktorske disertacije			
Sjednica Senata na kojoj je data saglasnost na ocjenu teme i kandidata	19. 04. 2019.		
Dostavljanja doktorske disertacije organizacionoj jedinici i saglasnost mentora	26. 10. 2020.		
Sjednica Vijeća organizacione jedinice na kojoj je dat prijedlog za imenovanje komisija za pregled i ocjenu doktorske disertacije	09. 11. 2020.		
ISPUNJENOST USLOVA DOKTORANDA			
U skladu sa članom 38 pravila doktorskih studija kandidatkinja mr Gentiana Beqa Ahmeti je cjelokupna ili dio sopstvenih istraživanja vezanih za doktorsku disertaciju publikovala u časopisu sa (SCI/SCIE)/(SSCI/A&HCI) liste, International Journal of Enviromental Research and Public Health, kao prvi autor.			
Spisak radova doktoranda iz oblasti doktorskih studija koje je publikovao u časopisima sa (upisati odgovarajuću listu)			
Beqa Ahmeti G., Idrizović, K., Elezi, A., Zenić, N., & Ostojić, Lj. (2020). Endurance Training vs. Circuit Resistance Training: Effects on Lipid Profile and Anthropometric/Body Composition Status in Healthy Young Adult Women. <i>International Journal of Environmental Research and Public Health</i> , 17(4): 1222. https://www.mdpi.com/1660-4601/17/4/1222			

Obrazloženje mentora o korišćenju doktorske disertacije u publikovanim radovima

Za mentora je imenovan prof. dr Kemal Idrizović na sjednici Senata održanoj 12. januar 2017. godine, a imenovani je saglasan da je kandidatkinja ispunila sve uslove za prelazak na sljedeći proceduralni korak, odnosno u proces imenovanja Komisije za pregled i ocjenu doktorske disertacije, a što je dokumentovano potpisanom saglasnošću istog od 26. 10. 2020. godine. Mentor, takođe, ističe da je kandidatkinja u publikovanom radu, koje je objavila u časopisu indeksiranom u SCIE indeksnoj bazi, koristila rezultate iz doktorske disertacije na adekvatan način, odnosno u navedenom radu su prezentovani djelovi doktorske disertacije kako nalažu Pravila doktorskih studija.

Datum i ovjera (pečat i potpis odgovorne osobe)

U Nikšiću,
09. 11. 2020. godine



DEKAN

**Prilog dokumenta sadrži:**

1. Potvrdu o predaji doktorske disertacije organizacionoj jedinici
2. Odluku o imenovanju komisije za pregled i ocjenu doktorske disertacije
3. Kopiju rada publikovanog u časopisu sa odgovarajuće liste
4. Biografiju i bibliografiju kandidata
5. Biografiju i bibliografiju članova komisije za pregled i ocjenu doktorske disertacije sa potvrdom o izboru u odgovarajuće akademsko zvanje i potvrdom da barem jedan član komisije nije u radnom odnosu na Univerzitetu Crne Gore

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Broj: 2467
Nikšić, 02.11.2020.

Na osnovu službene evidencije i dokumentacije Fakulteta za sport i fizičko vaspitanje iz Nikšića, izdaje se:

POTVRDA

Mr Gentiana Beqa Ahmeti, student doktorskih studija Fizička kultura na Fakultetu za sport i fizičko vaspitanje u Nikšiću, dostavila je ovom Fakultetu doktorsku disertaciju pod nazivom: „Efekti specijalizovanog aerobik programa na pozitivan varijabilitet morfoloških, motoričkih, kardio i biohemijskih parametara“, dana 21.10.2020.godine na dalji postupak.



Sekretar
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Đurđa Vukotić



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Broj: 2568
Nikšić, 09.11.2020

Na osnovu člana 64 Statuta Univerziteta Crne Gore i člana 41 Pravila doktorskih studija, Vijeće Fakulteta za sport i fizičko vaspitanje iz Nikšića, na sjednici održanoj 09.11.2020.godine, donijelo je :

ODLUKU

Utvrđuje se da su ispunjeni uslovi iz člana 38 Pravila doktorskih studija, te se predlaže Senatu Univerziteta Crne Gore da da saglasnost na predlog Komisije za ocjenu doktorske disertacije pod nazivom: „Efekti specijalizovanog aerobik programa na pozitivan varijabilitet morfoloških, motoričkih, kardio i biohemijskih parametara" kandidata mr Gentiane Beqa Ahmeti, u sastavu:

1. Prof. dr Duško Bjelica, redovni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, predsjednik komisije
2. Prof. dr Kemal Idrizović, redovni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, mentor
3. Prof. dr Stevo Popović, vanredni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član
4. Prof.dr Zoran Milošević, redovni profesor Fakulteta sporta i fizičkog vaspitanja Univerziteta u Novom Sadu, član ,
5. Doc.dr Bojan Mašanović, docent Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član

Pripremila


Đurđa Vukotić

Dekan


Prof.dr Stevo Popović



Dostavljeno:

- a/a
- Odboru Centra za doktorske studije UCG
- Senatu UCG



Article

Endurance Training vs. Circuit Resistance Training: Effects on Lipid Profile and Anthropometric/Body Composition Status in Healthy Young Adult Women

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Abstract: Background: Endurance training (ET) and resistance training (RT) are known to be effective in improving anthropometric/body composition and lipid panel indicators, but there is an evident lack of studies on differential effects of these two forms of physical exercise (PE). This study aimed to evaluate the differential effects of 8-week ET and RT among young adult women. Methods: Participants were women ($n = 57$; age: 23 ± 3 years; initial body height: 165 ± 6 cm; body mass: 66.79 ± 7.23 kg; BMI: 24.37 ± 2.57 kg/m²) divided into the ET group ($n = 20$), RT group ($n = 19$), and non-exercising control group ($n = 18$). All participants were tested for cardiovascular risk factors (CRF), including total cholesterol, high density lipoprotein (HDL), low density lipoprotein (LDL), triglycerides, glucose, and anthropometric/body composition (body mass, body mass index, skinfold measures, body fat %) at the beginning and at the end of the study. Over the 8 weeks, the ET group trained three times/week on a treadmill while the RT group participated in equal number of circuit weight training sessions. Both types of training were planned according to participants' pre-study fitness status. Results: A two-factor analysis of variance for repeated measurements ("group" \times "measurement") revealed significant main effects for "measurement" in CRF. The "group \times measurement" interaction was significant for CRF. The post-hoc analysis indicated significant improvements in CRF for RT and ET. No significant differential effects between RT and ET were evidenced. Conclusions: The results of this study evidence improvements of CRF in young adult women as a result of 8-week ET and RT. The lack of differential training-effects may be attributed to the fact that all participants underwent pre-study screening of their fitness status, which resulted in application of accurate training loads.

Keywords: physical activity; physical exercise; aerobic; circuit weight training; women; lipid profile

1. Introduction

The "lipid panel" (i.e., lipid profile, lipid test) is a term used to describe levels of lipids in the blood and includes total cholesterol (TC), low-density lipoprotein cholesterol (LDL), high-density lipoprotein cholesterol (HDL), and triglycerides (TG). Because of its importance in evaluating cardiovascular status, the lipid panel is frequently called the "coronary risk panel", with LDL and TG being strong risk factors for cardiovascular insult [1]. The high-risk profile is correlated with indices of overweight/obesity (independently of other factors such as race, gender, and environment), with higher risk in overweight

and obese individuals [2–5]. Therefore, evaluations of both anthropometric/body composition indices and the lipid panel are valuable tools in assessing risk for cardiovascular problems [6,7].

In the last decade or two, there has been a worldwide increase in obesity and a parallel decrease in cardiovascular fitness. The treatments for this health issue are various such as lifestyle modifications, pharmacological therapies, and surgery [8]. While a low level of physical activity is one of the factors known to be directly related to such trends, studies regularly evidence that increasing physical activity levels (which is often assured by incorporation of physical exercise programs in everyday lifestyle) significantly improves health indices and are advocated as important elements of primary or adjunctive therapy [9]. For better understanding, the difference between “physical activity (PA)” and “physical exercise (PE)” is important [10]. In short, while PA refers to any bodily movement produced and Prevention) vary when it comes to type, intensity, volume, and frequency of PE [11]. This is not surprising knowing that different types of PE have differential effects on specific health indices [2].

For example, aerobic exercise (i.e., exercise that involves cardiorespiratory endurance exercises (cyclic activities) such as jogging, walking, dance aerobics, treadmill running, cycling) has been shown to improve the cardiovascular fitness of participants, and such findings are relatively consistent irrespective of participants’ age, sex, and/or fitness status [12–16]. At the same time, resistance training (PE performed in an acyclic manner by exercising a muscle or a muscle group against external resistance) is primarily oriented toward muscular fitness. Consequently, participation in such a form of PE directly improves strength and power capacities [17–19].

While the benefits of PA in everyday life are relatively well documented, the problem of regularity in PA is crucial. Modern life offers many advantages, but many young adults are facing the problems of extremely busy schedules, including “overload” and or “increased stress levels” [20,21]. Therefore, it is of high importance to find the most appropriate type of PE for the various needs of different subjects. This is a particularly important problem in women. Briefly, there is conclusive body of evidence that “being female” was negatively associated to PA and PE in all age categories (e.g., children, adolescents, and adults) [22]. Moreover, it has been hypothesized that discouraging family/social environments could be a significant factor preventing, which is supportive to European Union survey which indicates a consistent decrease in PE in women, particularly those older than 24 years [22,23]. Indeed, women are nowadays frequently employed but at the same time, face greater home duties and parental responsibilities than males. This altogether limits their possibility to achieve regularity of PE, even if they are well informed about the necessity and importance of PE.

Another factor that directly contributes to PE effectiveness is regularity of exercise (i.e., exercise consistency—EC) [24,25]. The majority of studies that have examined the effects of PE in women have been based on a random sampling experimental approach, where participants were grouped into experimental and control groups by random selection [26,27]. Although undoubtedly methodologically justified, such an experimental approach does not reflect the behavioristic nature of PE. Namely, individuals’ choice of PE type is strongly influenced by self-preferences [28]. Therefore, in order to evaluate the effects of PE that will be transferable to the real world (in other words that will be “ecologically valid”), it is of the utmost importance to identify the possible effects of PE type that were chosen individually by each participant. Meanwhile, there is a limited body of knowledge about the effectiveness of PE when the type of PE is chosen according to participants’ own preferences.

From the literature overview, it is clear that a limited number of studies have examined and compared the effects of resistance training and endurance training in young adult women, especially with regard to important health-related indices such as the lipid panel and anthropometric/body composition indices. Next, information about the effectiveness of resistance training and endurance training in women who deliberately participate in certain PE programs is particularly scarce. Specifically, the initiation and consistency in PE is strongly correlated to different psychological and behavioral characteristics (including self-motivation, personal characteristics, environmental specifics), and it is hard to expect that individuals will partake in exercise program they do not prefer [29,30]. This study aimed to evaluate the differential effects of 8 weeks of endurance training or resistance training

on the lipid profile and anthropometric/body composition indices of young adult healthy women who self-decided to participate in one of the studied PE programs. Initially, we hypothesized that (i) endurance and resistance training will induce positive changes in studied variables; (ii) endurance training will reveal better results, with regard to positive changes in the lipid profile of the participants, than resistance training; and (iii) resistance training will reveal more superior results with regard to positive changes in anthropometric/body composition indices than endurance training.

2. Materials and Methods

2.1. Participants

The participants in this study were young healthy adult women ($n = 57$; age: 23 ± 3 years; initial body height: 165 ± 6 cm; body mass: 66.79 ± 7.23 kg; BMI: 24.37 ± 2.57 kg/m²). They were all members of one fitness center in Pristina, Kosovo and participated in this study between February and June 2018. None of them had any training history and they were mostly University students. All participants deliberately chose one of the examined PE programs; therefore, the total sample was divided into the resistance training group ($n = 19$), endurance training group ($n = 20$), and control (non-exercising) group ($n = 18$). The control group consisted of those women who were interested in being involved in some of the studied PE programs, but at the moment of their first visit to fitness center their preferred PE program was unavailable (due to limited space/equipment and/or currently large number of participants). On the basis of the pre-testing lipid-profile results (please see later for details on testing), the above optimal level of TC was evidenced in 25% of participants (5% with high levels of TC), 23% of participants had above optimal level of LDL (6% with high levels of LDL), and <10% of participants had above optimal levels of TC [31]. A total of 32% of participants were overweight/obese (BMI > 25 kg/m²). All participants were informed of the benefits and risks of participating in the study and they signed informed consent forms for their participation. They were informed that they could leave the program at any time. The study was conducted in accordance with the Helsinki declaration and was approved by the Ethical Board of the University of Split, Faculty of Kinesiology, Split, Croatia (EBO: 2141-6775-234).

2.2. Testing and Variables

All the participants were tested at two time points: initial testing (pre-testing) and at the end of the two-month period (post-testing). Variables included anthropometric/body composition indices, lipid panel, and nutritional intake. Anthropometrics were tested in an accredited medical laboratory where blood samples were also drawn (Biohem Laboratory, Gjakovë, Kosovo).

Anthropometric/body composition variables were measured with a Seca stadiometer and scale (Seca, Birmingham, UK) and skinfold caliper (Holtain, London, UK), and measurements included body height, body mass, triceps skinfold, thigh skinfold, and suprailiac skinfold. An experienced technician measured all anthropometric variables in the morning, prior to blood sampling. Later, the body mass index (BMI) was calculated by dividing participants' body mass (kg) by their squared body height (m). The body fat percentage was calculated by the Jackson–Pollock formula for body density, and Siri equation for body fat percentage (BF%) [32]:

$$\text{Body density} = 1.0994921 - (0.0009929 \times [\text{triceps skinfold} + \text{thigh skinfold} + \text{suprailiac skinfold}]) + (0.0000023 \times [\text{triceps skinfold} + \text{thigh skinfold} + \text{suprailiac skinfold}]^2) - (0.0001392 \times \text{age}),$$

$$\text{BF\%} = (4.95/\text{body density} - 4.5) \times 100.$$

Blood samples were taken after anthropometric measurements, after overnight fasting, from the antecubital vein. Samples were collected in BD Vacutainer® SSTII Advance vacuum tubes (BD, Plymouth, UK) and centrifuged at 3500 rpm for 10 min (Centrifugal Hettich, Tuttlingen, Germany). Plasma glucose (GLU), total cholesterol (TC), high-density lipoprotein (HDL), and triglycerides (TGs)

were analyzed with the COBAS Integra 400+ analyzer (Roche Diagnostics International Ltd., Rotkreuz, Switzerland). The Friedewald equation was used for estimating concentrations of LDL [33].

Nutritional intake was controlled at study baseline and at the end of the study. Participants were asked to fill out food diaries over 3 days at the beginning and at the end of the study (see Figure 1). Later, energy intake was analyzed using nutritional tables and software [34]. The study protocol is presented in Figure 1.

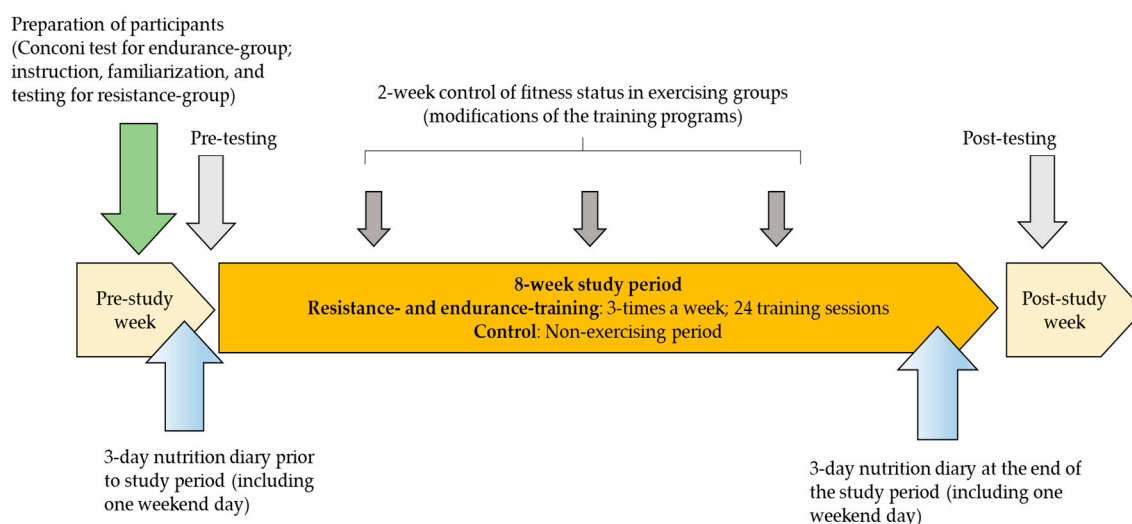


Figure 1. Study protocol.

