

## **Sessions Agenda**

**Friday 6<sup>th</sup> December**

### **Session 2 Physical Education/ Training and Performance (Faculties building 2<sup>nd</sup> floor , UST)**

***12:30 – 14:00***

**Prof. Dr. Fadil Rexhepi – KINEMATIC ANALYSIS OF TWO VARIANTS OF THROWING TECHNIQUE HEAD AND ARM IN WRESTLING**

**Prof. Dr. Albert Karriqi – EFFECTS OF 8-WEEK HIGH INTENSITY MAXIMAL AEROBIC SPEED TRAINING COMBINED WITH CHANGE OF DIRECTION (COD) IMPROVING VO2MAX OF 16-YEAR-OLD PLAYERS**

**Dr. Edmond Biçoku – A COMPARISON OF COORDINATION SKILLS AND PHYSICAL QUALITIES IN CHILDREN AGED 9-10 YEARS OLD**

**Dr. Genti Pano – EFFECTS OF TRADITIONAL TRAINING METHOD IN THE IMPROVEMENT OF BODY COMPOSITION PARAMETERS IN 18-25 YEARS OLD SUBJECT**

**Msc. Arben Bici – THE EFFECT OF 8 WEEKS ECCENTRIC TRAINING PROGRAM ON IMPROVING MUSCLE STRENGTH OF THE LOWER LIMBS AND PERFORMANCE RUNNING WITH CHANGE OF DIRECTION IN YOUTH FOOTBALLERS 16 YEARS OLD**

**Liridon B – THE IMPACT OF RUNNING IN SHORT DISTANCES TO THE FINAL RESULTS OF THE DECATHLON AT THE 2019 ATHLETICS WORLD CHAMPIONSHIPS**

**Ramadani L – DIFFERENCE BETWEEN FINALISTS IN THE 100, 200 AND 400 METERS OF THE 2019 WORLD CHAMPIONSHIP 2019 AND THE 2016 OLYMPIC GAMES FOR ELITE ATHLETES**

### **Session 3 Poster presentation (UST- Fitness gym Place)**

***14:00 – 14:30***

**Prof. Dr Bexhet Toçi – THE ROLE OF ATHLETICS IN THE DEVELOPMENT OF MOTOR SKILLS**

**Prof.Asc.Dr. Ferdinand Mara – PLYOMETRIC EXERCISES IMPROVE BASIC SKILLS IN ARTISTIC GYMNASTICS**

**Dr. Fatjon Nurja – AN INVESTIGATION STUDY ABOUT COMPARISON IN ANTHROPOMETRIC PARAMETERS IN YOUTH FOOTBALL PLAYERS IN DIFFERENT CITIES IN ALBANIA**

**Dr. Najada Quka – CORRELATION BETWEEN PHYSICAL ACTIVITY AND ACADEMIC PERFORMANCE IN CHILDREN**

**Dr. Rigerta Selenica – STRENGTH TESTS AS AN INDICATOR OF IMPROVED PERFORMANCE IN RUNNING SPEED**

**Dr. Enkeleida Lleshi – IDENTIFYING THE COORDINATING SKILLS OF YOUNG VOLLEYBALL PLAYERS**

**Dr. Bashkim Delia – INVOLVING OF YOUNG GENERATION IN SPORT RECREATION CONTRIBUTES SIGNIFICANTLY ON AN ACTIVE LIFESTYLE IN THE FUTURE**

**Dr. Edison Ikonomi – OBESITY DIFFICULTY MOVES IN EVERYDAY LIFE**

**Dr. Elton Bano – LEVEL OF PHYSICAL ACTIVITY IN PRIMARY SCHOOLS IN THE CITY OF TIRANA**

**Dr. Andi Spahi – A COMPARISON STUDY ON JUMPING PERFORMANCE IN YOUTH TEAM GAMES**

**Dr. Genta Nallbani – KNOWLEDGE AND ATTITUDES ABOUT SEXUAL BEHAVIOUR REGARDING HIV AND HPV VIRUS AMONG YOUNG STUDENTS**

**Dr. Alketa Caushi – SPORTS MANAGEMENT EDUCATION IN UNIVERSITIES, ANALYSIS OF UNDERGRADUATE PROGRAMS**

**Dr. Mirjeta Cenaj – TEACHERS ASSOCIATION MEMBER MAIN INCENTIVES TO ENROLL IN CONTINUOUS PROFESSIONAL DEVELOPMENT**

**Dr. Rando Kukeli – GENDER DIFFERENCES IN JOB MARKET ABOUT FITNESS CENTER IN ALBANIA**

**Dr. Blerina Aliaj – THE IMPACT OF PARENTS AND TEACHERS ON EATING BEHAVIOR OF CHILDREN AND ADOLESCENTS LIVING IN TIRANA**

