

Section Agenda ICSS 2017

Friday 3th November

09:00 – 10:00 Registration of the participants (Rectorate Building)

Opening Ceremony (Conference Hall, UST)

10:00 – 10:10 *Welcome Address, Prof. Dr Agron Cuka - President ICSS 2017/ Rector, Sports University of Tirana*

10:10 – 10:15 *Ministry of Education, Sports and Youth representative Speech*

10:15- 10:20 Prof Dr Vullnet Ameti, Rector State University of Tetova

10:20- 10:25 Prof. Dr. Vasile Liviu Andrei - Dean of the Faculty of Physical Education and Sport from Aurel Vlaicu University of Arad

Plenary Session 1 (Guest lecturers) (Conference Hall, UST)

10:30 – 12:00

Moderators: *Prof. Dr. Robert Cina; Prof. Asc. Dr. Ferdinand Mara*

Guest Lecturers

TRAINING LOAD ESTIMATION AND SPORTS PERFORMANCE

Prof ArgyrisToubekis, National and Kapodistrian University of Athens, School of Physical Education and Sport Science atoubekis@phed.uoa.gr

THE IMPORTANCE OF KINEMATIC MOTION ANALYSIS - APPLICATION IN MARTIAL ARTS.

Dr. Ardelean Viortel Petru Faculty of Physical Education and Sport, "AUREL VLAICU" UNIVERSITY of ARAD, Romania

RELATIONSHIP AND INFLUENCE OF BODY MASS INDEX AND SKIN FOLDS ON SOME MOTOR ABILITIES IN 14 YEARS OLD STUDENTS

Prof VullnetAmeti, State University of Tetova - Faculty of Physical Education

THE ROLE OF ATHLETICS IN THE DEVELOPMENT OF MOTOR SKILLS

Prof BexhetToci University of Tetovo, R. of Macedonia, bexhetoci@yahoo.com

THE ROLE OF SPORTS IN BODY DEVELOPMENT IN CHILDREN OF THE AGE GROUP 9-11 YEARS OLD IN OUR COUNTRY.

Dr Edmond Biçoku, University "AleksandërXhuvani" Elbasan, Albaniaedmondbicoku@yahoo.com

Session 2 Physical Education/ Training and Performance (Rectorate building 3rd floor , UST)

12:30 – 14:00

Moderator: *Prof. Asc.Dr. Argyris Toubekis Phd; Prof. Asc. Dr. Arben Kacurri*

Co moderator from UST Dr Genti Pano

Oral Presentation (8-10 min presentation+ 2 min discussion)

ANALYSIS OF PHYSICAL AND ANTHROPOMETRICAL MARKERS OF 3-4-5th NATIONAL YOUTH SPARTACIADS COMPARED TO EUROFIT 1997 STANDART

Lumturi Markola, Arben Kaçurri, Genti Pano, Sports University of Tirana, Sport Sciences Research Institute, "Department of Physical Activity Health and Recreation, lmarkola@ust.edu.al

INVESTIGATION ON THE PROBLEMS OF EFFECT OF COURSE EFFICIENCY ON PHYSICAL EDUCATION AND SPORT TEACHERS DURING PRIMARY SCHOOL PUBLICATIONS

KadirPepe Mehmet Akif Ersoy University, High school of Physical Education and Sports, Burdur/Turkey, k_pepe@yahoo.com

THE QUESTIONNAIRE TO IDENTIFY THE PHYSICAL EDUCATION TEACHER'S PHILOSOPHICAL PROFILE: FROM THEORY TO PRACTICE THE QUESTIONNAIRE IN ALBANIAN LANGUAGE.