2.3. Physical Exercise Programs

Both PE programs lasted two months (8 weeks), with a training frequency of 3 sessions per week (Monday, Wednesday, Friday). Initially, the authors discussed the duration of the experiment and agreed that the majority of females participated in 2-month (8-week) training, and after that moment, significant drop-out regularly occurs. While the authors were interested to investigate the effects of real-life training, the duration of 8-weeks was identified as being appropriate. Altogether, participants performed a maximum of 24 sessions, but herein, we included all the participants who were present for a minimum of 21 training sessions. All the sessions took place from 16:00 to 21:00. In this study, training programs were not matched on the basis of energy expenditure but in terms of duration. Therefore, both training programs lasted for 45–60 min and progressed over the course of the study (i.e., from 45 min from the beginning, up to 70 min at the study end).

Endurance training consisted of aerobic endurance treadmill walking/running exercises performed on Nova 450 equipment (Nova Sport, Istanbul, Turkey). This training equipment allows inclination of the surface from 0% and 15%, speed range from 1 to 20 km/h, and an effective running surface of 56 × 150 cm. Before the pre-testing first training session, each participant was tested by the Conconi test, a noninvasive method for assessing individual anaerobic thresholds by the heart rate threshold (i.e., deflection point from the linear relationship between work load and heart rate) [35]. The heart rate threshold has been shown to be correlated significantly with the anaerobic threshold in healthy individuals and later, it was shown to be applicable for evaluating the anaerobic threshold even in participants with certain health problems [36]. This protocol allowed us to determine the individual heart rate threshold for each participant, which was later used as an indicator of maximal individual training load. Participants exercised in a range of 5–30 beats below the anaerobic threshold, which corresponds to 120–155 beats/min (60%–80% of maximal heart rate) on average. The Conconi test was applied every two weeks in order to track the progress and to eventually redefine training loads. Throughout the course of the study, participants involved in endurance training performed treadmill walk/run exercises while heart rate values were monitored by a heart rate monitor. During

the endurance exercise, participants performed different forms of endurance-based training protocols (i.e., continuous, interval (starting from 2 min exercise + 1 min rest in first week up to 4 min exercise + 1 min rest last week), Fartlek) but heart rate values were constantly kept to at least 5 bpm below the identified threshold. In general, participants were instructed to perform one form of endurance-based training protocol throughout the one week and then to use another one (i.e., continuous training first week, Fartlek, the next week, and so on), but this was not mandatory, and participants frequently changed training forms within the single week. Generally, all participants participated in different forms of endurance exercise, meaning that none of the participants performed only one modality of exercise over the study course. Training sessions were programmed and controlled according to the individual needs of each participant and intensity was modified by inclination and/or speed of the treadmill carpet.

Resistance training was organized and performed as circuit weight training using handheld weights, weight machines (Technogym, Cesena, Italy) and participants' own body weight. Prior to the study, each participant performed two training sessions in order to accommodate herself with the training equipment and to familiarize herself with proper techniques and execution of exercise. Moreover, throughout these "familiarization sessions", the training instructor noted the appropriate weights for each exercise and each participant. This allowed us to make the chart where weights (resistances) were evidenced and later used in the resistance training. Every two weeks (3 times over the study course), participants were invited to participate in an additional individual training session where first author of the study tested them on exercises used in circuit-weight-training in order to re-define individual training loads for the upcoming period of two weeks. The general structure of the applied circuit weight training is presented in Table 1. Resistance exercise was performed in groups of 4–6 participants but each participant followed individual guidelines (i.e., specific technique, weight) that were posted at each exercise station.

Table 1. Characteristics of the applied resistance training (circuit-weight-training).

Exercise	Equipment used	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Abdominal curls	OBW	x	x	x				x	
Abdominal curls (added weights)	OBW + FW				xx	xx	xx		xx
Leg raises	OBW							x	
Hyperextension bench	OBW	x	x	x	xx	xx	xx	x	x
Knee extension	WM	x				x			
Hamstring curl	WM	x	x	x	x	x	x	x	
Lunges	OBW		x			x	x		
Lunges (added weights)	OBW + FW							x	x
Squats	OBW			x	x		x		
Squats (added weights)	OBW + FW							x	x
Legg adductions	WM	x	x	x		x			x
Legg abductions	WM	x	x	x			x		x
Latt pulldowns	WM	x	x				x		x
Rowing torso	WM			x	x	x		x	
Biceps curls		x	x	x	x			x	
Triceps extension	WM	x	x	x					
Butterfly bench	WM	x	x					x	
Bench press	WM & FW			x	x	x	x		x
Inclined bench press	WM & FW								
Overhead press	WM & FW				x			x	x
Number of circuits per training session		2	2	3	3	2	3	3	2
Time of work per set (in seconds)		30	30	25	30	30	30	30	30
Rest between sets (in seconds)		30	30	35	30	30	30	30	30
Rest between circuits (in minutes)		5	5	5	5	5	5	5	5
Warm-up (in minutes)		10	10	10	10	10	10	10	10
Cool-down (in minutes)		10	10	10	10	10	10	10	10

LEGEND: WM-weight machines, FW-free weights, OBW-own body weight, "x" indicates the number of sets for each exercise in one circuit.

2.4. Statistics

Kolmogorov–Smirnov tests were used to evaluate the normality of the distributions for all variables, and descriptive statistics included means and standard deviations. Levene’s test was used to assess the homoscedasticity of variables.

A two-way analysis of variance (ANOVA) with repeated measures (Time (pre- and post-training) × Group (resistance training conditioning, endurance training, control)) was used to determine the effects of PE on the studied variables, with Scheffe’s post-hoc analyses. To evaluate the effect sizes, the partial eta squared values (η^2) were also reported (small effect size [ES]: >0.02; medium ES: >0.13; large ES: >0.26) [37,38]. A significance level of $p < 0.05$ was applied and Statistica 13 (TIBCO Software Inc. Palo Alto, CA, USA) was used.

3. Results

Descriptive statistics for the studied anthropometric/body composition-, and lipid panel-variables are presented in Table 2.

Table 2. Descriptive statistics of the variables in Pre- and Post-testing for study groups (data are presented as Means ± Standard Deviations; * presents significant pre–post-testing differences in each group).

Variables	Resistance-Training (n = 19)		Endurance-Training (n = 20)		Control (n = 18)	
	Pre-	Post-	Pre-	Post-	Pre-	Post-
BM (kg)	66.53 ± 6.51	62.4 ± 6.58 *	67.35 ± 8.39	62.38 ± 8.56 *	64.89 ± 7.05	64.06 ± 7.78
BMI (kg/m ²)	24.02 ± 2.39	22.82 ± 2.39 *	25.11 ± 2.69	23.09 ± 2.79 *	23.55 ± 2.32	23.99 ± 2.32
Tr_SF (mm)	24.71 ± 6.3	20.56 ± 3.56 *	26.78 ± 6.58	21.39 ± 4.03 *	23.09 ± 9.84	23.47 ± 9.56
Th_SF (mm)	23.68 ± 9.99	21.06 ± 4.88 *	25.74 ± 7.52	23.87 ± 5.46 *	22.56 ± 5.2	22.58 ± 8.83
SL_SF (mm)	18.27 ± 7.04	15.24 ± 3.02 *	20.57 ± 4.41	17.7 ± 3.7 *	17.76 ± 5.68	17.56 ± 6.4
BF (%)	34.92 ± 5.79	29.89 ± 4.41 *	36.43 ± 5.43	30.14 ± 4.04 *	33.99 ± 5.92	34.05 ± 6.11
TC (mmol/L)	4.57 ± 0.6	3.98 ± 0.55 *	4.94 ± 0.56	3.77 ± 0.47 *	4.63 ± 0.59	4.51 ± 0.57
HDL (mmol/L)	1.63 ± 0.25	1.09 ± 0.16 *	1.74 ± 0.27	1.25 ± 0.18*	1.57 ± 0.21	1.59 ± 0.26
LDL (mmol/L)	3.42 ± 0.48	2.58 ± 0.47 *	3.36 ± 0.43	2.21 ± 0.46 *	3.14 ± 0.62	2.96 ± 0.51
TG (mmol/L)	1.15 ± 0.15	0.6 ± 0.13 *	1.18 ± 0.23	0.72 ± 0.16 *	1.19 ± 0.22	1.01 ± 0.23 *
PG (mmol/L)	5.19 ± 0.55	4.06 ± 0.42 *	4.89 ± 0.54	4.25 ± 0.6 *	5.04 ± 0.51	4.92 ± 0.36

LEGEND: BM-body mass, BMI-body mass index, Tr_SF-triceps skinfold, Th_SF-thigh skinfold, SL_SF-suprailiac skinfold, BF-body fat, TC-total cholesterol, HDL-high density lipoprotein, LDL-low density lipoprotein, TG-triglycerides, PG-plasma glucose.

Significant ANOVA main effects for “Group” were evidenced for thigh skinfold (medium ES), BF% (medium ES), and HDL (medium ES). The main effects for “Measurement” were significant for all studied variables, namely body mass (large ES), BMI (large ES), triceps skinfold (large ES), thigh skinfold (large ES), suprailiac skinfold (large ES), BF% (large ES), TC (large ES), HDL (large ES), LDL (large ES), TG (large ES), and PG (large ES) (Table 3).

The “Measurement × Group” interaction effects reached statistical significance for all studied anthropometric/body composition and lipid-panel-variables, namely body mass (large ES), BMI (large ES), triceps skinfold (large ES), thigh skinfold (large ES), suprailiac skinfold (large ES), BF% (large ES), TC (large ES), HDL (large ES), LDL (large ES), TG (large ES), and PG (large ES) (Table 3).

The post-hoc Scheffe test revealed significant within-group differences (e.g., pre- to post-testing differences) for both training-groups in body mass, BMI, triceps skinfold, thigh skinfold, subscapular skinfold, BF%, TC, HDL, LDL, PG, and TG (significant decrease in numerical results for all variables in training-groups). For the controls, significant post-hoc within-group differences were found for TG (significant decrease of TG over the course of the study). Between-group post-hoc analysis showed higher BMI for resistance- than for endurance-training-group in pre-testing results. When post-hoc analyses were calculated for post-testing results, significant between-group differences were found for triceps skinfold, BF%, HDL, TG, and PG (all larger in control-group than in both training groups); TC

and LDL (both larger in control-group than in endurance-training). No significant post-hoc differences were found between resistance-training and endurance-training group in post-testing.

Table 3. Results of the analysis of variance for main effects (Group and Measurement), and interaction (Group × Measurement) with effect size values (η^2).

Variables	Main Effects						Interaction		
	Group			Measurement			Group × Measurement		
	F-Test	p	η^2	F-Test	p	η^2	F-Test	p	η^2
BM (kg)	0.1	0.88	0.01	327.1	0.001	0.87	128	0.001	0.72
BMI (kg/m ²)	0.63	0.53	0.02	143.97	0.001	0.73	60.77	0.001	0.69
Tr_SF (mm)	0.93	0.39	0.03	73.73	0.001	0.58	21.36	0.001	0.44
Th_SF (mm)	6.31	0.01	0.19	146.63	0.001	0.73	36.25	0.001	0.57
SI_SF (mm)	1.75	0.18	0.06	39.1	0.001	0.42	8.73	0.001	0.25
BF (%)	3.98	0.03	0.13	183.91	0.001	0.77	46.45	0.001	0.63
TC (mmol/L)	1.75	0.18	0.06	84.62	0.001	0.61	19.45	0.001	0.42
HDL (mmol/L)	5.63	0.01	0.17	139.33	0.001	0.72	38.17	0.001	0.59
LDL (mmol/L)	1.97	0.15	0.07	173.77	0.001	0.77	26.66	0.001	0.49
TG (mmol/L)	7.37	0.01	0.21	464.25	0.001	0.89	35.41	0.001	0.57
PG (mmol/L)	4.54	0.02	0.14	98.08	0.001	0.65	20.65	0.001	0.43

LEGEND: BM-body mass, BMI-body mass index, Tr_SF-triceps skinfold, Th_SF-thigh skinfold, SI_SF-suprailiac skinfold, BF-body fat, TC-total cholesterol, HDL-high density lipoprotein, LDL-low density lipoprotein, TG-triglycerides, PG-plasma glucose.

Caloric intake and nutrient intake (in kcal), did not differ between groups nor among groups (Figure 2).

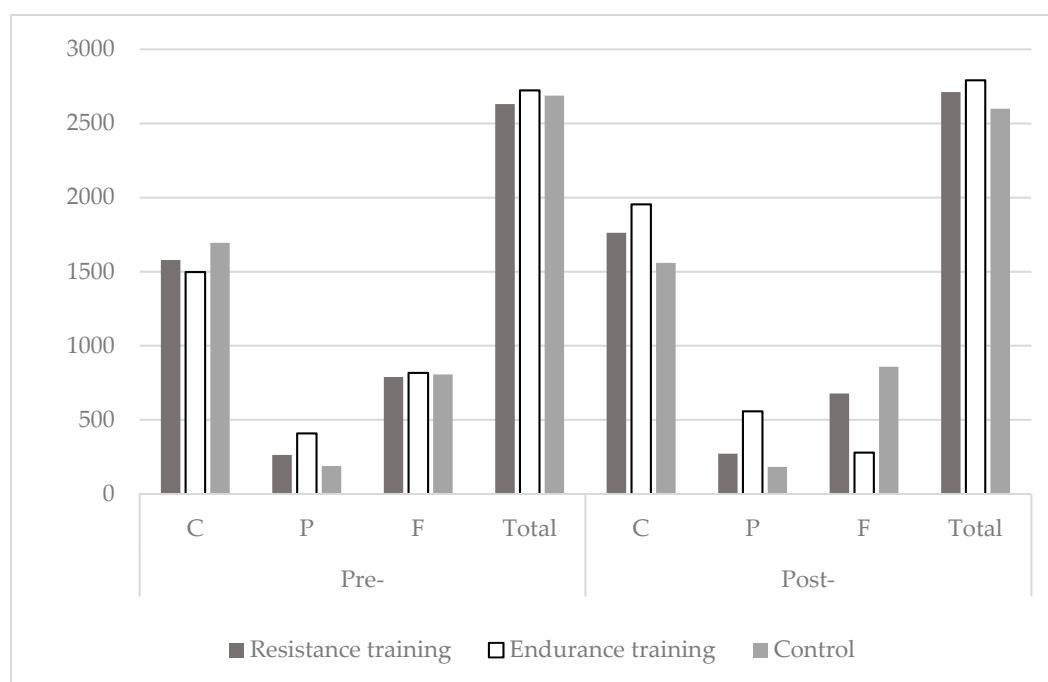


Figure 2. Caloric intake (Total, Carbohydrates-C, Proteins-P, Fats-F; all in kcal) for the resistance-training-, endurance-training-, and control-group at the beginning (Pre-), and at the end of the study (Post-).

4. Discussion

This study aimed to evaluate the differential effects of endurance training and resistance training on the lipid panel and anthropometric indices of adult healthy women. There were the two most

important findings. First, both training modalities induced positive changes in all studied variables. Therefore, the first study hypothesis may be accepted. Secondly, there was no evidence of differential effects of observed training modalities on studied variables. As a result, the second and third study hypotheses were not confirmed.

4.1. Positive Effects of Endurance and Resistance Training on Anthropometric/Body Composition Indices

Endurance training induced significant positive effects on anthropometric/body composition indices. Such results were expected and similar improvements were reported in other studies where different forms of endurance (aerobic) training were studied in women. For example, a recent Spanish study with sedentary females investigated the effects of a 16-week Zumba aerobic dance program and revealed positive effects on BMI and body fat percentage [27]. The Lithuanian study where the authors examined the effects of a two-month endurance exercise program performed by indoor cycling, induced a significant reduction of body mass of 1 kg in young health females (in our study, 4 kg), but in this study's authors examined participants with initially lower BMI and BF% than we have observed herein (BMI: 23 and 24 kg/m², BF: 31 and 35% in Lithuanian and our study, respectively), which naturally resulted in smaller numerical changes in body mass [39]. Positive results of endurance training on different indices of body build have been reported in other studies with young health females as well [40]. On the other hand, it is important to note that the duration of our study was evidently shorter (i.e., 8 weeks) than the durations for the majority of previous studies, which regularly lasted 3 months or more [27,40]. In explaining the significant effects on body composition indices in our study, irrespective of the relatively short duration, the two most important issues should be highlighted and discussed: (i) controlled intensity and (ii) type of endurance exercise.

It is well known that moderate aerobic exercise for > 150 or 200–300 min per week can significantly reduce body mass (weight), even without controlling diet [41]. Proper intensity of endurance exercise is one of the most important factors of exercise effectiveness. Specifically, when exercise intensities differ, exercise expenditure is not the only factor responsible for reducing body mass [42]. High-intensity training may effectively reduce body fat and when energy expenditure is held equal (as it was the case in our endurance group), high-intensity exercise is more beneficial for improving body composition than low-intensity exercise [43]. Prior to the study, each participant involved in endurance PE underwent initial screening where their anaerobic threshold was evidenced (see Methods for details). This allowed us to determine the intensity level (using the treadmill belt speed and heart rate) at which participants would most effectively exercise.