**Dr. Valbona Puma – GENDER DIFFERENCES IN ASSOCIATION BETWEEN FLEXIBILITY AND ANTHROPOMETRIC PARAMETERS IN CHILDREN**

**Msc. Blerina Mema – MAIN TRAINING NEEDS OF PHYSICAL EDUCATION TEACHERS AND SCHOOL LEADERS**

**Msc. Roland Palushi – THE USE OF ADVENTURE TOURISM FROM DIFFERENT AGE GROUPS. THE CASE OF ALBANIA**

**Msc. Ermal Milla- RECOVERY ISSUES IN TRAINING OF BASKETBALL TEAM OF 13 TO 16 YEAR OLD AGE**

**Msc. Gentiana Nicaj – MABC CHECKLIST VALIDITY IN ASSESSING DEVELOPMENT COORDINATION DISORDER IN CHILDREN IN A PRELIMINARY EPIDEMIOLOGIC STUDY IN SCHOOLS OF TIRANA**

**Msc. Andi Miraku – TRAINING COMPONENTS FOR BEGINNER VOLLEYBALL PLAYERS**

**Msc. Erjon Peqini – ELECTRO-MUSCLE SIMULATION COMBINED WITH FATNESS PERCENTAGE, WATER PERCENTAGE, MUSCLE PERCENTAGE AND WEIGHT**

**Msc. Lumtor Shkreli – INSIGHTS, ISSUES AND IMPLICATIONS OF ADVENTURE TOURIST GUIDES IN ALBANIA**

**Msc. Arben Bozaxhiu – A STUDY ABOUT CORRELATION OF STRENGTH WITH BODY WEIGHT AND HEIGHT IN ELEMENTARY SCHOOL CHILDREN**

**Msc. Arbana Bekteshi – OBESITY STUDY WITH STUDENTS AGED 6-18 YEARS OLD IN THE CITY OF SHKODRA**

**Msc. Kristian Andrea – YOUTH SPORTS ACTIVITY IN LEISURE-TIME**

**Msc. Marsida Bushati – IMPROVEMENT EXPLOSIVE STRENGTH TO YOUNGSTERS IN THE LONG JUMP IN ATHLETICS**

**Msc. Migena Plasa – PARTICIPATION AND SELECTION OF BASKETBALL PLAYERS OF TIRANA'S SPORTS ASSOCIATIONS FOR AGES 10-18 YEARS.**

**Msc. Enkeleda Muka – DIFFERENCES AMONG GIRLS VOLLEYBALL PLAYERS FOR BODY WEIGHT AND HEIGHT**

**Msc. Andi Baze – A COMPARISON STUDY ON SPEED AND AGILITY AMONG YOUTH FOOTBALL AND BASKETBALL PLAYERS.**

Msc. Jorida Cobaj – **THE ROLE OF AEROBIC GYMNASTICS IN INCREASING OF LIFE QUALITY IN OLD PEOPLE**

Msc. Anisa Nurja – **ASSESSMENT AND COMPARISON OF MAXIMAL OXYGEN UPTAKE IN YOUNG ATHLETES OF DIFFERENT SPORTS DISCIPLINE**

