



## Curriculum-Vitae

### Informacione Personale

Emër / Mbiemër  
Profesioni

- I Martuar
- Altin Erindi
- Mjekesi Sporti

Titulli Akademik

- Lektor

Institucioni ku punon

- Fakulteti i Shkencave te Reabilitimit, Universiteti i Sporteve te Tiranes

Adresa

- Rr: Tefta Tashko Koco ,P Gener 2, A16, Tirana, Albania

Telefoni

- +355 684001276

e-mail

- [altinerindi@yahoo.com](mailto:altinerindi@yahoo.com)
- [aerindi@ust.edu.al](mailto:aerindi@ust.edu.al)

Shtetësia

- Shqiptar

Datëlindja

- 11/04/1975

Gjinia

- Mashkull

Eksperienat në punë

Datat

- Anetar Projekti ne AEDP Soros ne lidhje me edukimin shendetesor ne zonat Rurale 01/09/1999 – 04/03/2000
- Koordinator Projekti ne Caritas Italiana ne lidhje me edukaten shendetesore ne zonat Rurale 04/03/2000-05/08/2000
- Asistent Pedagog prane Akademise se Edukimit Fizik dhe Sporteve Vojo Kushi 01/09/2001
- Lektor prane Fakultetit te Shkencave te Levizjes, Universiteti i Sporteve 2010-2022
- Lektor prane Fakulteti i Shkencave te Reabilitimit, Universiteti i Sporteve te Tiranes nga 01/09/2022

Puna ose pozicionet e mbuluara

Formimi dhe Njohuritë  
Datat

- Anetar Projekti, Koordinator Projekti, As. Pedagog, Lektor.
- Mjekesi e Pergjithshme 1993-1999
- Master ne Mjekesi Sporti 2002-2004
- Master European ne Shendet dhe Aktivitet Fizik 2005-2007
- Master ne Reabilitim dhe Riedukim Funkcional ne Sport 2016

Tematikat kryesore/kompetencat  
profesionale

Efektet e ngarkesave fizike ne shendet dhe ne patologji, ana biologjike dhe biokimike e ketyre ngarkesave ne mosha te ndryshme. Reabilitimi fizik i demtimeve muskulo skeletore e te shtylles kurrizore.

**Gjuha e nënës**

**Gjuhë të Huaja**

**Kapacitete dhe kompetenca  
organizative**

**Kapacitete dhe kompetenca  
informatike**

- Shqipe
- Anglisht Sh. Mire (Niveli C Kembridge TEST)
- Italisht Sh. Mire
- Gjermanisht Sh. Mire (Niveli B1)
  
- Mesatare
  
- Njoh Mikrosoft Office dhe Shumicen e Programeve Statistikore elektronike.

1. Altin Erindi, Harald Tschan, Robert Çina, Keti Kapedani, Perparim Ferunaj. Increased risk of falling associated with obesity, mechanical behavior of the muscles in the lower extremities of elderly men EUROPEAN JOURNAL OF INTERNAL MEDICINE, VOL. 20, SUPP 1 (MAY 2009), PP. S16-S17. FAKTOR IMPAKTI 1.385
2. Altin Erindi, Jola Klosi, Margarita Gjata, et al. The prevalence of pulmonary embolism in type 2 diabetes mellitus. EUROPEAN JOURNAL OF INTERNAL MEDICINE, VOL. 20, SUPP 1 (MAY 2009), PP. S7-S7. FAKTOR IMPAKTI 1.385
3. Co-authors Barbara Wessner (Autor/-in) - University of Vienna, Department of Sports Sciences, Harald Tschan (Autor/-in) - University of Vienna, Department of Sports Sciences, Altin Erindi (Autor/-in) - University of Tirana, = Reinhard Guschelbauer (Autor/-in) - University of Vienna, Continuing education programmes  
**Effects of a single resistance exercise about on myogenic markers in skeletal muscles of elderly master weight lifters and sedentary controls.**  
Year: 2008  
Type: Book / Monographie (Liber/Monografi)  
Language: English  
OeSTAT: 5814 Sportwissenschaften (Pädagogik, Erziehungswissenschaften) 50.0%  
3535 Sportmedizin (Klinische Medizin (ausgenommen Chirurgie und Psychiatrie) 50.0%  
Ne faqen e Universitetit te Vjenes On line:  
[https://univis.univie.ac.at/ws\\_publication/kat/pubdisplay.htm;jsessionid=26ADDDA1FC8379E11E500355DAB9216A?id=678470147528&language=en](https://univis.univie.ac.at/ws_publication/kat/pubdisplay.htm;jsessionid=26ADDDA1FC8379E11E500355DAB9216A?id=678470147528&language=en)
4. Klosi J., Erindi A., et al . Prevalenca e Diabetit Melitus tip II në pacientët me tromboemboli pulmonare. Medicus ISSN 1409-6366 UDC 61 Vol · XIII (1) · Scopje, Makedonia, June 2010. Fq 171-175
5. Erindi A. Cikuli Z. ,Kapedani K., Cina R. Metodat e kerkimit shkencor dhe perdorimi i kompjuterit per kryerjen e vleresimit statistikor. Referim ne seminarin kombetar te Mjekesise Sportive; 28-30 mars 2007. Botuar ne Mjekesia Sportive 2007, Tirane ISBN 978-99943-998-1-9.
6. Canaj P., Hoxha K. Prifti D., Cina R., Erindi A., Cikuli Z. ,Kapedani K., Ndryshimet antropometriko-funksionale te studenteve konkurente ne AEFS 1962 -2001. Studime Sportive, Tirane. Nr 4. 2002
7. Canaj P., Cikuli Z. ,Kapedani K., Erindi A., Dodaj K., Forca dhe zhvillimi muskular ne moshat e reja. Studime Sportive Nr 4. 2005, Tirane Fq 32-47.
8. Canaj P., Cikuli Z. ,Kapedani K., Erindi A., Haxhiraj K., Vleresimi i koordinimit, aftesise reaguese dhe ritmit tek nje grup femijesh qe merren me sport. Studime Sportive Nr 5. 2005, Tirane Fq 45-55.