Secondly, it must not be ignored that treadmill exercise was highly convenient for the purposes of this investigation. The treadmill equipment allows inclination of the platform which increases the exercise intensity without increasing the step frequency. As a result, our participants were able to exercise while “walking uphill”. This minimized the stress on the locomotor system [44,45] and allowed convenient and effective endurance exercise. Together with continuous control of exercise intensity by heart rate monitoring, treadmill use almost certainly contributed to the significant effects seen in endurance training, irrespective of the relative short duration of the training program (i.e., 8 weeks).

Resistance training is a popular and convenient form of exercise and its positive effects on anthropometric/body composition status in women of different ages and with various health conditions have already been documented [46,47]. In our study, we applied organized circuit weight training as a form of resistance training. This form of training was developed in the early 1950s and the term “circuit” refers to a series of specific and organized exercises arranged in a sequence [48,49]. Selected exercises can involve different forms of “resistance exercises”, including elastic resistance, weight machines, handheld weights, etc. Participants perform one exercise in a pre-defined order and a number of repetitions (or in a pre-defined time) and after a relatively strict pause, they move to another exercise (for details on circuit resistance training applied in this study, please see Methods). Although originally designed with the main intention to improve strength and cardiorespiratory function, changes in body build and body composition indices are also regularly achieved because of the relatively high

metabolic costs of this form of training [48]. However, it must be noted that high-intensity (heavy load) training was previously not effective when it came to changes in anthropometric/body composition parameters in the low-trained women [50].

The effects of circuit resistance training in our study were positive, with significant reductions of body mass, BMI, and BF%. Therefore, the changes achieved as a result of circuit weight-training are comparable to those reported in other research with female participants. In brief, Brazilian authors applied the same type of resistance training in sedentary women (33–45 years of age) who had a similar body composition status as our participants, and evidenced significant decreases in BF% (from 37% to 31) [51]. Further, similar results were reported in an Australian study with obese women [52], while an Iranian team confirmed the effects of 8-week circuit weight training on body weight reduction in postmenopausal women [53]. On the other hand, the positive effects of 8-week circuit resistance training on body composition were not confirmed in a US study on premenopausal women, although numerical values of BMI and BF indices showed promising trends [52]. However, it must be noted that participants in the latter study trained two times a week, which probably explains the lack of effectiveness due to the lower energy expenditure (metabolic demands).

4.2. Positive Effects of Endurance and Resistance Training on Plasma Glucose and Lipid Profile

The significant reduction of the PG levels in our participants was expected because: (i) carbohydrates (e.g., PG and muscle glycogen) are one of the main energy sources during PA, and (ii) PA increases insulin sensitivity, which reduces the PG concentration in trained subjects [54–56]. On the other hand, the differential effects of studied PE-programs were also possible. In brief, the PG utilization increases with the intensity of PE because of the increase in glucose utilization by muscles. Throughout the PE, the utilization is affected (e.g., increased) by (i) the intensity of the activation of each muscle unit and (ii) the increase in the number of active muscle units, and/or (iii) both [57]. Although we cannot ignore the fact that both of these mechanisms are more prevalent in resistance training (i.e., resistance training increase the intensity and number of activated muscle unites to a greater extent than endurance-training), plasma glucose utilization also increases with the duration of exercise. It therefore may at least partially compensate the theoretically expected superior effects of resistance-training in our study.

The association between high cholesterol levels and ischemic heart disease has been known for almost 20 years. Results of studies that aimed to reduce cholesterol levels showed reduced risk of cardiovascular diseases as a consequence of lower cholesterol levels [58]. It is important to note that the prevalence of high cholesterol has decreased globally over the last 20 years but a significant proportion of this decrease may be attributed to the use of cholesterol-lowering substances. For example, it is estimated that usage of cholesterol-lowering substances in US citizens has increased more than 400% starting from the early 1990s [59]. Therefore, our results of the significant effects of both observed PE modalities on lowering cholesterol levels are encouraging, especially knowing that our participants did not use cholesterol-lowering substances, were not involved in a specific nutrition program, and/or, to the best of our knowledge, did not change their caloric intake over the course of the study.

Our results show positive effects of aerobic endurance exercise on changes in lipid profile, and this is generally consistent with previous reports where authors examined longer training programs. For example, a 6-month study of Dunn et al., who examined a mixed sample of healthy, sedentary men and women, showed promising results, with significantly positive changes in total cholesterol, LDL, and the total/HDL ratio [60]. One of the rare studies exclusively examining females evaluated the effects of 16 weeks of endurance exercise and a significant increase in HDL and decrease in the concentration of triglycerides were reported [40]. In a recent study with healthy young females (25–30 years of age), Kyrolainen et al. evidenced changes in lipid panel indicators as a result of 9-week endurance training [11]. More specifically, TG changes were not significant (1.17 ± 0.34 and 1.01 ± 0.29 mmol/L), TC was significantly reduced (5.0 ± 0.05 mmol/L and 4.4 ± 0.7 mmol/L), while HDL levels significantly increased (1.37 ± 0.29 and 1.51 ± 0.27 mmol/L, before and after study period, respectively) [11]. The

somewhat better improvements in our study may be explained by the fact that our participants performed treadmill-endurance training, while Kyrolainen et al. applied indoor cycling as a type of endurance training. Knowing the differences in overall energy expenditure between these two forms of exercising (i.e., treadmill walking/running engage larger percentage of the musculature than cycling), the somewhat better effects in our study are understandable [61]. However, despite some differences, our results support previous findings which evidenced the positive effects of exercise in healthy young females.

Interestingly, in our study, the resistance training program induced similar positive changes in lipid profile as endurance training. Although we expected that endurance training would have better effects on lipid profile variables than resistance-training, reports which highlight significant improvements in cardiovascular risk factors as a result of resistance-based PE are not rare. For example, Prabhakaran et al. studied premenopausal women and reported significant decreases in total cholesterol (from 4.6 to 4.26 mmol/L) and LDL cholesterol (from 2.99 to 2.57 mmol/L) as a result of 14-week resistance training [62]. Similarly, in a study with healthy males, high-resistance training and moderate-intensity resistance PE performed over 6 weeks were equally effective with regard to reductions of LDL, total cholesterol, and the total cholesterol: HDL ratio [63]. Finally, circuit weight training, very similar to the one applied in our study, resulted in significant reductions in total cholesterol and triglycerides in a study of obese women [26], altogether indicating clear benefits of resistance training on improving the lipid profile of female participants.

4.3. Study Limitations and Strengths

This study has several limitations that must be mentioned. First, we compared three-day logs obtained at the beginning and at the end of the study, but did not continuously monitor diets, and this investigation did not include strict control of the participants' diet. Next, we did not observe daily physical activity of women involved in the investigation, which may also contribute to changes in studied variables. Moreover, the study was not based on total randomization, but participants were involved in PE types according to their preferences. Although this may be observed as a study limitation, the authors believe that it may also contribute to the ecological validity of the investigation. Namely, self-motivation for PE is among the most important factors of initiation, and consistency in PE [24,29,30]. Therefore, since participants autonomously selected the type of exercise they will participate in, our results may actually reflect the effects that may be expected in "real-life".

This is one of the rare studies where programmed and controlled endurance and circuit resistance training were observed as methods of PE in young adult women. This allowed us to clearly identify the effects of PE itself, irrespective of eventual confounding effects of individual characteristics (technical knowledge of exercise execution, monitoring of exercise intensity, etc.). In addition, participants were women who self-decided to start physical exercise and who deliberately chose the PE-type; therefore, the results obtained may be observed as plausible for the general population of young healthy women.

5. Conclusions

Our results confirm the positive effects of endurance training, performed on treadmill, and circuit resistance training on lipid panel and anthropometric/body composition indices in adult healthy women. Moreover, no differential effects between the applied PE programs were evidenced. Since the applied PE programs lasted 8 weeks, it may be concluded that both types of exercise were equally effective with regard to changes in the observed parameters of cardiovascular risk. However, it must be mentioned that both PE programs had several specifics that probably influenced their effectiveness despite the differences in exercise character (e.g., resistance vs. endurance training).

Circuit resistance training included exercises done with own body weight, weight machines and handheld weights. Since all participants were tested on their strength capacity prior to the study, individualized training programs were developed and applied throughout the study course. In addition, every two weeks, additional screening of the strength capacities was done, which allowed

us to redesign the volume and intensity of training. Endurance training consisted of treadmill exercising, and prior to study, all participants were tested for their initial endurance capacity. The result of each participant was then recorded and used in the training design, which, together with training load monitoring, resulted in appropriate and precise workloads in each training session. Altogether, this design almost certainly influenced the efficacy of both PE modalities.

This study involved apparently healthy female participants 32% of whom were overweight/obese and 25% of participants who had above-optimal levels of lipid-panel indicators. Therefore, the necessity of the study may be questioned. However, because of the alarming trends of increase in cardiovascular-risks, it is important to determine the eventual positive effects of PE even in low-risk populations. Namely, this study demonstrates that exposure to individually preferred PE can induce significant health benefits and can therefore prevent the occurrence of various cardiovascular risks. This information can be used in targeted and preventive public health efforts.

In future studies, the observed forms of PE here should be evaluated with regard to their effects on other important fitness-related variables. In doing so, special attention should be placed on strength, endurance, and flexibility components. In addition, similar studies for other types of PE are warranted.

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Црна Гора
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено:	30.10.2020.		
Орг. јед.	Број	Прилог	Вриједност
	2458		

UNIVERZITET CRNE GORE
FAKULTET ZA SPORT I FIZIČKO VASPITANJE
KOMISIJI ZA DOKTORSKE STUDIJE

Predmet: Zahtjev za ocjenu doktorske disertacije

Molim vas da imenujete komisiju za ocjenu doktorske disertacije " EFEKTI SPECIJALIZOVANOG AEROBIK PROGRAMA NA POZITIVAN VARIJABILITET MORFOLOŠKIH, MOTORIČKIH, KARDIO I BIOHEMIJSKIH PARAMETARA"

U Nikšiću, 21.10.2020. godine

Kandidat:
mr Gentiana Beqa - Ahmeti

UNIVERZITET CRNE GORE
FAKULTET ZA SPORT I FIZIČKO VASPITANJE

Црна Гора УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ			
Примљено	30.10.2020.		
Орг. јед.	Број	Прилог	Вриједност
	2458/1		

Predmet: Saglasnost mentora sa tekstem disertacije doktorantkinje

Ovom izjavom dajem svoju saglasnost sa tekstem doktorske disertacije mr Gentiane Beqa Ahmeti, koju je doktorantkinja predala arhivi Fakulteta za sport i fizičko vaspitanje 21. oktobra 2020. godine.

Nikšić, 26. 10. 2020. godine

Podnosilac izjave,

Prof. dr Kemal Idrizović

BIOGRAFIJA

Lični podaci:

Ime i prezime: Gentiana Beqa-Ahmeti

Datum i mjesto rođenja: 02. 09. 1981. u Đakovici, Kosovo

Adresa: Agim Ramadani 54, Priština

Broj telefona:

Obrazovanje: Osnovnu školu "Mazllum Këpuska" 1996 i srednju gimnaziju "Hajdar Dushi" 2000 završio u Đakovici. Osnovne studije Fakultet fizičkog vaspitanja i sporta upisala 2002/03 u Prištini a završila 2006 godine, nakon čega 2007 godine upisana je na master studije na Fakultetu fizičkog vaspitanja i sporta u Prištini a 2013 godine uspešno završila magistarski stepen. Doktoratske studije upisala 2014 godine na Fakultetu za sport i fizičko vaspitanja u Nikšić.

Radno iskusvo: U posljedih 10 godina radi kao asistent plesa na Fakultetu fizičkog vaspitanja i sporta u Prištini.

Ostalo: Women Sport Physique Lady - WBPF Budapest 2016; European Champion Wellness Fitness - IFBB Santa Susanna 2017; Wellness Arnold Clasik Euro; Wellness Diamond Cup Milano; Overall Wellness Diamond Cup Milano; World Wellness Fitness Champion 2017; Overall World Wellness Fitness 2017.

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Beqa, G., Gjinovci, B., Miftari, F., Elezi A., & Elezi, G. (2018). Effect of the cardio respirator activity in the frame of the benefit in some biochemical parameters. *Journal of Education, Health and Sport*, 8(11), 425-435.

Beqa, G., Miftari, F., Gjinovci, B., Elezi A., & Elezi, G. (2018). Impact of physical activity with programmed intensity in body komposition. *Journal of Education, Health and Sport*, 8(11), 416-424.

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Број: 08-229
Датум, 29. 01. 2015 г.

Црна Гора
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Ref: _____
Date: 02. 02. 2015.

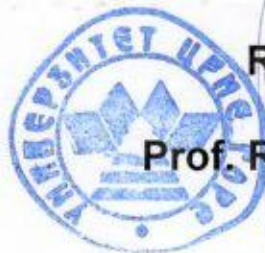
Примљено: _____

Орг. јед	Број	Прилог	Вриједност
	95		

На основу члана 72 став 2 Закона о visokом образовању (Службени лист Црне Горе бр. 44/14) и члана 18 став 1 тачка 3 Статута Универзитета Црне Горе, Сенат Универзитета Црне Горе, на сједници одржаној 29. јануара 2015. године, донио је

O D L U K U O I Z B O R U U Z V A N J E

Dr DUŠKO BJELICA бира се у академско звање **redovni profesor Универзитета Црне Горе** за предмете: Теоријске основе физичке културе, на основном академском студијском програму Физичка култура и нематичним факултетима, Теоријске основе тјелесног и здравственог образовања, Фудбал - техника, методика, Фудбал - тактика, на основном академском студијском програму Физичка култура, Теорија физичког васпитања и основе школског спорта, Теорије спортског тренинга, на постдипломском специјалистичком академском студијском програму Физичка култура на **Факултету за спорт и физичко васпитање** и Теорија игре, на постдипломском примјенјеном специјалистичком студијском програму Предшколско васпитање на Филозофском факултету.



REKTOR

Prof. Radmila Vojvodić

IZVOD IZ BIOGRAFIJE (prof. dr Duška Bjelice)

Prof. dr Duško Bjelica je redovni profesor Univerziteta Crne Gore iz oblasti sportskih nauka. Rođen je 1963. godine u Podgorici, gdje je završio osnovnu i srednju ekonomsku školu - smjer fizičko vaspitanje. Nastavnički fakultet, smjer fizičko vaspitanje, završio je na Univerzitetu „Veljko Vlahović“, nakon čega je diplomu profesora fizičke kulture i višeg fudbalskog trenera stekao na Fakultetu fizičke kulture Univerziteta u Novom Sadu. Magistrirao je na Fakultetu fizičke kulture Univerziteta „Sv. Kiril i Metodije“ u Skoplju. Zvanje doktora nauka iz oblasti fizičke kulture stekao na Fakultetu sporta i fizičkog vaspitanja državnog Univerziteta u Beogradu 2003. godine.

Profesor Bjelica je bio predsjednik i član Savjeta za sport Vlade Crne Gore. Bio je i član Savjeta za visoko obrazovanje Crne Gore. Trenutno se nalazi na funkciji predsjednika Upravnog odbora Univerziteta Crne Gore.

Od 2005. godine radi na Univerzitetu Crne Gore, na Filozofskom fakultetu, gdje je i prethodne dvije godine predavao kao saradnik. Bio je i rukovodilac studijskih programa fizička kultura, sportski treneri i sportski novinari, kao i specijalističkih, master i doktorskih studija fizičke kulture. Odlukom Senata iz 2005. godine izabran je u zvanje docenta, a odlukom istog univerzitetskog tijela iz 2010. godine u zvanje vanrednog profesora. U zvanje redovnog profesora izabran je u januaru 2015. godine.

Profesor Bjelica je bio član Matične komisije za osnivanje Fakulteta za sport i fizičko vaspitanje UCG i predsjednik Komisije za pisanje elaborata za osnivanje istog. Nalazi se na listi međunarodnih eksperata za akreditacije ustanova visokog obrazovanja i osnivanja studijskih programa. U dva mandata bio je dekan Fakulteta za sport i fizičko vaspitanje iz Nikšića, Univerziteta Crne Gore. Član je Senata Univerziteta Crne Gore. Član je Odbora za doktorske studije UCG. Kao univerzitetski profesor predavanja je držao na fakultetima za sport i fizičko vaspitanje univerziteta u Beogradu, Novom Sadu, Mostaru, Tuzli i Sarajevu.