Msc. Enis Bellova – **INVESTIGATION STUDY ON PREVALENCE OF DEVELOPMENT COORDINATION DISORDER IN CHILDREN 7-8 YEARS OLD**

Msc. Orges Licaj – **AN INVESTIGATION STUDY ON FITNESS CENTER REGISTRATION AND OPENING YEARS IN ALBANIA**

Msc. Kadri Hoxha – **THE CORRELATION BETWEEN BODY HEIGHT AND WEIGHT WITH SPEED IN YOUTH FOOTBALL PLAYERS**

Msc. Altin Bulku – **AN INTERVENTION STUDY ON PHYSICAL PARAMETERS IN WRESTLERS**

Msc. Besnik Humolli – **AN OVERVIEW OF THE GENERAL CHARACTERISTICS OF FITNESS CENTER IN PRISTINA**

Msc. Elga Damo – **PHYSICAL ACTIVITY IN PREGNANT WOMEN DURING AND AFTER GIVING BIRTH**

Artan R. Kryeziu -**IMPACT OF CURRICULUM CHANGES ON MOTOR ABILITY AT AGE 14 +/- 6 MONTHS**

 **Poster Student Session**

Mergim Istrefi – **A STUDY ABOUT COMPARISON OF PHYSICAL PARAMETERS IN YOUTH BASKETBALL PLAYERS IN MITROVICA AND TIRANA**

Diana Cenaj – **A COMPARISON STUDY ON THE PERFORMANCE OF AEROBIC CAPACITY (VO2MAX)**

Dhurata Dushka – **PHYSICAL ACTIVITIES AMONG SCHOOL CHILDREN IN TIRANA**

Henri Hyka – **ACTUAL PHYSICAL ACTIVITY LEVEL ON ELEMENTARY AND SECONDARY SCHOOL IN ELBASAN CITY**

Mirela Cemerri – **ANTHROPOMETRICS PARAMETERS AND MOTOR SKILLS IN PHYSICAL PERFORMANCE TO YOUTH FOOTBALL PLAYERS**

Geri Bicoku – **IMPROVING MOTOR SKILLS OF SECONDARY SCHOOL STUDENTS BY INCORPORATING MOTOR GAMES**

Klinton Curri – **AN INVESTIGATION OF THE CORRELATION OF ANTHROPOMETRIC PARAMETERS TO THE STRENGTH OF THE LOWER LIMBS**

Aldo Mucalliu – **STRENGTH TRAINING TO IMPROVE THE BALANCE ON THE ELDERLY**

Fiona Huta – **THE CORRELATION BETWEEN FLEXIBILITY WITH BODY WEIGHT AND HEIGHT IN BASKETBALL PLAYERS**

**Saturday 7<sup>st</sup> December**

**Session 4 Social Sciences- Legislation and Sport Management (Faculties building 2<sup>nd</sup> floor, UST)**

***09:00 – 10:30***

Prof. Dr. Fatos GJATA – **THE STUDY OF AGGRESSION AND VIOLENCE FACTORS IN SPORTS**

Prof. Asc. Dr. Spartak Bozo – **SPORTS TOURISM MANAGEMENT MODEL AND SPORT TOURISM IN ALBANIA**

Prof. Asc. Dr. Ferdinand Canaj – **REVIEW OF IMPACT OF IMPROVED PHYSICAL PERFORMANCE ON COGNITIVE ABILITIES AND ADULT WELL-BEING IN ALBANIA**

Dr. Saimir Shatku – **LEGAL SPORTS CONTRACTS ASPECTS OF THE LAW ON SPORTS IN ALBANIA**

Dr. Entela Kushta – **INVESTIGATING LANGUAGE NEEDS OF GRADUATE STUDENT OF SPORTS AND TOURISM MANAGEMENT**

Dr. Aledia Kondaj – **INCREASING STUDENTS' MOTIVATION FOR DANCE TEACHING BY INVESTIGATING THEIR PREFERENCES FOR DANCE STYLES**

Dr. Marsela Shehu – **THE NEW GENERATION OF PHYSICAL EDUCATION TEACHERS.**

Phd(c) Rovena Elmazi – **MANAGEMENT OF TALENT IDENTIFICATION AND SELECTION SYSTEM IN ALBANIA**

**Session 5. 1 Physical Activity and Health (Faculties building 2<sup>nd</sup> floor, UST)**

***11:00 – 12:00***

Prof. Asc. Dr. Juel Jarani – **AN INVESTIGATION STUDY ON THE CURRENT PHYSICAL ACTIVITY LEVEL IN ALBANIAN CHILDREN**

Prof. Asc. Dr. Robert Citozi – **HBSC "HEALTHY BEHAVIORS OF 11, 13 AND 15 YEARS OLD CHILDREN IN THE CITY OF RRESHEN"**

Dr. Keida Ushtelenca – **MAIN RESOURCES NEEDED FOR PRE UNIVERSITY PHYSICAL EDUCATION TEACHERS**

Dr. Muzi Gjergji – **DRUG ABUSE, SMOKING, ALCOHOL CONSUMPTION AND THE ROLE OF PHYSICAL ACTIVITY AMONG STUDENTS OF "ALEKSANDËR XHUVANI" UNIVERSITY IN ELBASAN**

**Msc. Afrim Bilali – AN INTERVENTION STUDY ON PHYSICAL PARAMETERS ON YOUTH BASKETBALL PLAYERS- A PILOT STUDY**

**Msc. Denis Nuriu – IMPACT OF MOTOR SKILL TRAINING ON EYE-HAND-SUBJECT COORDINATION AND REACTION TIME IN 6 - 18 YEARS OLD CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD) AND DOWN SYNDROME (DS)”**

**Agon Saiti – DEVELOPMENT OF MOTOR ABILITIES AND PSYCHOLOGICAL CHARACTERISTICS IN EARLY ADOLESCENT CHILDREN AT THE AGE OF 13 AND 14 YEARS.**

**Session 5.2 Physical Activity and Health (Faculties building 2nd floor, UST)**

***12:00 – 13:00***

**Prof. Dr. Dhurata Bozo – STUDENT PERCEPTION ON BIO-MEDICAL DISCIPLINES IN PHYSICAL EDUCATION AND THEIR FEEDBACK IN THE PRESENT CURRICULA AT SPORTS UNIVERSITY OF TIRANA**

**Dr. Qamil Dika – IMPLEMENTATION OF HEALTH PROMOTING SCHOOLS STANDARDS AT HIGH SCHOOLS OF TIRANA**

**Dr. Klotilda Vrenjo – COMPARISON OF QUESTIONNAIRE DATA OF THE FIRST YEAR STUDENTS AT FMS.**

**PhD(c). Aisel Oseku – QUALITY OF LIFE IN PATIENTS WITH ADOLESCENT IDIOPATHIC SCOLIOSIS**

**PhD(c). Surven Metolli – BACK PAIN AND ASSOCIATED DISABILITY IN ADOLESCENT AMONG 19-23 YEARS**

**Msc. Suela Xhufi – HOW METABOLIC AGE CHANGE USING THC AND PHYSICAL ACTIVITY**

**Msc. Erion Bala – KNOWLEDGE OF SPORTS SCIENCE STUDENTS ABOUT THE NEGATIVE HEALTH EFFECTS OF ANDROGENIC ANABOLIC STEROIDS.**