EridiolaBuzi, Juel Jarani, Emanuele Isidori, University of Rome " Forolitalico", Italy, Rome, eridiolabuzi@yahoo.com

COMPARISON OF RUNNING'S BETWEEN FINALISTS OF ANTHROPOMETRIC AND MOVEMENT PARAMETERS OF SUPERIOR ATHLETES

Fadil Nika, Naser Rashiti , Liridon Bekolli, Public University of Tetova, Skopje Macedonia fadil.nika@hotmail.com

AGGRESSION IN THE FOOTBALL GAME AGE 14 AND 18 YEARS OLD TRAINING AND PERFORMANCE

Arben Bici, Astrit Hafizi, FatosGjata, Sports University of Tirana, The Institute of Scientific Research of Sport Tirana abici@ust.edu.al

COMPARISON AND RUNNING ANALYSIS OF 1500M OF OLYMPIC GAMES 1960-2012 AND WORLD CHAMPIONSHIP 1983-2013

NaserRashiti, Fadil Nika, Gazmend Heta, Orgest Licaj, University of Prishtina, Faculty of Physical Education and Sport Prishtina Kosovo fadil.nika@hotmail.com

IMPACT OF THE FOUR WEEK PLYOMETRIC TRAINING PROGRAM ON BOOSTING EXPLOSIVE STRENGTH AND AGILITY FOR BASKETBALL PLAYERS

Artan Kryeziu, BujarBegu, Isa Asllani, College FAMA, University of Gjilan& Center of Research, Studies in Physical Education, Sport and Health-CRSPEs Pristina artankryeziu88@hotmail.com,

THE EFFECT OF MENTAL ABILITIES ON EFFICIENCY OF REFLECTING A BALL WITH THE FOREARMS IN THE CASE OF VOLLEYBALL

Hakik Ferati, Alketa Caushi, South East University of Tetovo

14:00 – 15:30 Lunch at "Doro" Hotel (guest lecturers)

Session 3 Poster presentation (UST- Fitness gym Place)

15:30 – 16:00

Poster Presentation

Moderators: *Prof. Asc.Dr. Musa Selimi; Prof. Asc. Stevo Popovic Phd, Prof.Dr. Ylli Zhurda*

Co moderator from UST Dr/ Doc Anesti Qeleshi

Topic: Physical Education

INVESTIGATIONS ON VISUALS AND USAGE LEVELS FOR INFORMATION TECHNOLOGIES FROM READING STUDENTS IN PHYSICAL EDUCATION AND SPORT SCIENCES

Ibrahim Kubilay¹: Mehmet Akif Ersoy University, High school of Physical Education and Sports (15100, Burdur/Turkey), kubilay.turk.ay@hotmail.com

EFFECTS OF INCREASE TO JUMPS IN GYMNASTICS WITH STUDENTS FACULTY SCIENCE OF MOVEMENT

Adriatik Meta, Natasha Dako, Edison Ikonomi, Sports University of Tirana, Tirana ALBANIA, adriatikmeta@yahoo.com

THE IMPACT OF SPORT ON CHILDREN WELLBEING & SCHOOL ACHIEVEMENT

AlketaCaushi Albina Shehu, Sports University of Tirana, caushi_alketa@yahoo.com

TEACHING PHYSICAL EDUCATION IN ELEMENTARY SCHOOL; AN INTERNATIONAL PERSPECTIVE

Florian Muca, Albanian Sports Science Association, florian-muca@alb.qsi.org

GENDER DIFFERENCES ON THE PHILOSOPHY OF PHYSICAL EDUCATION TEACHERS IN ALBANIA

Adri Kasmi, Rei Nanaj, Gentiana Nicaj

Topic: Training and Performance

PLIOMETRIC TRAINING WITH LOW LOAD IN VOLLEYBALL TO GIRLS 12-14 YEARS

Sokol Delimeta, University "Aleksandër Xhuvani" Elbasan, Faculty Human Science, Department Physical Education sokoldelimeta@yahoo.com

PLYOMETRIC TRAINING COMMANDED TO NEW VOLLEYBALL PLAYERS.

Enkeleida Lleshi, Junida Pogoni. Sports University of Tirana; Sport Sciences Research Institute elleshi@ust.edu.al

THE PROGRESS OF THE NATIONAL BASKETBALL TEAMS IN THE LAST YEARS.