Prof. Bjelica je bio aktivni fudbaler i fudbalski trener. Takođe, više od 12 godina, još i školskih dana bio je dopisnik JSL Sport iz Beograda za Crnu Goru u kojem je objavio oko 2350 članaka. Sarađivao je kao đak i student i sa Pobjedom, Titogradskom tribinom, Karate ringom. Bio je član Predsjedništva i Skupštine Crnogorskog olimpijskog komiteta. Predsjednik sportske asocijacije Montenegrosport iz Podgorice, a bio je i rukovodilac Škole fudbala Montenegrosport iz Podgorice. Uređuje međunarodni časopis Montegrin Journal of Sports Science and Medicine. Glavni je urednik časopisa Sport Mont. U dva mandata je bio član Skupštine FSJ i Skupštine FSJ. Dugi niz godina je bio generalni sekretar FSCG. Jedan je od osnivača Otvorene međunarodne zabavne fudbalske škole u Crnoj Gori sa sjedištem u Danskoj (Kopenhagen). Dobitnik je nagrade sportskog komiteta Huan Antonio Smaran u Barseloni 2007. godine.

Proglašavan je za najboljeg sportskog radnika u Podgorici i za najboljeg pedagoga fizičke kulture u Nikšiću, a od Fakulteta za sport i fizičko vaspitanje iz Sarajeva, Novog Sada, Nikšića i Mostara dobitnik je nagrada za naučni doprinos od međunarodnog značaja. Više puta je nagrađivan i od USNCG. Učesnik je mnogih međunarodnih naučnih kongresa i konferencija na kojima je imao više zapaženih i plenarnih izlaganja koja su javno publikovana. Predsjednik je Crnogorske sportske akademije iz Podgorice, stručne i naučne sportske organizacije. Predsjednik je Međunarodne naučne konferencije CSA.

Prof. dr Duško Bjelica je do sada, kao autor i koautor, objavio preko 400 radova u međunarodnim časopisima i na konferencijama, kao i 65 knjiga- naučnih i stručnih monografija i udžbenika.

Hadjigeorgiou, CA (Hadjigeorgiou, Charalambos A.); Si-Ramlee, K (Si-Ramlee, Khairil); Halkjaer, J (Halkjaer, Jytte); Hambleton, IR (Hambleton, Ian R.); Hardy, R (Hardy, Rebecca); Kumar, RH (Kumar, Rachakulla Hari); Hassapidou, M (Hassapidou, Maria); Hata, J (Hata, Jun); Hayes, AJ (Hayes, Alison J.); He, J (He, Jiang); Heidinger-Felso, R (Heidinger-Felso, Regina); Heinen, M (Heinen, Mirjam); Hendriks, ME (Hendriks, Marleen Elisabeth); Henriques, A (Henriques, Ana); Cadena, LH (Cadena, Leticia Hernandez); Herralá, S (Herralá, Sauli); Herrera, VM (Herrera, Victor M.); Herter-Aeberli, I (Herter-Aeberli, Isabelle); Heshmat, R (Heshmat, Ramin); Hihtaniemi, IT (Hihtaniemi, Ilpo Tapani); Ho, SY (Ho, Sai Yin); Ho, SC (Ho, Suzanne C.); Hobbs, M (Hobbs, Michael); Hofman, A (Hofman, Albert); Hopman, WM (Hopman, Wilma M.); Horimoto, ARVR (Horimoto, Andrea R. V. 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Arfan); Irazola, VE (Irazola, Vilma E.); Islam, M (Islam, Muhammad); Ismail, AA (Ismail, Aziz al-Safi); Ivkovic, V (Ivkovic, Vanja); Iwasaki, M (Iwasaki, Masanori); Jackson, RT (Jackson, Rod T.); Jacobs, JM (Jacobs, Jeremy M.); Jaddou, H (Jaddou, Hashem); Jafar, T (Jafar, Tazeen); Jamil, KM (Jamil, Kazi M.); Jamarozik, K (Jamarozik, Konrad); Janszky, I (Janszky, Imre); Janari, J (Janari, Juel); Jasienska, G (Jasienska, Grazyna); Jelakovic, A (Jelakovic, Ana); Jelakovic, B (Jelakovic, Bojan); Jennings, G (Jennings, Garry); Jeong, SL (Jeong, Seung-Lyeal); Jiang, CQ (Jiang, Chao Qiang); Jimenez-Acosta, SM (Magaly Jimenez-Acosta, Santa); Joffres, M (Joffres, Michel); Johansson, M (Johansson, Mattias); Jonas, JB (Jonas, Jost B.); Torben, J (Jorgensen, Torben); Joshi, P (Joshi, Pradeep); Jovic, DP (Jovic, Dragana P.); Jozwiak, J (Jozwiak, Jacek); Juolevi, A (Juolevi, Anne); Jurak, G (Jurak, Gregor); Juresa, V (Juresa, Vesna); Kaaks, R (Kaaks, Rudolf); Kafatos, A (Kafatos, Anthony); Kajantie, EO (Kajantie, Eero O.); Kalter-Leibovici, O (Kalter-Leibovici, Ofra); Kamaruddin, NA (Kamaruddin, Nor Azmi); Kapantais, E (Kapantais, Efthymios); Karki, KB (Karki, Khem B.); Kasaean, A (Kasaean, Amir); Katz, J (Katz, Joanne); Kauhanen, J (Kauhanen, Jussi); Kaur, P (Kaur, Prabhdeep); Kavousi, M (Kavousi, Maryam); Kazakbaeva, G (Kazakbaeva, Gylli); Keil, U (Keil, Ulrich); Boker, LK (Boker, Lital Keinan); Keinanen-Kiukaanniemi, S (Keinanen-Kiukaanniemi, Sirkka); Kelishadi, R (Kelishadi, Roya); Kelleher, C (Kelleher, Cecily); Kemper, HCG (Kemper, Han C. 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Rampal, Sanjay	B-9691-2010	0000-0002-0105-6407
Ulmer, Hanno	C-3488-2011	0000-0001-5911-1002
vhmpps, aks	F-9756-2012	

deev, alexander	M-7754-2014	
mota, jorge	B-2980-2013	0000-0001-7571-9181
Bugge, Anna	P-5100-2016	0000-0002-8345-1434
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Van Herck, Koen	G-5223-2013	0000-0003-0717-2406
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Nagel, Gabriele	C-3635-2012	0000-0001-6185-8535
Tzourio, christophe	B-4015-2009	0000-0002-6517-2984
Visvikis-Siest, Sophie	H-2324-2014	0000-0001-8104-8425
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Banach, Maciej	A-1271-2009	0000-0001-6690-6874
Woo, Jean	K-2625-2014	0000-0001-7593-3081
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bovet, Pascal	F-4477-2011	0000-0002-0242-4259
Virtanen, Jyrki	G-5149-2013	0000-0002-0648-999X
Horta, Bernardo	A-7604-2008	0000-0001-9843-412X
Santos, Diana	H-9086-2013	0000-0003-0429-3093
Mota-Pinto, Anabela		0000-0002-0820-9568

ISSN: 0140-6736

eISSN: 1474-547X

Record 2 of 24**Title:** BODY HEIGHT AND ITS ESTIMATION UTILIZING ARM SPAM MEASUREMENTS IN MALE ADOLESCENTS FROM NORTHERN REGION IN MONTENEGRO**Author(s):** Milasinovic, R (Milasinovic, Rajko); Gardasevic, J (Gardasevic, Jovan); Bjelica, D (Bjelica, Dusko)**Source:** ACTA KINESIOLOGICA **Volume:** 11 **Pages:** 75-80 **Supplement:** 2 **Published:** DEC 2017**Accession Number:** WOS:000419089300010**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

ISSN: 1840-2976

eISSN: 1840-3700

Record 3 of 24**Title:** Stature and its Estimation Utilizing Arm Span Measurements in Kosovan Adults: National Survey**Author(s):** Arifi, F (Arifi, Fitim); Bjelica, D (Bjelica, Dusko); Sermahaj, S (Sermahaj, Sami); Gardasevic, J (Gardasevic, Jovan); Kezunovic, M (Kezunovic, Miroslav); Popovic, S (Popovic, Stevo)**Source:** INTERNATIONAL JOURNAL OF MORPHOLOGY **Volume:** 35 **Issue:** 3 **Pages:** 1161-1167 **Published:** SEP 2017**Accession Number:** WOS:000413228700055**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISSN: 0717-9502

eISSN: 0717-9367

Record 4 of 24**Title:** Dear Readers**Author(s):** Bjelica, D (Bjelica, Dusko); Popovic, S (Popovic, Stevo)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 6 **Issue:** 2 **Pages:** 3-3 **Published:** SEP 2017**Accession Number:** WOS:000406914100001**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

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eISSN: 1800-8763

Record 5 of 24**Title:** Standing Height and its Estimation Utilizing Foot Length Measurements in Kosovan Adults: National Survey**Author(s):** Popovic, S (Popovic, Stevo); Arifi, F (Arifi, Fitim); Bjelica, D (Bjelica, Dusko)**Source:** INTERNATIONAL JOURNAL OF APPLIED EXERCISE PHYSIOLOGY **Volume:** 6 **Issue:** 2 **Pages:** 1-7 **Published:** AUG 2017**Accession Number:** WOS:000412495000001**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISSN: 2322-3537

Record 6 of 24**Title:** DEPENDENCE OF FEMALE BALL IN HANDBALL REPULSION ON THE PRESSURE WITHIN THIS SPORT**Author(s):** Bjelica, D (Bjelica, Dusko); Popovic, S (Popovic, Stevo); Tanase, GD (Tanase, Gabriela Doina); Gardasevic, J (Gardasevic, Jovan)**Source:** ACTA KINESIOLOGICA **Volume:** 11 **Pages:** 67-72 **Supplement:** 1 **Published:** JUN 28 2017**Accession Number:** WOS:000406857700012

Author Identifiers:

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 1840-2976

eISSN: 1840-3700

Record 7 of 24**Title:** RELATIONS BETWEEN ANTHROPOMETRIC CHARACTERISTICS AND MOTOR TEST - ILLINOIS AGILITY RUN TEST**Author(s):** Gjonbalaj, M (Gjonbalaj, Malsor); Bjelica, D (Bjelica, Dusko); Georgiev, G (Georgiev, Georgi)**Source:** ACTA KINESIOLOGICA **Volume:** 11 **Issue:** 1 **Pages:** 34-36 **Published:** MAR 28 2017**Accession Number:** WOS:000405698300005**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

ISSN: 1840-2976

eISSN: 1840-3700

Record 8 of 24**Title:** Stature and Its Estimation Utilizing Arm Span Measurements in Male Adolescents from Federation of Bosnia and Herzegovina Entity in Bosnia and Herzegovina**Author(s):** Gardasevic, J (Gardasevic, Jovan); Rasidagic, F (Rasidagic, Faris); Krivokapic, D (Krivokapic, Dragan); Corluca, M (Corluca, Marin); Bjelica, D (Bjelica, Dusko)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 6 **Issue:** 1 **Pages:** 37-44 **Published:** MAR 2017**Accession Number:** WOS:000394757900004**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

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eISSN: 1800-8763

Record 9 of 24**Title:** An Examination of the Ethnicity-Specific Prevalence of and Factors Associated with Substance Use and Misuse: Cross-Sectional Analysis of Croatian and Bosniak Adolescents in Bosnia and Herzegovina**Author(s):** Bjelica, D (Bjelica, Dusko); Idrizovic, K (Idrizovic, Kemal); Popovic, S (Popovic, Stevo); Sisic, N (Sisic, Nedim); Sekulic, D (Sekulic, Damir);

Ostojic, L (Ostojic, Ljerka); Spasic, M (Spasic, Miodrag); Zenic, N (Zenic, Natasa)

Source: INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH **Volume:** 13 **Issue:** 10 **Article Number:** 968 **DOI:** 10.3390/ijerph13100968 **Published:** OCT 2016**Accession Number:** WOS:000389570100035**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Ostojic, Ljerka	D-8355-2017	
Sekulic, Damir	D-4886-2017	0000-0001-8022-7886
Spasic, Miodrag	D-5651-2017	
Bjelica, Dusko	S-7633-2016	
Zenic, Natasa	D-7622-2017	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISSN: 1660-4601

Record 10 of 24**Title:** Untitled**Author(s):** Bjelica, D (Bjelica, Dusko)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 5 **Issue:** 1 **Pages:** 3-3 **Published:** MAR 2016**Accession Number:** WOS:000376937500001**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

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Record 11 of 24**Title:** Untitled**Author(s):** Bjelica, D (Bjelica, Dusko)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 4 **Issue:** 2 **Pages:** 3-3 **Published:** SEP 2015**Accession Number:** WOS:000362093500001**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

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Record 12 of 24**Title:** Untitled**Author(s):** Bjelica, D (Bjelica, Dusko)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 4 **Issue:** 1 **Pages:** 3-3 **Published:** MAR 2015**Accession Number:** WOS:000362092800001**ISSN:** 1800-8755**eISSN:** 1800-8763**Record 13 of 24****Title:** Body Height and Its Estimation Utilizing Arm Span Measurements in Bosnian and Herzegovinian Adults**Author(s):** Popovic, S (Popovic, Stevo); Bjelica, D (Bjelica, Dusko); Tanase, GD (Tanase, Gabriela Doina); Milasinovic, R (Milasinovic, Rajko)**Source:** MONTENEGRIN JOURNAL OF SPORTS SCIENCE AND MEDICINE **Volume:** 4 **Issue:** 1 **Pages:** 29-36 **Published:** MAR 2015**Accession Number:** WOS:000362092800006**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISSN: 1800-8755**eISSN:** 1800-8763**Record 14 of 24****Title:** Anthropometrical Characteristics of Subjects in Predicting Technique Achievements of Basic Turn in Alpine Skiing**Author(s):** Hadzic, R (Hadzic, Rasid); Bjelica, D (Bjelica, Dusko); Georgiev, G (Georgiev, Georgi); Vujovic, D (Vujovic, Dobrislav); Popovic, S (Popovic, Stevo)**Source:** INTERNATIONAL JOURNAL OF MORPHOLOGY **Volume:** 32 **Issue:** 1 **Pages:** 232-240 **DOI:** 10.4067/S0717-95022014000100039 **Published:** MAR 2014**Accession Number:** WOS:000336654600039**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 0717-9502**eISSN:** 0717-9367**Record 15 of 24****Title:** Comparative Study of Anthropometric Measurement and Body Composition between Elite Soccer and Volleyball Players**Author(s):** Popovic, S (Popovic, Stevo); Bjelica, D (Bjelica, Dusko); Jaksic, D (Jaksic, Damjan); Hadzic, R (Hadzic, Rasid)**Source:** INTERNATIONAL JOURNAL OF MORPHOLOGY **Volume:** 32 **Issue:** 1 **Pages:** 267-274 **DOI:** 10.4067/S0717-95022014000100044 **Published:** MAR 2014**Accession Number:** WOS:000336654600044**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISSN: 0717-9502**eISSN:** 0717-9367**Record 16 of 24****Title:** HOW DOES ADVERTISING THROUGH SPORT WORK? EVIDENCE FROM TURKEY**Author(s):** Bjelica, D (Bjelica, Dusko); Popovic, S (Popovic, Stevo); Jaksic, D (Jaksic, Damjan); Hadzic, R (Hadzic, Rasid); Akpinar, S (Akpinar, Selcuk)**Edited by:** Milanovic D; Sporis G**Source:** 7TH INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY: FUNDAMENTAL AND APPLIED KINESIOLOGY - STEPS FORWARD **Pages:** 477-477 **Published:** 2014**Accession Number:** WOS:000384519100144**Conference Title:** 7th International Scientific Conference on Kinesiology: Fundamental and Applied Kinesiology - Steps Forward**Conference Date:** MAY 22-25, 2014**Conference Location:** Croatian Acad Sci & Arts, Opatija, CROATIA**Conference Sponsors:** Univ Zagreb, Fac Kinesiolog, Ienovo, Coca Cola, LARUS SPORT, SportPharm, Ivica Olic, Mirko Cro Cop Filipovic**Conference Host:** Croatian Acad Sci & Arts**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISBN: 978-953-317-027-5**Record 17 of 24****Title:** Comparative Study of Anthropometric Measurement and Body Composition between Elite Soccer and Basketball Players**Author(s):** Popovic, S (Popovic, Stevo); Akpinar, S (Akpinar, Selcuk); Jaksic, D (Jaksic, Damjan); Matic, R (Matic, Radenko); Bjelica, D (Bjelica, Dusko)**Source:** INTERNATIONAL JOURNAL OF MORPHOLOGY **Volume:** 31 **Issue:** 2 **Pages:** 461-467 **Published:** JUN 2013**Accession Number:** WOS:000327763000016**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 0717-9502

eISSN: 0717-9367

Record 18 of 24**Title:** Body Height and Its Estimation Utilizing Arm Span Measurements in Serbian Adults**Author(s):** Popovic, S (Popovic, Stevo); Bjelica, D (Bjelica, Dusko); Molnar, S (Molnar, Slavko); Jaksic, D (Jaksic, Damjan); Akpinar, S (Akpinar, Selcuk)**Source:** INTERNATIONAL JOURNAL OF MORPHOLOGY **Volume:** 31 **Issue:** 1 **Pages:** 271-279 **DOI:** 10.4067/S0717-95022013000100043 **Published:** MAR 2013**Accession Number:** WOS:000321868400043**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 0717-9502