9. Cina R., Erindi A., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Nikaj F., Toci B. Aktiviteti fizik dhe sjellja sedentare ne moshen shkollore. Buletini i Shkencave Mjekesore Nr 2. 2010, Tirane Fq 10-18.
10. Cina R., Erindi A., Prifti D., Nurka T., Ndryshimet e mureve te ventrikulit te majte ne varesi te procesit stervitor. Revista Mjekesore Nr.1 2010, Tirane Fq. 49-63.
11. Cina R., Erindi A., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Nikaj F., Toci B. Sjellja sedentare dhe aktiviteti fizik ne moshen shkollore. Studime Sportive Nr 1. 2011, Tirane Fq 10-18.
12. Erindi A., Cina R., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Efektet e ushtrimit fizik ne zhvillimin mendor ne femije te moshes 13-15vjec nen efektin e nje ngarkese te vetme maksimale. Studime Sportive Nr 1. 2011, Tirane Fq 10-18.
13. Erindi A., Cina R., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Ferunaj P. Krahasimi i metodet se riedukimit postural global se bashku me ushtrimin fizik vs ushtrimin fizik te vetem ne trajtimin e skoliozes. Studime Sportive Nr 1. 2011, Tirane Fq 10-18.
14. Cina R., Erindi A., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Variacioni Socio-ekonomik dhe lidhja me aktivitetin fizik ne femije. Studime Sportive Nr 1. 2011, Tirane Fq 10-18.
15. Ferunaj P., Erindi A., Cina R. Prifti D. Ndikimi i stervitjes se peshengritjes ne perberjen trupore te vajzave. Studime Sportive Nr 1. 2011, Tirane Fq 10-18.
16. Spahiu Elton, Erindi Altin, Gender Differences Responses in Isometric Exercise. European Journal of Education and Applied Psychology, vol 3, September 2015, Pp 100-105, Vienna, Austria
17. Elton Spahiu, Altin Erindi, Anesti Qeleshi. Relationship between diet and body fitness, with adjustment for resting energy expenditure and physical activity. European Journal of Education and Applied Psychology. vol 4, December 2015, Pp 57-61, Vienna, Austria
18. Barbara WESSNER Martin PLODER , Harald TSCHAN , Perparim FERUNAJ , Altin ERINDI, Eva-Maria STRASSER , Norbert BACHL . Effects of acute resistance exercise on proteolytic and myogenic markers in skeletal muscles of former weightlifters and age-matched sedentary controls. The Journal Of Sports Medicine And Physical Fitness 2019 November; 59(11): 1915-24, Rome, Italy (Factor Impakti 1.64)
19. Sead Bushati, Altin Erindi, The effects of lumbar traction in lumbar discal hernia. A single case study, journal Of Advance Research In Medical & Health Science, November 2020 (ISSN: 2208-2425)

## Referime

1. Wessner B, Tschan H, Ferunaj P, Erindi A, Guschelbauer R, Bachl N. Effects of a single resistance exercise bout on myogenic markers in skeletal muscles of elderly master weight lifters and sedentary controls. 13th Annual Congress of the European College of Sports Science Abstract Book, 2008:531
2. Canaj P., Hoxha K. Prifti D., Cina R., Erindi A., Cikuli Z., Kapedani K., Antropo-functional changes of the students that have concured from the year 1962 -2001. Setimane di Hypocrate a Tirana, Tirana-Roma, 15-31 Ottobre 2004. Book of abstracts, pp. 149