Migena Plasa Sport Sciences Research Institute, Sports University of Tirana; migenaplasa@yahoo.com

THE LEVEL OF SPEED WITH REGARD TO BODY WEIGHT AND HEIGHT IN YOUTH SOCCER PLAYERS

Arjan Hyka, Edmond Bicoku, Agron Cuka, Henri Hyka *University Aleksander Xhuvani, Elbasan*

THE ASSOCIATION BETWEEN SPEED AND AGILITY WITH ANTHOPOMETRIC PARAMETERS IN YOUTH SOCCER PLAYERS

Fatjon Nurja, Abdyl Kyriu, The University of Shkodra, "Luigj Gurakuqi"

Topic: Physical Activity and Health

PREVALENCE OF PHYSICAL ACTIVITIES AND SPORT PARTICIPATION AMONG 6 TO 14 YEAR-OLD CHILDREN IN TIRANA

Blerina Mema, Keida Ushtelenca Bardhyl Misja Faculty of Movement Sciences, Department of Social Sciences and Education, Sports University of Tirana, Albania. bmema@ust.edu.al ; blerinamema30@hotmail.com

STUDY OF OBESITY WITH THE 6-18 YEARS OLD CHILDREN IN BERAT CITY

Aida Bendo, Laureta Derhemi, Edison Ikonomi, Roland Tarja, Department of Movement and Health, Faculty of Physical Activity and Recreation, Sports University of Tirana, bendoaida@yahoo.com

BASKETBALL PARTICIPATION IN ALBANIAN CHILDREN DURING AFTER SCHOOL ACTIVITIES

Andi Spahi, Afrim Bilali Sports University of Tirana, Faculty of Physical Activity and Recreation andispahi@gmail.com

PHYSICAL ACTIVITY AND RISK FACTORS FOR OBESITY AND HYPERTENSION IN CHILDREN AGED 9-10 YEARS.

Muzi Gjergji, Bardhyl Misja, Zheni Gjergji, Department of Physical Education and Sports, Faculty of Education Sciences, University "AleksanderXhuvani" Elbasan, muzigjergji@yahoo.com

THE CORRELATION BETWEEN MODE OF TRANSPORTATION WITH PHYSICAL ACTIVITY IN CHILDREN

Meriljan Kurtaj Faculty of Movement Sciences, Department of Social Sciences and Education, Sports University of Tirana, Albania. mkurtaj@ust.edu.al

Topic: Sport and Social Sciences

DIDACTICAL AND METHOD TRAINING IN YOUTH BASKETBALL GUARANTEE FOR FUTURE

Spiro Kuvarati 1, Sokol Delimeta 2, Edison Ikonomi 1 1 Sports University of Tirana, Faculty of Movement Sciences 2 University "AleksanderXhuvani" Elbasan, spiro_kuvarati@hotmail.com

TECHNICAL-PHYSICAL REPORT WITH ANTROPOMETRIC INDICATORS TO YOUNG WEIGHLIFTERS

Altin Bulku, 1., Bushati, S. Coach sport club Tirana, City Tirana, Country Albania, altinbulku@ymail.com

A REVIEW OF THE IMPACT OF MANAGEMENT INFORMATION SYSTEMS (MIS) IN EDUCATIONAL MANAGEMENT

Anduela Lile, Alketa Muçalla Sports University of Tirana, anduelalile@gmail.com

WHAT KIND OF PHYSICAL ACTIVITY AND SPORT WOULD BE RECOMMENDABLE AND NECESSARY FOR PEOPLE WITH HIGH RISK OF CARDIOVASCULAR DISEASES AND DIABETES?