Record 19 of 24**Title:** Comparative study of surgical treatment of acromioclavicular luxation**Author(s):** Kezunovic, M (Kezunovic, Miroslav); Bjelica, D (Bjelica, Dusko); Popovic, S (Popovic, Stevo)**Source:** VOJNOSANITETSKI PREGLED **Volume:** 70 **Issue:** 3 **Pages:** 292-297 **DOI:** 10.2298/VSP1303292K **Published:** MAR 2013**Accession Number:** WOS:000316156400008**PubMed ID:** 23607241**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 0042-8450

Record 20 of 24**Title:** Influence of motor abilities on quality of performing technical elements in alpine skiing**Author(s):** Hadzic, R (Hadzic, Rasid); Bjelica, D (Bjelica, Dusko); Vujovic, D (Vujovic, Dobrslav); Popovic, S (Popovic, Stevo)**Source:** TECHNICS TECHNOLOGIES EDUCATION MANAGEMENT-TTEM **Volume:** 7 **Issue:** 4 **Pages:** 1641-1645 **Published:** 2012**Accession Number:** WOS:000315080700026**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Bjelica, Dusko	S-7633-2016	

ISSN: 1840-1503

Record 21 of 24**Title:** Physical fitness adaptations to 9-week precompetitive training period in professional soccer team**Author(s):** Milosevic, Z (Milosevic, Zoran); Bjelica, D (Bjelica, Dusko); Rakic, D (Rakic, Dusica); Madic, D (Madic, Dejan); Obradovic, B (Obradovic, Borislav); Obradovic, J (Obradovic, Jelena); Mihajlovic, I (Mihajlovic, Ilona); Smajic, M (Smajic, Miroslav)**Source:** HEALTHMED **Volume:** 6 **Issue:** 11 **Pages:** 3834-3840 **Published:** 2012**Accession Number:** WOS:000313115600044**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	

ISSN: 1840-2291

Record 22 of 24**Title:** Body height and its estimation utilising arm span measurements in Montenegrin adults**Author(s):** Bjelica, D (Bjelica, Dusko); Popovic, S (Popovic, Stevo); Kezunovic, M (Kezunovic, Miroslav); Petkovic, J (Petkovic, Jovica); Jurak, G (Jurak, Gregor); Grasgruber, P (Grasgruber, Pavel)**Source:** ANTHROPOLOGICAL NOTEBOOKS **Volume:** 18 **Issue:** 2 **Pages:** 69-83 **Published:** 2012**Accession Number:** WOS:000313297300006**Author Identifiers:**

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Jurak, Gregor		0000-0003-4269-0970

ISSN: 1408-032X

Record 23 of 24**Title:** COMPARISON OF INSTEP KICKING BY THE PREFERRED LEG AMONG VARIOUS STATES AND INTENSITIES IN YOUNG FOOTBALL PLAYERS**Author(s):** Bjelica, D (Bjelica, Dusko); Georgiev, G (Georgiev, Georgi); Popovic, S (Popovic, Stevo)**Edited by:** Milanovic D; Sporis G

Source: 6TH INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY: INTEGRATIVE POWER OF KINESIOLOGY **Pages:** 141-145 **Published:** 2011

Accession Number: WOS:000320409700043

Conference Title: 6th International Scientific Conference on Kinesiology: Integrative Power on Kinesiology

Conference Date: SEP 08-11, 2011

Conference Location: Zagreb, CROATIA

Conference Sponsors: Univ Zagreb, Fac Kinesiol, Croatian Acad Sci & Arts, Univ Sarajevo, Fac Sport & Phys Educ, Univ Bosnia & Herzegovina, Fac Sport & Phys Educ, Univ Split, Fac Kinesiol, Comenius Univ, Fac Phys Educ & Sports, Univ Ljubljana, Fac Sport, World Hlth Org

Author Identifiers:

Author	ResearcherID Number	ORCID Number
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575
Khudolii, Oleg	A-7665-2016	0000-0002-5605-9939

ISBN: 978-953-317-013-8

Record 24 of 24

Title: COMPARISON OF ATTITUDES TOWARD ADVERTISING THROUGH SPORT BETWEEN MONTENEGRIN AND TURKISH STAKEHOLDERS

Author(s): Popovic, S (Popovic, Stevo); Bjelica, D (Bjelica, Dusko); Georgiev, G (Georgiev, Georgi); Akpinar, S (Akpinar, Selcuk)

Edited by: Milanovic D; Sporis G

Source: 6TH INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY: INTEGRATIVE POWER OF KINESIOLOGY **Pages:** 612-612 **Published:** 2011

Accession Number: WOS:000320409700174

Conference Title: 6th International Scientific Conference on Kinesiology: Integrative Power on Kinesiology

Conference Date: SEP 08-11, 2011

Conference Location: Zagreb, CROATIA

Conference Sponsors: Univ Zagreb, Fac Kinesiol, Croatian Acad Sci & Arts, Univ Sarajevo, Fac Sport & Phys Educ, Univ Bosnia & Herzegovina, Fac Sport & Phys Educ, Univ Split, Fac Kinesiol, Comenius Univ, Fac Phys Educ & Sports, Univ Ljubljana, Fac Sport, World Hlth Org

Author Identifiers:

Author	ResearcherID Number	ORCID Number
Khudolii, Oleg	A-7665-2016	0000-0002-5605-9939
Bjelica, Dusko	S-7633-2016	
Popovic, Stevo	S-7125-2016	0000-0002-6633-3575

ISBN: 978-953-317-013-8

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Број: 08-1419
Датум, 28.05.2015 г.

УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Ref: 12.06.2015

Date: _____

Број	Прилог	Вриједност
<u>046</u>		

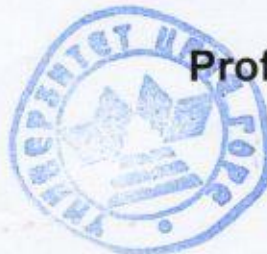
Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju (Službeni list Crne Gore br. 44/14) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 28. maja 2015. godine, donio je

**ODLUKU
O IZBORU U ZVANJE**

Dr KEMAL IDRIZOVIĆ bira se u akademsko zvanje **redovni profesor Univerziteta Crne Gore** za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje.

REKTOR

Prof. Radmila Vojvodić



BIOGRAFIJA

U zvanje redovnog profesora Univerziteta Crne Gore za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje u Nikšiću izabran sam odlukom Senata Univerziteta Crne Gore, broj: 08-1419, u Podgorici 28. 05. 2015. godine.

Rođen sam 12. avgusta 1970. godine u Nikšiću. Osnovnu školu sam završio u rodnom gradu 1984. godine. U toku osnovne škole dva puta sam biran za učenika godine i nosilac sam diplome "Luča".

Srednju Mašinsko tehničku školu sam završio u Sarajevu 1988. godine, a u istom gradu sam u periodu od 1989. do 1992. godine odslušao prve tri godine Fakulteta za fizičku kulturu. Bio sam najuspješniji student prve godine.

Na Filozofskom fakultetu u Nikšiću 3. novembra 1992. godine stičem diplomu nastavnika fizičkog vaspitanja, a 5. maja 1995. godine diplomu nastavnika razredne nastave. U Prištini na Fakultetu za fizičku kulturu 24. juna 1998. godine diplomiram sa ocjenom 10 i postajem profesor fizičke kulture.

Poslijediplomske studije upisujem na Fakultetu fizičke kulture u Novom Sadu školske 1999/2000. godine i završavam ih kao prvi u generaciji 15. jula 2002. godine odbranivši magistarsku tezu «Relacije motoričkih sposobnosti i morfoloških karakteristika sa sprinterskom brzinom kod učenica srednje škole». Na istom fakultetu sam 29. 10. 2004. godine odbranio doktorsku disertaciju «Struktura i relacije motoričkih sposobnosti i morfoloških karakteristika sa brzinom i eksplozivnom snagom školske omladine».

U dva navrata sam, februar 2006. i februar 2008. godine, studijski boravio na Kineziološkom fakultetu u Zagrebu sa ciljem specijalističkog usavršavanja iz oblasti kondicionog treninga.

Specijalističko usavršavanje sam nastavio i u narednom periodu kroz studijske boravke u:

- Dublinu (Republika Irska) septembar mjesec 2010. godine,
- Madridu (Španija) novembar mjesec 2011. godine,
- Istanbulu (Turska) avgust mjesec 2013. godine i u
- Amsterdamu (Holandija), novembar mjesec 2013. godine.

Stalni radni odnos sam zasnovao 23. oktobra 1995. godine u Osnovnoj školi „Savo Pejanović“ u Podgorici.

Kao saradnik stipendista Univerziteta Crne Gore od 6. marta 2001. godine počinjem da radim na Filozofskom fakultetu u Nikšiću i to na Odsjeku za fizičku kulturu. U zvanje asistenta sam biran 23. septembra 2003. godine. U početku sam izvodio vježbe samo na predmetu Osnovi antropomotorike, dok sam u školskoj 2002/2003. godini osim iz predmeta Osnovi antropomotorike izvodio vježbe i iz predmeta Plivanje i Logorovanje, a u 2003/2004. i iz predmeta Skijanje. Od početka školske 2004/2005. godine na osnovu Odluke Univerziteta Crne Gore i Studijskog programa za fizičku kulturu Filozofskog fakulteta, pored vježbi započinjem izvoditi i predavanja za predmet Osnovi antropomotorike, a u ljetnjem semestru i za predmet Metodika antropomotorike.

Odlukom Senata Univerziteta Crne Gore, broj 01-1167, u Podgorici 26. 05. 2005. godine, izabran sam u akademsko zvanje docent Univerziteta Crne Gore za predmete: Osnovi antropomotorike i Metodika antropomotorike na Studijskom programu fizička kultura na Filozofskom fakultetu u Nikšiću.

Odlukom Senata Univerziteta Crne Gore, broj: 08-710, u Podgorici 29. 04. 2010. godine, izabran sam u akademsko zvanje vanredni profesor Univerziteta Crne Gore za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje u Nikšiću.

Oženjen sam i otac sam dvoje djece.

BIBLIOGRAFIJA

Radovi objavljeni u časopisima koji se nalaze u međunarodnim bazama podataka

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Istraživački projekti

1. Senior research Associate in the scientific project entitled: „Sublingual Nucleotides and Immune Response to exercise“, project identifier no. 175-03/10. Project is partially supported by HIT Southern Pty Ltd, Denistone, Australia (Grant No. SO-11-752) from 2012 to 2013.
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3. Učesnik u Istraživačkom projektu „Incidencija, faktori rizika i protektivni faktori ozljeđivanja kod nogometnih sudaca“, Kineziološki fakultet, Sveučilišta u Splitu.

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Uvodno, objavljeno plenarno predavanje

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ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено: <u>11. 10. 2018</u>			
Org. јед.	Број	Прилог	Вриједност
	<u>2163</u>		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br. 44/14, 47/15,40/16,42/17,71/17) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore na sjednici održanoj 09.10. 2018.godine, donio je

ODLUKU O IZBORU U ZVANJE

Dr **STEVO POPOVIĆ** bira se u akademsko zvanje **vanredni profesor Univerziteta Crne Gore za oblast Sportske nauke (Antropologija tjelesnog vježbanja i sporta, Liderstvo u sportu i Društveni odnosi u sportu)** na Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore, na period od pet godina.



**SENAT UNIVERZITETA CRNE GORE
PREDSJEDNIK**

Prof.dr Danilo Nikolić, rektor

BIOGRAFIJA

Stevo (Radivoja) Popović je državljanin sam Republike Crne Gore sa stalnim prebivalištem u Podgorici. Rođen sam 16. septembra 1979. godine u gradu Bačka Topola u Republici Srbiji.

Godine 1994. je završio Osnovnu školu „Nikola Đurković“ u Feketiću, gdje je zaslužio najprestižniju diplomu za postignuti uspjeh tokom školovanja, Vukovu diplomu i pet posebnih diploma iz sljedećih predmeta: matematika, srpsko-hrvatski jezik i književnost, geografija, njemački jezik i fizika. Godine 1998. je završio Gimnaziju „Dositej Obradović“ u Bačkoj Topoli sa odličnim uspjehom, gdje je tokom završne godine, kao predsjednik svog odjeljenja bio izabran za potpredsjednika zajednice učenika svoje škole. Dana, 6. novembra 2003. godine je diplomirao na Fakultetu fizičke kulture Univerziteta u Novom Sadu sa temom „Mogućnosti realizacije sportsko – rekreativnih programa u Nacionalnom parku Fruška gora“ pod mentorstvom prof. dr Milene Mikalački, šefa na katedri za sportsku rekreaciju. Time je stekao zvanje profesora fizičkog vaspitanja i diplomiranog trenera fudbala. Tokom završne godine studija se isticao u vannastavnim aktivnostima tj. kao sekretar Studentske unije Fakulteta fizičke kulture i član izvršnog odbora pomenute studentske organizacije. Dana, 3. novembra 2009. godine je magistrirao na Univerzitetu u Novom Sadu (ACIMSI) na smjeru Menadžment u sportu pod mentorstvom prof. dr Stevana Vasiljeva, redovnog profesora u oblasti Marketinga u sportu. Javnom odbranom magistarske teze sa temom „Uloga marketinga u savremenim tokovima na primjeru sportskih organizacija“ je stekao zvanje magistra nauka iz interdisciplinarnе oblasti menadžmenta u sportu. Dana, 2. juna 2011. godine je doktorirao na Univerzitetu u Novom Sadu (ACIMSI) na smjeru Menadžment u sportu pod mentorstvom prof. dr Dragana Kokovića, redovnog profesora u oblasti sociologije sporta. Javnom odbranom doktorske disertacije sa temom „Reklamiranje u sportu kao efektivno sredstvo savremene poslovne komunikacije“ je stekao zvanje doktora nauka iz interdisciplinarnе oblasti menadžmenta u sportu, koje je odlukom Ministarstva prosvjete i sporta br. 05-1-452 od 1.10.2011. godine izjednačeno sa zvanjem doktor nauka fizičke kulture. Tokom školske 2011/2012 je pohađao post-doktorske studije na Fakultetu za sport Univerziteta u Ljubljani pod mentorstvom prof. dr Jakoba Bednarika, vanrednog profesora na katedri za menadžment u sportu. Ovaj dvosemestralni studijski boravak koji je uspješno priveo kraju 15. jula 2012. godine, omogućila mi je stipendija koju sam dobio putem međunarodnog projekta BASILEUS III.

Honorarno je angažovan na Univerzitetu Crne Gore od 7. februara 2011. godine, dok je u radnom odnosu kao saradnik u nastavi na Fakultetu za sport i fizičko vaspitanje u Nikšiću od 1. aprila 2011. godine do izbora u zvanje docenta (19. decembra 2013. godine) i u zvanje vanrednog profesora (9. oktobra 2018. godine). Izabran je u zvanje na sljedećim predmetima: Društveni odnosi u sportu, Liderstvo u sportu i Antropologija tjelesnog vježbanja i sporta. Od decembra 2014. godine je obavljao funkciju prodekana za nauku, do izbora za v.d. Dekana, na koju funkciju je postavljen u maju 2015. godine, dok je za Dekana Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore izabran u junu 2015. godine za prvi mandat, i u junu 2018. godine za drugi mandat, a na toj poziciji se i trenutno nalazi. Takođe je sticao iskustvo u ljetnjem kampu za djecu, Camp Ramapo Anchorage u Sjedinjenim Američkim Državama, u državi New York, u gradu Rhinebeck. Predstavljao je Američki institut za inostrane studije (AIFS) i fondaciju Camp America iz Londona i njihove programe kulturne razmjene, zatim je radio kao animator u kompaniji „Montenegro Stars Hotel Group“, u hotelu Montenegro u Bečićima. Pripravnički staž je odradio u Osnovnoj školi „Stefan Mitrov Ljubiša“ u Budvi. Zatim je položio stručni ispit sa temom „Mogućnosti ostvarivanja sportsko–rekreativnih aktivnosti u Nacionalnom parku Skadarsko jezero“. Radio je kao sportski novinar tj. dopisnik iz Budve za beogradski Dnevni sportski list „Sport“. Obavljao je funkciju lokalnog predstavnika u Crnoj Gori i intervjuera za fondaciju CCUSA iz San Franciska, a bio je zadužen za promociju njihovih programa kulturne razmjene i selekciju polaznika. Bio je potpredsjednik Sportske asocijacije Budve, kao i potpredsjednik Smučarskog kluba „Mogren“ iz Budve i izvršni direktor „Crnogorskog društva za sportski menadžment“ iz Budve. Bio je honorarno angažovan i kao skaut u švajcarskoj firmi „Sport Data“ koja se bavi prikupljanjem statističkih podataka u oblasti sporta.