3. Prifti D., Canaj P., Hoxha K. Cina R., Cikuli Z. ,Kapedani K., Erindi A., Aspects of Dehydration and rehydration in Physical Activity. Setimane di Hypocrate a Tirana, Tirana-Roma, 15-31 Ottobre 2004. Book of abstracts, pp. 147
4. Muhameti R. Erindi A. Mara F. Ndikimet e sforcimit fizik ne parametrat e frymeshkembimit ne forcat speciale te ushtrise. Kongresi I i pulmonologeve te Kosoves me pjesemarrje nderkombetare Maj 26-27, 2005. Libri i abstrakteve. Pp30-31
5. Kapedani K., Cikuli Z., Erindi A., Gaco G., Role of physical training in improving walking distance in patients with claudication. 16th Congress of the Mediterranean League of Angiology & Vascular Surgery, Greece, June 9-12, 2006. Abstract Book. Pp 101-102.
6. Ferunaj P., Erindi A., Tschan H, Wessner B., Bachl N., Kapedani K., Jarani J. The comparison of strength variables between active and non active elderly. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp.307Erindi A., Cina R., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D. Effects of chronic exercise on cognition in an acute bout. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp328.
7. Cina R., Erindi A., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D.Sedentary behavior and physical activity at school age. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp328
8. Cina R., Erindi A., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D.Socio-economic variation and the connection to physical activity in children. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp329
9. Erindi A., Cina R., Prifti D., Kapedani K., Cikuli Z., Stratoberdha D., Ferunaj P.Comparison of global posturology reeducation method with exercise vs exercise therapy alone in scoliosis treatment. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp. 338
10. Ferunaj P., Tschan H., Erindi A., Qeleshi A., Jarani J. Effects of weightlifting training on the body composition of young women. 15th Annual Congress of the European College of Sports Science, May 27-30, 2009. Abstract Book, Pp 629
11. Cina R., Prifti D., Erindi A., Nurka T. , Gjinushi M., Left ventricular wall thickening in highly power and strength trained athletes. 16th Annual Congress of the European College of Sports Science, Liverpool 2011. Abstract Book, Pp 629
12. Ferunaj P., Mara F., Kavaja G., Kuvarati S., Skenderi, DH., Erindi A. Effects of weight training and martial arts in athropometric and strength characteristics in adolescent boys. 17th Annual Congress of the European College of Sport Science, Bruges/Belgium, 04 – 07 July, 2012. Abstract and poster presentation.
13. Wessner B., Gryadunov-Masutti, Ferunaj P., Erindi A., Ploder M., Tschan H., Bachl N. Involvement of inflammatory transcription factors in the response of elderly weight lifters and sedentary controls to a single bout of resistance exercise. 17th annual Congress of the European College Of Sport Science; Bruges/Belgium, 04 – 07 July, 2012. Conference Paper.

14. Spahiu E. Erindi A. Qeleshi A. Bushati S. Nutrition habits and the daily physical activity in children of ages 12-14 years. International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life - with exposition. Rumani, May 2015.
15. Spahiu E. Erindi A. Qeleshi A. Gender Differences in Cardiovascular Responses to Isometric Exercise, 3-rd Congress of Sport Science, Greqi, May 2015 Poster presentation.
16. Elton Spahiu et., Al. (2018) *Zakonet ushqyerit dhe aktivitetit fizik në lëndët 12-14 vjeç*, një poster prezantohet në International Research Simpoziumi dhe Arsimit në një epokë Innovation 7<sup>th</sup> Edition ISREIE, 17-20 maj, 2018, Shëndeti lidhur palestër fizike vs shkathtësive lidhur fiziko perspektiva të reja për qasje palestër fizike. Edukimi Fizik dhe Sport Seksioni. Arad, Romania. ISSN: 2285-830X.
17. Altin Erindi, Elton Spahiu. (2018) Rritja rrezikun e rënies nga burra të moshuar, një studim i prezantuar në 7 th Konferenca Ndërkombëtare mbi biznesin, Teknologjisë dhe Inovacionit. UBT- Institucioni i Arsimit të Lartë, 26-28 tetor, 2018. Prishtinë, Kosovë. ISBN: 978-9951-437-69-1.
18. Lindita Agolli, Altin Erindi. (2022) Emergencies in Sports studim i prezantuar në 11th Konferenca Ndërkombëtare mbi biznesin, Teknologjisë dhe Inovacionit. UBT- Institucioni i Arsimit të Lartë. 29 Tetor 2022, Prishtinë, Kosovë. ISBN: 978-9951-437-69-1.

**Me Respekt  
Altin Erindi**