Oliver Bojceski, Marina Bojceska, Hinor Kica, PHI Zdravstven Dom Struga, R.Makedonija, o.bojceski@yahoo.com

DIET PROGRAM (MENU) TRAINING AND HEALTH RELATED BENEFITS FOR ANEMIC WOMEN ATHLETES

Oliver Bojceski, Marina Bojceska, Hinor Kica, PHI Zdravstven Dom Struga, R.Makedonija, o.bojceski@yahoo.com

PSYCHOMOTOR ASPECTS OF PRESCHOOLERS

Elton Bano, Anesti Qeleshi, Sport University of Tirana, Faculty of Movement Sciences ebano@ust.edu.al

SPORTS AND RECREATIONAL ACTIVITIES OF THE STAFF IN THE TETOVO AND GOSTIVAR REGION

Kastriot Shakiri, Agron Ademi, Haki Ismaili, Faculty of Physical Education, Tetovo, Macedonia

THE IMPORTANCE OF ECOTOURISM IN THE RECREATION ACTIVITY

Roland Palushi Lumtor Shkreli, Ferdinand Canaj, Sports University of Tirana, Albania, Ishkreli@ust.edu.al

Topic: Physical Activity and Health

A PILOT STUDY FOR THE OBESITY WITH THE 6-15 YEARS OLD CHILDREN IN "PJETËR BUDI" ELEMENTARY SCHOOL IN TIRANA CITY

Aida Bendo 1, Laureta Derhemi, Sidita Haxholli, Roland Tarja 1, Edison Ikonomi 1, 1 Sports University of Tirana, Albania. Dr/ Phd Aida Bendo Sports University of Tirana, Albania abendo@ust.edu.al

ELECTROMUSCLESTIMULATION LIKE A TOTAL TRAINING OF THE WHOLE BODY, A MULTICENTERED STUDY FOR THE ABILITY OF TRAINING THE WHOLE BODY IN GYM.

Erjon Peqini, Universiti Luigj Gurakuqi, Faculty Educational Sciences, Physical Education and Sports, Shkodra, erjonpeqiniust@hotmail.com

INCORRECT POSTURE IN ALBANIAN CHILDREN

Najada Quka1, Rigerta Selenica 1 1 Sports University of Tirana, Faculty of Movement Science, Albania.:najadaquka@yahoo.com

Topic: Training and Performance

THE MAXIMUM STRENGTH PARAMETERS INFLUENCING THE IMPROVEMENT OF SPEED RUNNING PHASES

Rigerta Selenica1, Najada Quka1. Sports University of Tirana, Faculty of Movement Science, Tirana / Albania rigertameta@hotmail.com

A COMPARISON STUDY FOR ANTHOPOMETRIC PARAMETERS IN YOUTH FEMALES (SPORTS VS NON SPORTS PARTICIPATION)

Aida Shehu Sports University of Tirana, Faculty of Movement Sciences ashehu@ust.edu.al

MOTOR AND RECREATIONAL ACTIVITY FOR THE ELDERLY

Gjudio Zefi, University "LuigjGurakuqi", Shkoder, Albania, giuliozefi@yahoo.it

STRENGTH AND ITS STRUCTURE AT STUDENTS OF PHYSICAL EDUCATION OF STATE UNIVERSITY OF TETOVA

Bexhet Toci, Alim Hajredini.Orges Licaj, University of Tetovo, R. of Macedonia, bexhetoci@yahoo.com

THE ROLE OF BODY WEIGHT IN CARDIORESPIRATORY FITNESS IN BODYBUILDERS

Rando Kukeli, Andi Spahi Sports University of Tirana, Faculty of Physical Activity and Recreation, rkukeli@ust.edu.al

AN COMPARISON STUDY OF THE CHANGES OF SPEED PERFORMANCE IN YOUTH SOCCER PLAYERS

Abdyl Kuriu, Dritan Babamusta, Fatjon Nurja, Sports University of Tirana, Albania, akuriu@ust.edu.al

Student Poster session

SPORT PARTICIPATION AND GENDER DIFFERENCES AMONG ALBANIAN YOUNGSTERS.