Vrijedno je istaći da je biran u zvanje saradnika u nastavi na Fakultetu sporta i fizičkog vaspitanja Univerziteta u Novom Sadu za realizaciju istraživačkih projekata Fakulteta i vježbi po studijskim programima

za osnovne i primijenjene studije, gdje je radio dvije školske godine. Takođe i da je dobitnik stipendije u međunarodnom projektu JoinEU SEE I od strane Erasmus Mundus External Cooperation Window i Evropske komisije a proveo je mjesec dana na akademskoj razmjeni osoblja tokom ljetnjeg semestra 2009/2010 školske godine na Middle East Technical University u Ankari. Nakon povratka sa studijskog boravka, postao je aktivan član oficijelne mreže „Buddy Network“ koju je pokrenula Kancelarija za međunarodnu saradnju Univerziteta u Novom Sadu sa ciljem da što kvalitetnije dočeka i ugosti inostrane studente i nastavno osoblje koji borave na Univerzitetu putem brojnih programa mobilnosti. Takođe je vrijedno napomenuti da je, pored BASILEUS III, dobio stipendiju putem međunarodnog projekta BASILEUS IV, te da je proveo mjesec dana na akademskoj razmjeni osoblja tokom 2013/2014 školske godine na ATEI u Solunu. Nakon toga, u okviru TEMPUS projekta „QinR“ je izabran da kao mladi istraživač provede na studijskom boravku na Univerzitetu u Munsteru u Njemačkoj, te boravio na Univerzitetu u Ljubljani u tri navrata po 7 dana u okviru bilateralnog projekta tokom školske 2016/2017 i 2017/2018 godine, kao i 21 dana na Univerzitet u Nici tokom školske 2016/2017 godine i 7 dana na AUTH u Solunu tokom školske 2017/2018 godine. U okviru CEEPUS mreže bio je gostujući profesor na Univerzitetu u Novom Sadu i Univerzitetu u Splitu tokom školske 2017/2018 godine.

Aktivno se bavi istraživačkim radom, a objavio je u saradnji sa svojim kolegama više od 20 radova u međunarodnim časopisima koji se nalaze u bazama podataka (Web of Science), kao i niz radova u međunarodnim časopisima koji se nalaze u ostalim međunarodnim bazama podataka i imaju redovnu međunarodnu distribuciju i rezime na stranom jeziku. Takođe, redovno posjećuje nacionalne i međunarodne naučne konferencije na kojima prezentuje najnovije pronalaskeske iz oblasti svog interesovanja, prije svega iz društvenih odnosa u sportu, zatim menadžmenta u sportu i antropologije tjelesnog vježbanja i sporta. Vrijedno je dodati da je anagažovan i u naučnim odborima u naučnim časopisima i na naučnim konferencijama, gdje uredno recenzira prispijele rukopise, dok je već četiri godine šef naučnog odbora u okviru godišnje međunarodne naučne konferencije koju organizuje Crnogorska sportska akademija i Fakultet za sport i fizičko vaspitanje Univerziteta Crne Gore i jedan od glavnih urednika časopisa „Montenegrin Journal of Sports Science and Medicine“ koji je indeksiran u „Web of Science - ESCI“ i „Scopus“ bazama podataka. Takođe, aktivno se bavi projektnim menadžmentom i rukovodi pripremanjama za nacionalne i međunarodne prijave, kako na konkurse otvorene za naučno-istraživačke projekte, tako i za projekte u oblasti unaprjeđenja obrazovanja u oblasti sportskih nauka. Bio je nacionalni koordinator na dva završena bilateralna projekta, sa Slovenijom i Makedonijom, odobrena od strane Ministarstva nauke i na dva koja su još uvijek u toku, sa Srbijom i Slovenijom. Koordinator je CEEPUS mreže u okviru koje participira jedanaest institucija iz različitih zemalja iz centralne Evrope. Član je Centra mladih naučnika u okviru Crnogorske akademije nauka i umjetnosti kao i glavni i odgovorni urednik Uređivačkog odbora Univerziteta Crne Gore, a bio je i član Centara za studije i kontrolu kvaliteta Univerziteta Crne Gore i Odbora za monitoring magistarskih studije Univerziteta Crne Gore. Što se participiranja u profesionalnih udruženja u oblasti sporta tiče, nacionalni je delegat Crne Gore u FIEP Europe, zatim član borda direktora u FIEP World, kao i član akademskog borda u Azijskoj asocijaciji za sportske nauke i vježbanje, institucionalni predstavnik i član izvršnog odbora HEPA Europe, član Evropskog koledža za sportske nauke, ISAFA, SPOLINT i dr.

Tokom svog školovanja i vremena provedenog u inostranstvu naučio je tečno govoriti engleski jezik a, pored toga služi se i njemačkim jezikom koji sam učio tokom svog osnovnog i srednjeg školovanja. Tokom jednogodišnjeg boravka u Sloveniji naučio se koristiti i slovenačkim jezikom. Odlično rukuje računarom, a pored operativnog programa Windows, služim se i sljedećim programima: MS Office - Word, Excel, FrontPage, PowerPoint, zatim SPSS, Corel Draw, Internet Explorer, Outlook Express i E-banking.

Stevo R. POPOVIC (Mr.)

"The winner is a dreamer who never gives up!" – NELSON MENDELA

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EDUCATIONAL BACKGROUND

DOCTOR OF PHILOSOPHY: University of Novi Sad
Center for Sport Management
Ph.D. in Sport Management
December 2009 - June 2011

MASTER OF SCIENCE: University of Novi Sad
Center for Sport Management
M.Sc. in Sport Management
October 2005 - November 2009

BACHELOR OF SCIENCE: University of Novi Sad
Faculty of Sport and Physical Education
B.Sc. in Physical Education and Football
October 1998 - November 2003

PROFESSIONAL EXPERIENCE

Associate Professor, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic. Oct 2018 – Present.

Dean, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic. May 2015 – Present.

Vice-Dean of Research and Interntional Relations, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic. Dec 2014 – May 2015.

Assistant Professor, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic. Dec 2013 – Oct 2018.

Post-doctoral Fellow, Faculty of Sport, University of Ljubljana, Gortanova 22, SLO – 1000 Ljubljana. Sept 2011 – July 2012.

Teaching Assistant, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic. Feb 2008 – Dec 2013.

Teaching Assistant, Faculty of Sport and Physical Education, University of Novi Sad, Lovcenska 16, SRB – 21000 Novi Sad. September 2008 – October 2010.

SCHOLARLY PUBLICATIONS

I. Books

- Bjelica, D. & **Popovic, S.** (2012). *Football – theory, technique and tactics* (In Montenegrin). Podgorica: Montenegrin Sports Academy. [ISBN 978-9940-569-05-1]
- Bjelica, D. & **Popovic, S.** (2016). *Football – technique and tactics* (In Montenegrin). Podgorica: University of Montenegro. [ISBN 978-86-7664-120-8]
- Popovic, S.**, Antala, B., Bjelica, D. & Gardasevic, J. (2018). *Physical Education in Secondary School: Researches – Best Practices – Situation*. Podgorica: Faculty of Sport and Physical Education of University of Montenegro; Montenegrin Sports Academy; FIEP. [ISBN 978-9940-722-02-9]
- Bjelica, D., **Popovic, S.**, Vukotic, M. & Zoric, G. (2018). *Physical activity of Montenegrin Young People: Handbook* (In Montenegrin). Podgorica: Montenegrin Sports Academy. [ISBN 978-9940-569-23-5]

II. Book Chapters

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II. Conference proceedings

- Bjelica, D., **Popovic, S.**, & Akpinar, S. (2014). Book of Abstracts of the 11th International Scientific Conference on Transformation Process in Sport "Sport Performance". Podgorica: Montenegrin Sports Academy. [ISBN 978-9940-569-09-9]
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III. Journal articles (Web of Science)

- Akpinar, S., **Popovic, S.**, & Kirazci, S. (2012). Transfer of learning on a spatial memory task between the blind and sighted people. *Collegium Antropologicum*, 36(4), 1211–1217.
- Bjelica, D., **Popovic, S.**, Kezunovic, M., Petkovic, J., Jurak, G., & Grasgruber, P. (2012). Body Height and Its Estimation Utilizing Arm Span Measurements in Montenegrin Adults. *Anthropological Notebooks*, 18(2), 69–83.
- Hadzic, R., Bjelica, D., Vujovic, D. & **Popovic, S.** (2012). Influence of Motor Abilities on Quality of Performing Technical Elements in alpine Skiing. *Technics Technologies Education Management*, 7(4), 1641-1645.
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- Bjelica, D., & **Popovic, S.** (2017). Contemporary Sports Product and Making a Brand in Montenegro. In *Book of Abstracts of the 14th International Scientific Conference on Transformation Process in Sport "Sport Performance"* (59), Budva: Montenegrin Sports Academy.
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International Scientific Conference "Contemporary Kinesiology" (81-82), Split: Faculty of Kinesiology, University of Split.

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- Bjelica, D., Masanovic, B., Jarani, J., & **Popovic, S.** (2018). Estimation of stature from arm span in Albanian population. In *Book of Abstracts of the 15th International Scientific Conference on Transformation Process in Sport "Sport Performance"* (57), Budva: Montenegrin Sports Academy.
- Masanovic, B., **Popovic, S.,** & Bjelica, D.1 (2018). Comparative study of anthropometric measurement and body composition between junior soccer and volleyball players from national league. In *Book of Abstracts of the 15th International Scientific Conference on Transformation Process in Sport "Sport Performance"* (58), Budva: Montenegrin Sports Academy.
- Popovic, S.,** Bjelica, D., Vukotic, M., & Masanovic, B. (2018). Describing physical activity profile of older Montenegrin females using the International Physical Activity Questionnaire (IPAQ). In *Book of Abstracts of the 15th International Scientific Conference on Transformation Process in Sport "Sport Performance"* (60-61), Budva: Montenegrin Sports Academy.
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- Popovic, S.** (2018). Research and writing development in the area of sport science publishing in Montenegro from 2002 to 2017. In *Book of Abstracts of the 15th International Scientific Conference on Transformation Process in Sport "Sport Performance"* (77-78), Budva: Montenegrin Sports Academy.
- Popovic, S.,** Bjelica, D., Masanovic, B., & Vukotic, M. (2018). Describing physical activity profile of young Montenegrin females using the international physical activity questionnaire (IPAQ). In *Proceedings of the World Congress of Performance Analysis of Sport XII (344)*, Opatija: Faculty of Kinesiology, University of Zagreb.
- Masanovic, B., **Popovic, S.,** Bjelica, D., Vukotic, M., Zoric, G. (2018). The effects of physical activity on depressive symptoms among elderly people: a systematic review. In *Proceedings of the World Congress of Performance Analysis of Sport XII (423)*, Opatija: Faculty of Kinesiology, University of Zagreb.
- Masanovic, B., Vukotic, M., **Popovic, S.,** & Bjelica, D. (2018). Comparative study of anthropometric measurement and body composition between junior basketball and volleyball players from Serbian national league. In *Proceedings of the World Congress of Performance Analysis of Sport XII (340)*, Opatija: Faculty of Kinesiology, University of Zagreb.
- Popovic, S.,** & Bjelica, D. (2018). Effects of physical inactivity on body composition of older people: A meta analysis. In *Journal of Physical Activity and Health Supplement of 7th International Society for Physical Activity and Health Congress, 15(10 Suppl 1), S212*, London: International Society for Physical Activity and Health; doi: 10.1123/jpah.2018-0535.

SCIENTIFIC AND BILATERAL PROJECTS

I. Funded Projects

- Participant** of JoinEU-SEE (Scholarship scheme for academic exchange between EU and Western Balkan countries). Erasmus Mundus External Cooperation Window (Erasmus Mundus Action 2 – Strand 1); Coordinator of the project: University of Graz from Graz, Austria; Duration: 2009-2013 (48 months).
- Participant** of DeLLco (Development of the LLL Concept at the University of Montenegro). TEMPUS, Structural Measures; Coordinator of the project: University of Montenegro, Montenegro; Duration: 2010-2012 (24 months).
- Participant** of Mobility-based technology services for new lifestyle with sport and tourism. EUREKA; Coordinator of the project: OKS-OLIMP from Ljubljana, Slovenia; Duration: 2010-2012 (24 months).
- Participant** of Basileus III (Balkans Academic Scheme for the Internationalization of Learning in cooperation with EU universities). Erasmus Mundus External Cooperation Window (Erasmus Mundus Action 2 – Strand 1); Coordinator of the project: University of Ghent from Ghent, Belgium; Duration: 2011-2015 (48 months).
- Participant** of Enhancing Cross-regional Cooperation with Erasmus Mundus (ECCE Mundus). Erasmus Mundus Action 3: Promotion of higher education; Coordinator of the project: TEMPUS PUBLIC FOUNDATION from Budapest, Hungary; Duration: 2011-2013 (28 months).
- Participant** of Basileus IV (Balkans Academic Scheme for the Internationalization of Learning in cooperation with EU universities). Erasmus Mundus External Cooperation Window (Erasmus Mundus Action 2 – Strand 1); Coordinator of the project: University of Ghent from Ghent, Belgium; Duration: 2012-2016 (48 months).
- Participant** of QinR (Quality in Research). TEMPUS, Joint Projects; Coordinator of the project: University of Sarajevo, Bosnia and Herzegovina; Duration: 2011-2014 (36 months).
- Coordinator** of TIONNI (Impact of national team identification on national identity in Montenegro and Macedonia). Ministry of Science, Bilateral Project; Coordinator of the project: University of Montenegro, Montenegro & Cirill and Methodius University, Macedonia; Duration: 2016-2017 (24 months).
- Coordinator** of TVRR-CGS (Body height and its estimation utilizing arm span measurements in Montenegrin and Slovenian population). Ministry of Science, Bilateral Project; Coordinator of the project: University of Montenegro, Montenegro & University of Ljubljana, Slovenia; Duration: 2016-2017 (24 months).
- Principal Investigator** of COSI (Childhood Obesity Surveillance Initiative). World Health Organization; Coordinator of the project: Ministry of Health, Montenegro; Duration: April 2016-October 2016 (8 months).
- Management Committee Member** of COST Action CA15137: ENRESSH (European Network for Research Evaluation in the Social Sciences and the Humanities). European Cooperation in Science and Tehnology (COST); Coordinator of the project: EU Framework Programme Horizon 2020, European Commission; Duration: April 2016-April 2020 (4 years).
- Management Committee Member** of COST Action CA15221: WeRELaTE (Advancing Effective Institutional Models towards Cohesive Teaching, Learning, Research and Writing Development). European Cooperation in Science and Tehnology (COST); Coordinator of the project: EU Framework Programme Horizon 2020, European Commission; Duration: October 2016-October 2020 (4 years).
- Management Committee Member** of COST Action CA15122: ROSEnet (Reducing Old-Age Social Exclusion: Collaborations in Research and Policy). European Cooperation in Science and Tehnology (COST); Coordinator of the project: EU Framework Programme Horizon 2020, European Commission; Duration: April 2016-April 2020 (4 years).
- Review Panel Expert** of COST Action Proposal Submission, Evaluation, Selection and Approval (SESA) procedure; Coordinator of the project: EU Framework Programme Horizon 2020, European Commission; Duration: September 2017 – September 2018 (1 years).
- Coordinator** of EPA-SIOP (Effects of Physical Activity on Social Inclusion of Older People). Ministry of Science, Programme for Encouragement of Participation in COST and Horizon2020 projects; Coordinator of the project: University of Montenegro, Montenegro; Duration: 2018-2019 (24 months).

Participant of QinR-SSH (Quality in Research in Social Science and Humanities). Ministry of Science, Programme for Encouragement of Participation in COST and Horizon2020 projects; Coordinator of the project: University of Montenegro, Montenegro; Duration: 2018-2019 (24 months).

Coordinator of EPA-SIYP (Effects of Physical Activity on Social Inclusion of Young People). Ministry of Sport, Directorate for Youth; Coordinator of the project: Montenegrin Sports Academy, Montenegro; Duration: 2018 (12 months).

Coordinator of COSI-2E (Obesity Surveillance Initiative for children aged 6 to 9 in Montenegro and Slovenia). Ministry of Science, Bilateral Project; Coordinator of the project: University of Montenegro, Montenegro & University of Ljubljana, Slovenia; Duration: 2018-2019 (24 months).

II. Unfunded projects

Coordinator of DPSIM (Development of Partnerships between Higher Education Institutions and Sport Industry enterprises through Student Internship in Montenegro). TEMPUS, Joint Projects; Coordinator of the project: University of Montenegro, Montenegro; Duration: 2012-2015 (36 months).

Institutional Coordinator of MSc PAH (Master Degree in Physical Activities and Health). TEMPUS, Joint Projects; Coordinator of the project: University of Greenwich, UK; Duration: 2012-2015 (36 months).

Applicant of TionNI (Impact of National Football Team Identification on National Identity in the Context of Major Events in the World of Sport). FP7, Marie Curie actions (Intra-European Fellowships); Scientific in Charge of the project: Prof. John Hughson, University of Central Lancashire, UK; Duration: 2012-2014 (24 months).

Institutional Coordinator of EDSSEP (Establishing Doctoral Studies in Sports Education and Pedagogy). TEMPUS, Joint Projects; Coordinator of the project: University of Split, Croatia; Duration: 2013-2016 (36 months).

Institutional Coordinator of CIS (Competencies in Sport). TEMPUS, Joint Projects; Coordinator of the project: University of Split, Croatia; Duration: 2013-2016 (36 months).

Applicant of FtonNIM (Impact of Significant Achievement of National Football Team on National Identity in Montenegro). FP7, Marie Curie actions (Career Integration Grant); Scientific in Charge of the project: Dr. Milan Hosta, University of Primorska, Slovenia; Duration: 2013-2015 (24 months).

EXPERIENCE IN EVALUATION

Independent Expert for Evaluation of Study Programmes. Council of Higher Education, Ministry of Education, Vaka Đurovića b.b.. 81000 Podgorica; year 2016.

EDITING OF PUBLICATIONS

Ad-Hoc Reviewer for "Teme", Faculty of Occupational Safety, Carnojeviceva street No10A, 18000 Nis, Serbia; year 2009. ISSN 0353-7919.

Ad-Hoc Reviewer for "Sport Scientific and Practical Aspects", Faculty of Physical Education and Sport at Tuzla University, 2 October street No1, 75000 Tuzla, Bosnia and Herzegovina; year 2010. ISSN 1840-4413.

Editorial Board Member of "Sport Mont", Montenegrin Sport Academy, Dzordza Vasingtona street No445, 81000 Podgorica, Montenegro; year 2011-2018. ISSN 1451-7485.

Ad-Hoc Reviewer for "Collegium Antropologicum", Institute for Anthropological Research, Gajeva No32, 10000 Zagreb, Croatia; year 2012. ISSN 0350-6134.

Editorial Board Member of "Sport Scientific and Practical Aspects", Faculty of Physical Education and Sport at Tuzla University, 2 October street No1, 75000 Tuzla, Bosnia&Herzegovina; year 2012-2018. ISSN 1840-4413.

Managing Editor of "Montenegrin Journal of Sports Science and Medicine", Montenegrin Sport Academy, Dzordza Vasingtona street No78, 81000 Podgorica, Montenegro; year 2012-2013. ISSN 1800-8755.

- Executive Editor** of "*Montenegrin Journal of Sports Science and Medicine*", Montenegrin Sport Academy, Džordža Vasiingtona street No78, 81000 Podgorica, Montenegro; year 2014-2016. ISSN 1800-8755.
- Ad-Hoc Reviewer** for "*Motriz. Journal of Physical Education*", Department of Physical Education, Institute of Biosciences, São Paulo State University, Rua Cristóvão Colombo, 2265 - Jardim Nazareth, São José do Rio Preto - SP, 15054-000, Brazil; year 2014. ISSN 1415-9805.
- Ad-Hoc Reviewer** for "*International Journal of Sport Management, Recreation and Tourism*", Association of Sport Tourism and Recreation, Democritus University of Thrace, Dept of Physical Education and Sport, Laboratory of Recreation and Tourism, University Campus, Komotini, 69100, Greece; year 2014-2016. ISSN 1791-874X.
- Editorial Board Member** of "*International Journal of Sport Management, Recreation and Tourism*", Association of Sport Tourism and Recreation, Democritus University of Thrace, Dept of Physical Education and Sport, Laboratory of Recreation and Tourism, University Campus, Komotini, 69100, Greece; year 2014-2018. ISSN 1791-874X.
- Ad-Hoc Reviewer** for "*Kinesiology*", University of Zagreb, Faculty of Kinesiology, Horvacanski zavoj 15, HR-10000 Zagreb, Croatia; year 2014-2015, 2017. ISSN 1331-1441.
- Editor** of the Library for Sport, Leisure and Art, University of Montenegro Press, Cetinski put 2, 81000 Podgorica, Montenegro; year 2014-2015.
- Ad-Hoc Reviewer** for "*Journal of Sports Sciences*", The British Association of Sport and Exercise Sciences (BASES), Room 103, Headingley Carnegie Stand, St Michael's Lane, Headingley, Leeds LS6 3BR, United Kingdom; year 2015-2016. ISSN 0264-0414.
- Editor** of the Library for Social Sciences, University of Montenegro Press, Cetinski put 2, 81000 Podgorica, Montenegro; year 2015-2017.
- Ad-Hoc Reviewer** for "*Research in Sports Medicine*", Taylor & Francis Ltd, 4 Park Square, Milton Park, Abingdon, Oxon, Ox14 4rn, England, United Kingdom; year 2016. ISSN 1543-8627.
- Ad-Hoc Reviewer** for "*Cultura, Ciencia Y Deporte*", UCAM Universidad Católica de Murcia, Facultad de Ciencias de la Actividad Física y del Deporte, Campus de Los Jerónimos, 30107 Guadalupe, Murcia, Spain; year 2015-2016. ISSN 1696-5043.
- Editorial Board Member** of "*Cultura, Ciencia Y Deporte*", UCAM Universidad Católica de Murcia, Facultad de Ciencias de la Actividad Física y del Deporte, Campus de Los Jerónimos, 30107 Guadalupe, Murcia, Spain; year 2015-2018. ISSN 1696-5043.
- Editorial Board Member** of "*Journal of Sport and Kinetic Movement*", Physical Education and Sport Faculty of University of Craiova, Brestei Street No156, 200207 Craiova, Romania; year 2015-2018. ISSN 2286-3524.
- Editorial Board Member** of "*Sport and Physical Activity for Everyone*", Portuguese Federation of Sport for Persons with Disabilities, Rua Presidente Samora Machel Lote 7 r/c Dtº 2620 - 061 Olival Basto, Portugal; year 2015-2018. ISSN 2183-511X.
- Editorial Board Member** of "*Annals of Applied Sport Science*", Asian Exercise and Sport Science Association, Sport Science Faculty, 84596 - 46161, Shomal University, 5km Haraz Road, Amol, Mazandaran, Iran; year 2017-2018. ISSN 2476-4981.
- Ad-Hoc Reviewer** for "*European Sport Management Quarterly*", Taylor & Francis Ltd, 4 Park Square, Milton Park, Abingdon, Oxon, Ox14 4rn, England, United Kingdom; year 2016-2017. ISSN 1618-4742.
- Ad-Hoc Reviewer** for "*The Anthropologist*", Kamla-Raj Enterprises, 4771/23, 1st Floor, Mahavirshree Building, Bharat Ram Road, Darya Ganj, New Delhi 110 002, India; year 2016-2017. ISSN 0972-0073.
- Ad-Hoc Reviewer** for "*International Journal of Industrial Ergonomics*", Elsevier Science Bv, Po Box 211, 1000 Amsterdam, Netherlands; year 2017-2018. ISSN 0169-8141.
- Editor-in-Chief** of "*Montenegrin Journal of Sports Science and Medicine*", Montenegrin Sport Academy, Džordža Vasiingtona street No78, 81000 Podgorica, Montenegro; year 2017-2018. ISSN 1800-8755.
- Ad-Hoc Reviewer** for "*Kinesiology Slovenica*", University of Ljubljana, Faculty of Sport, 1000 Ljubljana, Slovenia; year 2017-2018. ISSN 1818-2269.
- Ad-Hoc Reviewer** for "*International Wound Journal*", Wiley Publishing, 111 River St, Hoboken, NJ 07030, USA; year 2017. ISSN 1742-4801.

Editorial Board Member of "Theory and Methods of the Physical Education", National University of Physical Education and Sport of Ukraine, Maidan Kostytutsii 18, 61003, Kharkiv, Ukraine; year 2017-2018. ISSN 1993-7989.

Ad-Hoc Reviewer for "Exercise and Quality of Life", Faculty of Sport and Physical Education, University of Novi Sad, Lovcenska 16, 21000 Novi Sad, Serbia; year 2017. ISSN 1821-3480.

Editor-in-Chief of the University of Montenegro Press, Cetinski put 2, 81000 Podgorica, Montenegro; year 2017-2020.

Ad-Hoc Reviewer for "BioMed Research International", Hindawi Publishing Corporation, 315 Madison Ave, New York, NY 10017, USA; year 2018. ISSN 2314-6133.

Ad-Hoc Reviewer for "Journal of Motor Behaviour", Taylor & Francis Group, 2&4 Park Square, Milton Park, Abingdon, OX14 4RN, UK; year 2018. ISSN 0022-2895.

KEYNOTE SPEACHES AND BOARD MEMBERSHIPS

Chair of Scientific Committee at 11th International Scientific Conference on Transformation Process in Sport "Sport Performance". Podgorica, Montenegro, 3-6 April 2014.

Invited Speaker at 7th International Scientific Conference on Kinesiology "Fundamental and Applied Kinesiology – Steps Forward". Opatija, Croatia, 22-25 May 2014.

International Member of Scientific Committee at 9th FIEP European Congress and 7th International Scientific Congress "Sport, Stress, Adaptation". Sofia, Bulgaria, 9-12 October 2014.

Invited Speaker at International Conference on Economics and Management of Sports. Brno, Czech Republic, 21-22 November 2014.

Chair of Scientific Committee at 12th International Scientific Conference on Transformation Process in Sport "Sport Performance". Podgorica, Montenegro, 2-5 April 2015.

Chair of Scientific Committee at 13th International Scientific Conference on Transformation Process in Sport "Sport Performance". Podgorica, Montenegro, 31 March - 2 April 2016.

Member of Advisory Board at 4th International Scientific Conference "Exercise and Quality of Life". Novi Sad, Serbia, 22-23 April 2016.

Invited Speaker at 11th FIEP European Congress "Anthropological Aspects of Sport, Physical Education and Recreation". Banjaluka, Bosnia and Herzegovina, 14-18 September 2016.

Member of Scientific Committee at International Eurasian Conference on Sport, Education, and Society. Antalya, Turkey, 13-15 October 2016.

Invited Speaker at International Eurasian Conference on Sport, Education, and Society. Antalya, Turkey, 13-15 October 2016.

Chair of Scientific Committee at 14th International Scientific Conference on Transformation Process in Sport "Sport Performance". Budva, Montenegro, 30 March - 2 April 2017.

Invited Speaker at Sport Science Conference AESA 2017. Amol, Iran, 11-12 July 2017.

Chair of Scientific Committee at 15th International Scientific Conference on Transformation Process in Sport "Sport Performance". Budva, Montenegro, 12-15 April 2018.

Member of Organizing Committee at World Congress of Performance Analysis of Sport XII. Opatija, Croatia, 19-23 September 2018.

Member of Scientific Committee at 13th FIEP European Congress and 29th FIEP World Congress. Istanbul, Turkey, 26-29 September 2018.

Chair of Scientific Committee at 16th Annual Scientific Conference of Montenegrin Sports Academy "Sport, Physical Activity and Health: Contemporary Perspectives". Dubrovnik, Croatia, 4-7 April 2019.

Vice-Chair of Scientific Committee at 5th International Scientific Conference on Exercise and Quality of Life "From Active Childhood to Healthy Aging". Novi Sad, Serbia, 12-13 April 2019.

TEACHING ACTIVITIES

I. University of Ljubljana

Undergraduate Course

Entrepreneurship in Sport (Visiting Lecturer)

II. University of Montenegro

Undergraduate Courses

Swimming and Waterpolo
Sports Leadership
Social Issues of Sport
Sport Management
Anthropology of Sport and Physical Education

Postgraduate Course

Sport and Fitness Management
Social Issues of Sport
Research Methods in Kinesiology
Preparation of Master Thesis Project

Doctoral Course

Research Methods in Kinesiology
Data Analyses in Kinesiology

III. University of Novi Sad

Undergraduate Courses

Official Football Rules
Techniques, Didactics and Tactics of Football

IV. Shomal University

Postgraduate and doctoral Courses

Research Methods in Kinesiology (Visiting Lecturer)

LEADING STUDENT THESIS

I. Completed

- Dacic, S. (2011). Analysis of attitudes toward advertising through sport in Budva (in Montenegrin). Master I Thesis.
- Mihajlovic, V. (2013). Impact of visitor's motivation and their interaction to attitudes toward sports websites in Bar (in Montenegrin). Master I Thesis.
- Vukotic, B. (2014). Impact of nationalism to the motivation of fans to visit the matches of national football team in Montenegro (in Montenegrin). Master I Thesis.
- Dragnic, A. (2014). Water polo club „Primorac“ from Kotor – from foundation to European champion (in Montenegrin). Bachelor Thesis.
- Kovacevic, B. (2015). Analysis of Consumer Attitudes toward SPA Industry and their Intentions to use SPA products and services again in Budvanska Riviera (in Montenegrin). Master II Thesis.
- Selic, U. (2017). Attitudes of Sports Websites Visitors from Niksic toward Factor that Influence their Motivation and Its Mutual Interaction (in Montenegrin). Master I Thesis.
- Vujadinovic, N. (2018). Analysis of body proportions in relation to sports discipline and gender of participants in the Olympic Games in London (in Montenegrin). Master I Thesis.
- Sutulovic, M. (2018). The attitudes toward sport websites by visitors from Podgorica and factors that affect their mutual interaction (in Montenegrin). Master I Thesis.
- Darkovich, A. (2018). The attitudes toward sport websites by visitors from Moscow and factors that affect their mutual interaction (in Montenegrin). Master I Thesis.
- Markus, Z. (2018). Role of Sport and Recreational Activities in Creation of Tourist Satisfaction (in Montenegrin). Master II Thesis.

- Asanin, I. (2018). Attitudes of Citizens of Budva to Sports Sites and Factors Affecting Their Interaction (in Montenegrin). Master I Thesis.
- Calija, D. (2018). Analysis of body proportions in relation to sports discipline and gender of participants in the Olympic Games in Athens (in Montenegrin). Master I Thesis.
- Spaic, S. (2018). Attitudes of Citizens of Tivat to Sports Sites and Factors Affecting Their Interaction (in Montenegrin). Master I Thesis.
- Cupac, T. (2018). Analysis of Consumer Attitudes toward SPA Industry and their Intentions to use SPA products and services again in Tivat Riviera (in Montenegrin). Master II Thesis.
- Arifi, F. (2018). Body Height of Kosovan Adolescents and its relationship with other anthropometric parameters as potential predictors (in Montenegrin). PhD Thesis.
- Kandic, S. (2018). Attitudes of Citizens of Kotor to Sports Sites and Factors Affecting Their Interaction (in Montenegrin). Master I Thesis.
- Kuveljic, M. (2018). Attitudes of Citizens of Danilovgrad to Sports Sites and Factors Affecting Their Interaction (in Montenegrin). Master I Thesis.

II. Ongoing

- Kolakovic, S. Attitudes of Players toward Professional Behavior of Handball Coaches in Montenegro (in Montenegrin). Master II Thesis.
- Sermahaj, S. Effects of Stretching Programme on Anthropological Status of Young Football Players (in Montenegrin). PhD Thesis.
- Osmani, A. Body Composition, Lifestyle and Attitudes of Kosovan Youngsters toward Physical Activity (in Montenegrin). PhD Thesis.