Deborah Bakalli, Student Sports University of Tirana, Tirana, Albania Tirana, Albania.mshehu@ust.edu.al

DIFFERENCES IN THE AEROBIC POWER TRAINING METHODS OF U16 FOOTBALL PLAYERS

Andi Baze, Student Sports University of TiranaFootball Club Academy "International Tirana"
andibaze74@gmail.com

THE IMPACT OF PHYSICAL EXERCISES IN INCREASING THE EXPLOSIVE POWER ON VOLLEYBALL PLAYER OF DINAMO TEAM (AGE 16-18 YEARS OLD)

Anisa Nurja,Fatbardha Kovaci Sports University of Tirana, Albania anisanurja@yahoo.com

MOTOR ABILITES EVALUATION IN 16-18 YEARS OLD BASKETBALL PLAYERS

Aleksandër Damo, Elga Damo, Sport University of Tirana, Tirana alnida70@gmail.com

TEST-RETEST RELIABILITY OF SENSEWAVE COMPUTERIZED POSTUROGRAPHY ASSESSING BALANCE IN UPRIGHT STANCE IN EITHER STATIC AND DYNAMIC CONDITIONS

Ervis Gjoni, Juel Jarani, Harald Tschan, ErvisGjoni, ervisgjoni92@outlook.com

THE PROFILE OF PHYSICAL EDUCATION TEACHERS IN ALBANIA; URBAN VS RURAL AREAS

Jurgen Hoxha, Anisa Nurja, Ditmar Jubica

IMPACT OF STRETCHING EXERCISES IN PREVENTING THE INJURIES DURING TRAINING AND COMPETITION OF ATHLETES.

Kujtim Likaj, Bashkim Milo, Sports University of Tirana, kujtimlikaj@yahoo.com

THE CORRELATION OF BODY HEIGHT AND WEIGHT WITH ARM, THIGHS AND CALF CIRCUMFERENCE IN ELITE TEAM SPORTS IN KOSOVO

Florian Miftari, Juel Jarani ,Dhimitraq Stratoberdha,Hazir Salihu, Faculty of Physical Education and Sports, University of Prishtina, Kosovo

SYMMETRY OF MOVEMENT, AN IMPORTANT FACTOR IN THE BOXER'S PERFORMANCE

Jonid Nano, Fatbardha Kovaçi Boxing Coach, "Teuta Boxing Club", Durrës, Albania Jnano@live.it

THE TEMPO GROWTH OF HEIGHT AND WEIGHT OF BODY, AND BMI OF THE STUDENTS OF GJAKOVA AND TIRANA.

Agron Domi SportsUniversity of Tirana , Faculty of Movements Sciences, agrondomi@hotmail.com

16:00 – 18:30

visiting the center and mosaic of Tirana

departure from Sports University of Tirana (free)

19:00 – 21:00 **Official Reception from the Rector of UST, Prof. Dr. Agron Cuka
at Sport University of Tirana (Place:Fitness Gym)**

Saturday 4st November

Session 4 Social Sciences- Legislation and Sport Management (Rectorate building 3rd floor , UST)

09:00 – 11:00

Moderator: Dr. Ardelean Viorel Petru; Prof Dr Fatos Gjata

Oral Presentation (8-10 min presentation+ 2 min discussion)

Co moderator from UST Prof Asc Dr Robert Citozi

CURRENT TEACHING PROFESSIONAL ISSUES IN OUR HIGHER EDUCATION SYSTEM

Fatos GJATA

Sports University of Tirana Albania, Faculty of Movement Science, Department of Social Science and Education. fgjata@ust.edu.al

USING THE TECHNOLOGY FOR IMPROVEMENT OF THE TEACHING AND LEARNING PROCESS.