RESEARCH INTERESTS

Anthropology of Sport and Physical Education
Sport Management and Leadership
Social Aspects of Sport

CERTIFICATES

IVSI, 2008–2013, Ski Instructor's Certification
ISIA, 2016, Ski Instructor's Certification

PROFESSIONAL AFFILIATIONS/ MEMBERSHIP

- From 2011 to 2017: Executive Director at Montenegrin Society for Sport Management, Montenegro
- From 2011 to 2017: Member of Advisory Board at SPOLINT, Institute for Sports Development, Slovenia
- Since 2012: Member of ISAF Board at International Science and Football Association, UK
- Since 2013: Member of Executive Board at Montenegrin Sports Academy, Montenegro
- Since 2013: Member of European Collage of Sports Science, Germany
- Since 2014: National Delegate of FIEP EUROPE, Slovakia
- Since 2014: Member of Center of Young Scientists at Montenegrin Academy of Sciences and Arts, Montenegro
- Since 2015: Institutional Delegate of HEPA EUROPE, Danmark
- From 2015 to 2016: Expert for Accreditation of Study Programs in Montenegro at Ministry of Education, Montenegro
- Since 2016: Member of International Union of Anthropological and Ethnological Sciences, Japan
- Since 2017: Steering Committee Member of HEPA EUROPE, Danmark
- Since 2017: FIEP Board Directors, FIEP World, Brasil
- Since 2017: Academic Member of Asian Exercise and Sport Science Association (AESAS), Iran

From 2017 to 2018: Academic Member of Committee for Monitoring of Master Studies at University of Montenegro, Quality Assurance Center, University of Montenegro, Montenegro
From 2017 to 2018: Academic Member of Committee for Quality Assurance at University of Montenegro, Quality Assurance Center, University of Montenegro, Montenegro

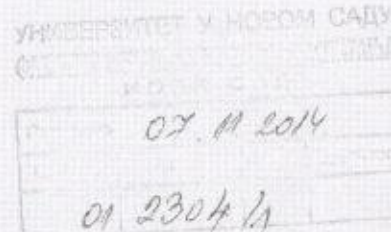
ACHIEVEMENTS AND AWARDS

Outstanding undergraduate student, University of Novi Sad, Scholarship, 1998
Outstanding postgraduate student, University of Novi Sad, Scholarship, 2005
Erasmus Mundus Action 2 - JoinEU-SEE, Research Fellowship (Middle East Technical University), 2009
Scientific & Technological Research Council of Turkey, Research Fellowship (Middle East Technical University), 2011
Erasmus Mundus Action 2 - BASILUES III, Research Fellowship (University of Ljubljana), 2011
Erasmus Mundus Action 2 - BASILUES IV, Research Fellowship (Alexander Technological Educational Institute of Thessaloniki), 2013
Mevlana Exchange Programme, Research Fellowship (Ondokuz Mayıs University), 2013
Nominee for the Best Young Researcher (under 35) Award in Montenegro, 2013
Quality in Research, TEMPUS Programme, Research Fellowship (University of Munster), 2014
Nominee for the Best Researcher Award in Montenegro, 2014
Mevlana Exchange Programme, Research Fellowship (Nevşehir Hacı Bektaş Veli University), 2015
Erasmus+ International Credit Mobility, Research Fellowship (University of Nice Sophia Antipolis), 2017
Nominee for the Best Researcher Award in Montenegro, 2017
Erasmus+ International Credit Mobility, Research Fellowship (Aristotle University of Thessaloniki), 2018
CEEPUS International Mobility, Teaching Fellowship (University of Novi Sad), 2018
CEEPUS International Mobility, Teaching Fellowship (University of Split), 2018
CEEPUS International Mobility, Teaching Fellowship (University of Novi Sad), 2018
University of Montenegro Plaque for the scientific contribution in Social Science and Humanities, 2018



Број: 04-29/33

Нови Сад, 29. октобар 2014. године



На основу члана 48 став 3 тачка 6 и члана 65 Закона о високом образовању („Службени гласник РС” бр. 76/05, 100/07-аутентично тумачење, 97/08, 44/10, 93/12, 89/13), члана 73 тачка 5 и члана 136 тачка 9 Статута Универзитета у Новом Саду (Савет Универзитета, 28.12.2010. године, 23.03.2012. године, 11.10.2012. године, 26.02.2013. године, 15.11.2013. године и 30.05.2014. године) и члана 8 став 1 и 2 Правилника о начину и поступку стицања звања и заснивања радног односа наставника Универзитета у Новом Саду (Сенат Универзитета, 23.01.2006. године и 27.12.2013. године), Сенат Универзитета у Новом Саду на седници одржаној 29. октобра 2014. године, једногласно је донео

ОДЛУКУ

о избору др Зорана Милошевића у звање редовног професора на Факултету спорта и физичког васпитања Универзитета у Новом Саду, за ужу научну област Основне научне дисциплине у спорту и физичком васпитању.

Образложење

Након спроведеног поступка у складу са Законом о високом образовању, Статутом Универзитета и Правилником о начину и поступку стицања звања и заснивања радног односа наставника Универзитета у Новом Саду, Сенат Универзитета је размотрио и прихватио Одлуку о утврђивању предлога за избор у звање и заснивање радног односа Изборног већа Факултета спорта и физичког васпитања у Новом Саду од 08.10.2014. године и Закључка Стручног већа за хуманистичке науке и уметност од 23.10.2014. године и донео Одлуку као у диспозитиву.



ПРЕДСЕДНИК СЕНАТА

Проф. др Мирослав Весковић

Prof. dr Zoran Milošević – profesionalna biografija

Na Fakultetu sporta i fizičkog vaspitanja Univerziteta u Novom Sadu radi od 16. oktobra 1989. godine.

Uža naučna oblast rada: Osnovne naučne discipline u sportu i fizičkom vaspitanju.

Osnovne studije završio je na Fakultetu fizičke kulture u Novom Sadu 1989. Magistrirao sa tezom pod naslovom „Interesovanja i stavovi studenata prema sportu kao sredstvu fizičkog vaspitanja“, na istom Fakultetu 1997. godine. Doktorsku disertaciju pod naslovom „Efekti različitih modela motornog učenja na nivo usvojenosti sportsko-tehničkog znanja u fudbalu“ odbranio je na Fakultetu fizičke kulture u Novom Sadu 2004. godine.

Nastavni predmeti koje predaje na Fakultetu su: Teorija fizičke kulture 1, Teorija fizičke kulture 2, Motorno učenje i kontrola, i Motoričke sposobnosti i motoričko učenje.

Govori engleski jezik.

Profesionalna karijera:

- Fakultet fizičke kulture, Centar za fizičko vaspitanje studenata (1989-1992) – asistent.
- Fakultet fizičke kulture, Teorija i metodika fizičkog vaspitanja (1992-1997, 1997-1999) – asistent.
- Fakultet fizičke kulture, Teorija fizičke kulture (1999-2003, 2003-2004) – asistent.
- Fakultet fizičke kulture, Teorija fizičke kulture (2004-2009) – docent.
- Fakultet sporta i fizičkog vaspitanja, Teorija fizičke kulture (2009-2014) – vanredni profesor.
- Fakultet sporta i fizičkog vaspitanja, Teorija fizičke kulture (2014) – redovni profesor.

Rukovodeća i organizacijska delatnost na Fakultetu i Univerzitetu:

- zamenik predsednika Saveta Fakulteta sporta i fizičkog vaspitanja u Novom Sadu (2009-2011) i
- član Saveta Fakulteta sporta i fizičkog vaspitanja u Novom Sadu (2012-2015).

U periodu od 2004. do 2008. godine obavljao je funkciju člana Gradskog veća Novog Sada zaduženog za sport, gde se, pored projekata školskog i masovnog sporta, posebno ističe učešćem u organizaciji sportskih manifestacija evropskog i svetskog nivoa takmičenja. Za odbornika u Skupštini Grada Novog Sada, biran je 16.06.2008. godine. Od novembra 2012. godine je bio na funkciju Načelnika Južnobačkog upravnog okruga.

Aktuelni je Pokrajinski sekretar za visoko obrazovanje i naučnoistraživačku delatnost.

BIBLIOGRAFIJA

RADOVI U ČASOPISIMA INDEKSIRANIM U SCI/SCIE/SSCI INDEKSNIM BAZAMA

1. Drid P., Maksimović N., Matić R., Obradović B., Milošević Z., Ostojić S.: Fitness profiles of elite female judokas of the Serbian national team, *Medicina dello Sport*, 2009, Vol. 62, No 3, pp. 251-263.
2. Markoski B., Ivanković Z., Radosav (Stoin) D., Milošević Z., Obradović B.: Use of Symbolic Program Execution in Program Testing, *Tehnicas Tehnologies Education Management / TTEM*, 2011, Vol. 6, No 3, pp. 836-840, ISSN 1840-1503
3. Vasiljević P., Markoski B., Ivanković Z., Ivković M., Šetrajčić J., Milošević Z.: Basket Supervisor – collecting statistical data in basketball and net casting, *Tehnicas Tehnologies Education Management / TTEM*, 2011, Vol. 6, No 1, pp. 169-178, ISSN 1840-1503
4. Maksimović N., Matić R., Milošević Z., Jakšić D., Shreffler M., Ross S.: Motives and identification of different types of fans with a team in Serbian soccer, *Tehnicas Tehnologies Education Management / TTEM*, 2012, Vol. 7, No 1, pp. 39-48, ISSN 1840-1503
5. Maksimović N., Milošević Z., Matić R., Jakšić D.: The predictors of business participation of managers in sport, *Tehnicas Tehnologies Education Management / TTEM*, 2012, Vol. 7, No 1, pp. 361-368, ISSN 1840-1503
6. Peev P., Racković M., Markoski B., Ivanković Z., Lacmanović D., Milošević Z.: ASH 2.0 Subsystem – An alternative to middleware, server automation solutions and CMS systems, *Tehnicas Tehnologies Education Management / TTEM*, 2012, Vol. 7, No 4, pp. 156-174, ISSN 1840-1503
7. Stojanović M., Ostojić S., Calleja-González J., Milošević Z., Mikić M.: Correlation between explosive strength, aerobic power and repeated sprint ability in elite basketball players, *Journal of Sports Medicine and Physical Fitness*, 2012, Vol. 52, No 4, pp. 375-381, ISSN 0022-4707
8. Milošević Z., Bjelica D., Rakić D., Madić D., Obradović B., Obradović (Todorović J., Mihajlović I., Smajić M.: Physical fitness adaptations to 9-week precompetitive training period in professional soccer team, *HealthMed*, 2012, Vol. 6, No 11, pp. 3834-3840, ISSN 1840-2291
9. Ilin D., Milošević Z., Maksimović N., Matić R., Keković Z.: Factors of successful sport event security management, *Tehnicas Tehnologies Education Management / TTEM*, 2013, Vol. 8, No 4, pp. 1645-1650, ISSN 1840-1503
10. Bogdanović Z., Smajić M., Jakšić D., Milošević Z., Obradović B., Gogić A., Vidaković H., Ljubisavljević M., Drašković V., Višnjić S., Mekić H., Stanković R., Ivančić G., Popović S.: Lumbar and Abdominal Muscles Isometric Potential in Volleyball Cadets, *International Journal of Morphology*, 2014, Vol. 32, No 3, pp. 1036-1042, ISSN 0717-9502.



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University of Montenegro

Broj / Ref. 03 - 2960

Datum / Date 18.09.2019

Универзитет Црне Горе
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено: <u>18.09.2019</u>			
Орг. јед.	Број	Прилог	Број дана
	<u>2066</u>		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br 44/14, 47/15, 40/16, 42/17, 71/17) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore na sjednici održanoj 18.09.2019. godine, donio je

ODLUKU O IZBORU U ZVANJE

Dr **Bojan Mašanović** bira se u akademsko zvanje docent Univerziteta Crne Gore za **oblast Sportske nauke**, na Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore, na period od pet godina.

**SENAT UNIVERZITETA CRNE GORE
PREDSJEDNIK**

Prof. dr Danilo Nikolić, rektor



Bojan Mašanović je državljanin Republike Srbije sa stalnim prebivalištem u Cetinju. Trenutno je angažovan kao docent na Fakultetu za sport i fizičko vaspitanje u Nikšiću za realizaciju nastave na predmetima: Biomehanika tjelesnog vježbanja i sporta, Funkcionalna anatomija i biomehanika, Istraživanja u sportu, Teorija i pravila tenisa i stonog tenisa, Antropologija tjelesnog vježbanja i sporta, Teorija sportskog treninga, Sportski trening, Teorijske osnove tjelesnog i zdravstvenog obrazovanja, Teorija fizičkog vaspitanja i osnove školskog sporta, Teorija tjelesnog vježbanja i sporta, Teorijske osnove fizičke kulture.

Rođen je 19. maja 1977. godine u Lazarevcu. Osnovnu školu je završio u Lovćencu (1992), Gimnaziju u Novom Sadu (1996), Fakultet sporta i fizičkog vaspitanja Univerziteta u Novom Sadu (1997-2001). Magistarsku tezu - Determinisanost tjelesne kompozicije sportista odbranio je na Fakultetu sporta i fizičkog vaspitanja Univerziteta u Novom Sadu (2009). Doktorsku disertaciju - Antropološki indikatori uspješnosti proprioceptivnog treninga fudbalera i učenika uzrasta 15-16 godina odbranio je na Univerzitetu u Novom Sadu 27. februara 2015. godine.

Aktivno se bavi istraživačkim radom, a objavio je u saradnji sa svojim kolegama 25 radova u časopisima koji su indeksirani u bazama podataka Web of Science i Scopus, 43 rada u nacionalnim časopisima i 14 radova štampanih u izvodu.

Oduvjek je pokazivao sklonost prema sportu i takmičenju. Oprobao se kao takmičar sa različitim uspjehom u više sportova (Karateu, Šahu, Rukometu, Fudbalu, Futsalu i Jahanju), te kao trener u nekoliko fudbalskih i konjičkih klubova. Posедуje C nacionalnu licencu fudbalskog trenera Fudbalskog saveza Srbije i C licencu instruktora skijanja Crnogorskog skijaškog saveza Crnogorskog Udruženja Instruktora i Trenera.

Radno iskustvo sticao je u Gimnaziji „Dositej Obradović“ u Srbobranu (2002/2003) i Poljoprivrednoj školi u Bačkoj Topoli (2003-2017). Obavljao je funkciju predsjednika Sportskog udruženja „Mladost“ iz Lovćenca (2009-2011) koje se bavilo organizovanjem sportskih takmičenja, sportskih i kulturnih manifestacija, propagiranjem zdravog života i zaštite životne sredine. Godine 2015. bio je angažovan od strane Fakulteta sporta i fizičkog vaspitanja u Novom Sadu kao pridruženi istraživač na projektu Antropološki status djece i omladine, a godine 2017. je angažovan kao saradnik u nastavi na Fakultetu za sport i fizičko vaspitanje u Nikšiću i kao glavni urednik časopisa „Journal of Anthropology of Sport and Physical Education“. U akademsko zvanje docent Univerziteta Crne Gore za oblast Sportske nauke izabran je 18. septembra 2019. godine.

Služi se engleskim i ruskim jezikom, dobro rukuje računarom, a pored operativnog programa Windows, služi se i sljedećim programima: MS Office - Word, Excel, PowerPoint, SPSS, Internet Explorer.

SCHOLARLY PUBLICATIONS

I. Journal articles (Web of Science)

- Masanovic, B.**, Milosevic, Z., & Corluka, M. (2018). Comparative Study of Anthropometric Measurement and Body Composition between Junior Handball and Volleyball Players from Serbian National League. *International Journal of Applied Exercise Physiology*, 7(4), 1-6.
- Masanovic, B.**, Corluka, M., & Milosevic, Z. (2018). Comparative Study of Anthropometric Measurement and Body Composition of Junior Soccer and Handball Players from the Serbian National League. *Kinesiologia Slovenica*, 24(3), 37-46.
- Masanovic, B.**, Bavcevic, T., & Prskalo, I. (2019). Regional differences in adult body height in Kosovo. *Montenegrin Journal of Sports Science and Medicine*, 8(1), 69-76.
- Masanovic, B.** (2019). Comparative Study of Morphological Characteristics and Body Composition between Different Team Players from Serbian Junior National League: Soccer, Handball, Basketball and Volleyball. *International Journal of Morphology*, 37(2), 612-619.
- Masanovic, B.**, Bavcevic, T., & Prskalo, I. (2019). Comparative study of anthropometric measurement and body composition between junior handball and basketball players from the Serbian national league. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 23(2), 90-95.
- Masanovic, B.** (2019). Impact of Physical Exercise Programs and Programs of Social Activity on Public Health and Social Inclusion of Young People. *Iranian Journal of Public Health*, 48(6), 1180-1181.
- Masanovic, B.** (2019). Gender and Age Differences in Attitudes of Serbian Pupils toward Physical Education Lessons and their Preferences Regarding Lesson Organisation. *Croatian Journal of Education*, 21(1), 213-231.
- Masanovic, B.**, Popovic, S., & Bjelica, D. (2019). Comparative study of anthropometric measurement and body composition between basketball players from different competitive levels: elite and sub-elite. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 23(4), 176-181.
- Masanovic, B.**, Gardasevic, J., & Arifi, F. (2019). Relationship Between Foot Length Measurements and Body Height: A Prospective Regional Study Among Adolescents in Northern Region of Kosovo. *Anthropologie*, 57(2), 227-233.
- Popovic, S., & **Masanovic, B.** (2019). Effects of Physical and Social Activity on Physical Health and Social Inclusion of Elderly People. *Iranian Journal of Public Health*, 48(10), 1922-1923.
- Masanovic, B.**, Milosevic, Z., & Bjelica, D. (2019). Comparative study of anthropometric measurement and body composition between soccer players from different competitive levels, elite and sub-elite. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 23(6), 282-287.
- Gardasevic, J., **Masanovic, B.**, & Arifi, F. (2019). Relationship Between Tibia Length Measurements and Standing Height: A Prospective Regional Study Among Adolescents in Northern Region of Kosovo. *Anthropologie*, 57(3), 263-269.
- Starc, G., Popović, S., Đorđić, V., Ostojić, S., Musić Milanović, S., Kujundžić, E., Spiroski, I., Đurić, S., **Mašanović, B.**, Sember, V., & Leskošek, B. (2019). Differences in body height between the contemporary Western Balkan children and the WHO growth references core sample. *Anthropological Notebook*, 25(3), 55-67.
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