Marsela Shehu, Sports University of Tirana, Faculty of Movement Science, Department of Social Science and Education. Tirana, Albania. mshehu@ust.edu.al

ANTI-DOPING EDUCATION PROGRAMMES IN ALBANIA. THE FIGHT AGAINST DOPING

Egreta Peja¹, Bertina Hoxha ² ¹ Department of Health and Physical Activity, Faculty of Recreation and Physical Activity, Sports University of Tirana, Albania ² Institute of Sport Research, Sports University of Tirana, Albania MScEgretaPeja Sports University of Tirana, Albania epeja@ust.edu.al

THE IMPORTANCE OF MOTIVATION IN LEARNING ENGLISH AS A SECOND LANGUAGE – A THEORETICAL APPROACH

Entela Kushta, Roven Lika, Sports University of Tirana, Faculty of Physical Activity and Recreation, ekushta@ust.edu.al

FACTORS INFLUENCING THE CHOICE OF A UNIVERSITY DEGREE: THE CASE OF PHYSICAL ACTIVITY, RECREATION AND SPORT TOURISM STUDIES.

Robert Citozi, Ferdinand Mara, Spartak Bozo Sports University of Tirana, Albania rcitozi@ust.edu.al / rcitozi@yahoo.com

GOOD GOVERNANCE OF SPORT ORGANIZATIONS AND THE SUSTAINABILITY PERSPECTIVE FOR SUCCESS

Kliton MUÇA, Stavri BELLO, Ivan SANDANSKI

THE RELATIONSHIP BETWEEN SERVICE OFFERED AND DEMAND FOR GYM MEMBERSHIP IN OUR COUNTRY

Rovena Elmazi, Ferdinand Canaj, Spartak Bozo, Majlinda Nesturi, Sports University of Tirana; Faculty of Physical activity and Recreation, rd.elmazi@gmail.com

SPORTS CONTRACT APPLICABILITY AND LEGAL CONSEQUENCES IN ATHLETES AND SPORTS TECHNICAL DIRECTORS

Saimir Shatku¹, Erdi Kuka ² ¹ Sports university of Tirana; ² University of Tirana Tirana/ Albania sshatku@ust.edu.al

11:00 – 11:30 **Coffee break**

Session 5 Physical Activity and Health (Rectorate building 3rd floor , UST)

11:30 – 13:00

Moderator: Prof As Bexhet Toci; Prof Asc Dr Ferdinand Canaj

Oral Presentation (8-10 min presentation+ 2 min discussion)

Co Moderator from UST Msc Blerina Mema

NUTRITIONAL SUPPLEMENTS AND IMPACT FACTORS AMONG ALBANIAN PEOPLE EXERCISING IN GYMS

Spartak Bozo, Robert Citozi, Gert Metani, Faculty of Physical activity and Recreation, SUT, Tirana, Albania
spartakbozo@gmail.com

IMPACT OF SUB MAXIMAL EFFORT ON ATTENTION IN ATHLETES AND NONATHLETE AT YOUTH AGE

Ferdinand Canaj, Kostandin Canaj, Enea Saliasi, Sports University of Tirana, Albania, ferdcan@gmail.com

THE PREVALENCE OF OUTDOOR PHYSICAL ACTIVITIES IN ALBANIAN CHILDREN.

Keida Ushtelenca, Blerina Mema, Agron Cuka Faculty of Movement Sciences, Department of Social Sciences and Education, Sports University of Tirana. kushtelenca@ust.edu.al ; keidaush@yahoo.com

10 MINI TESTS FOR EVALUATION OF PHYSICAL ACTIVITY AT CHILDREN 6- 10 YEARS OLD

Anesti Qeleshi, Altin Martiri, Sport University of Tirana, Faculty of Movement Sciences aqeleshi@ust.edu.al

PHYSICAL ACTIVITY LEVEL PREVALENCE IN ALBANIAN CHILDREN LIVING IN BALKAN

Juel Jarani, Andi Spahi, Florian Muca, Keida Ushtelenca, Correspondence: Faculty of Movement Sciences, Department of Social Sciences and Education, Sports University of Tirana. Albania jjarani@ust.edu.al

13 00- 13 30

Closing remarks

Prof Dr Agron Cuka, Rector/ President ICSS 2017/ Prof Asc Dr Juel Jarani

14 00- Departure

Prof Dr Agron Cuka

President ICSS 2017

Rector Sports University of Tirana