

Foto

## Curriculum-Vitae

### Informacione Personale

Emër / Mbiemër

Profesi  
oni

Titulli Akademik

Institucioni ku punon

Adresa

Telefoni

e-mail

Shtetësia

Datëlindja

Gjini  
a

- e martuar
- Blerina MEMA
- As/Lektore
- Msc.
- Universiteti i Sporteve Tirane
- Rruga."Xhezmi Delli", Pallati ABG, Shk.1/Ap.6 ,Tirane
- 0355 694034527
- bmema@ust.edu.al
- Shqipëtare
- 30.03.1977
- Femer

### Eksperiencat në punë

Datat

- Prill 2021 e në vazhdim Zv/Dekane e FSHL
- Tetor 2020 – Prill 2021 Dekane e komanduar e FSHL
- 2016 - 2020 Zv/Dekane e FSHL
- 2013 – 2015 Pedagoge prane Departamentit të Shkencave Sociale dhe te Edukimit, FSHL,UST
- 2007 - 2008 Mësuese e lëndës Edukim Fizik, Shkolla 9-vjeçare "4 Dëshmorët"
- 1992 - 2008 Sportiste profesioniste, Anetare e ekipit Kombetar

Puna ose pozicionet e  
mbuluara

- As/Lektore UST
- Mesuese e "Edukimit Fizik " ne Arsimin Parauniversitar
- Sportiste profesioniste

**Formimi dhe Njohuritë**

**Datat**

- 2006 - 2008 Master Shkencor prane Akademise se Edukimit Fizik e Sporteve "Vojo Kushi"
- Deshmi per "Administrim Sporti" të organizuar nga KOKSH
- 1996 - 2000 Instituti i Larte i Kultures Fizike "Vojo Kushi"
- 1992 - 1996 Gjinnazin e Pergjithshem "Partizani"

**Tematikat kryesore/kompetencat profesionale**

- Specialiste volejboli

**Gjuha e nënës**

**Gjuhë të Huaja**

- Shqip
- Anglisht (e mbrojtur prane Britich Council)
- Italisht (gjuhe e folur)

**Kapacitete dhe kompetenca organizative**

- Aftesi te mira pune në grup.
- Aftesi te mira organizative.
- Aftesi menaxhuese
- Aftesi te mira komonikimi.

**Kapacitete dhe kompetenca informatike**

- Microsoft Basics Office
- Microsoft Excel
- Microsoft Word
- Microsoft Power-Point
- Access Internet

Bibliografia e Punëve  
Shkencore

Bashkengjitur

Artikuj në revista dhe periodike shkencorë brenda vendit (shqip dhe gjuhë të huaj)

- Shatku, S., Mema, B. & Vinciguerra, S. (2013) *The sports law in the context of the plurality of the law system and the new concept of the work in European Area*. Journal of Physical Activity & Sports, Vol.1 Issue 1, ISSN 2308-5045, fq. 8-12. Tiranë, Albania.
- Mema, B., Ushtelenca, K. (2014) *Changes on lifestyle behaviors toward inactivity in children*. Journal of Physical Activity & Sports, Vol.2 Issue 1, ISSN 2308-5045, fq. 3-6. Tiranë, Albania.

Artikuj dhe periodike në revista shkencorë jashtë vendit

- Shatku, S., Mema, B. and Cela, K. (2014) *The Sports law in the Context of the Plurality of Law System and the New Concept of Professional Sport Work in European Area*. Academic Journal of Interdisciplinary Studies, MCSER Publishing, Vol.3 No.1, ISSN 2281-3993. fq.359-362, Roma, Italy.
- Shehu, M., Mema, B. (2015) *The prevalence of physical activity levels in Albanian children's and adolescents in the Physical Education class and their leisure time*. Bulgarian Journal of Science and Education Policy (BJSEP), Vol.9 No.2, ISSN 1313-9118(online)
- Martiri.A, Mema, B. "Identification of Volleyball Players in Sports Associations in Tirana, Albania" European Journal of Multidisciplinary Studies Luxemburg, Vol.8 ISSUE 1, ISSN 2414-8385 (online), ISSN 2414-83877 (print) , Janar 2023,

Pjesëmarrje me referim në aktivite shkencore ndërkombëtare (seminare, kongrese, konferenca)

- Mema, B., Ushtelenca, K (2014) *Changes on lifestyle behaviors toward inactivity in children*. International Conference in Sport Science "Toward the Future" ISBN 978-9928-4169-3-3, fq. 37, Tirana, Albania.
- Shatku, S., Mema, B. & Rizvanolli, V. (2014) *The Sports Law and the Concept of Sports Contracts*. 7<sup>th</sup> International Scientific Conference on Kinesiology, Opatija, Croatia.
- Ushtelenca, K., Pano, G., & Mema, B., (2014) *Anthropometric Changes, obesity, coordination and motor skills in 7-11years old children*. 9<sup>th</sup> INSHS International Christmas Sport Science Conference. Szombathely, Hungary.
- Mema, B., Ushtelenca, K. (2015) *Parent and peer support for exercise and sport participation in middle school children in Tirana*. The 3<sup>rd</sup> Congress of Sport Science "Performance of exercise participations, athletes and champions" at National and Kapodistrian University of Athens.
- Ushtelenca, K., Jarani, J., Kurtaj, M. & Mema, B. (2016) *Antropological aspects of Sports, Physical Education and Recreation*. For the 11<sup>th</sup> FIEP EUROPIAN CANGRESS, Banja Luka (Bosnia and Herzegovina).
- Blerina Mema, Merilian Kurtaj and Keida Ushtelenca, (2016) *An evidence based study on participation in Physical Education classes in Albania children*. For the 14 International Sport Science Congres, Antalia, Turkey 1 – 4 November

- **Mema, B.**, Ushtelenca, K. (2015) *Parent and peer support for exercise and sport participation in middle school children in Tirana*. The 3<sup>rd</sup> Congress of Sport Science "Performance of exercise participations, athletes and champions" at National and Kapositrian University of Athens.
- Ushtelenca, K., Jarani, J., Kurtaj, M. & **Mema, B.** (2016) *Antropological aspects of Sports, Physical Education and Recreation*. For the 11<sup>th</sup> FIEP EUROPIAN CANGRESS, Banja Luka (Bosnia and Herzegovina).
- **Mema, B.**, Kurtaj, M., and Ushtelenca, K., (2016) *An evidence based study on participation in Physical Education classes in Albania children*. For the 14 International Sport Science Congres, Antalya, Turkey 1 – 4 November
- **Mema, B.**, Ushtelenca, K. and B. Misja, (2017) *Prevalence of physical activities and sport participation among 6 to 14 year old children in Tiarana*, International Conference in Sport Science, 3 – 4 November 2017 (Albania) .
- Ushtelenca, K., **Mema, B.**, and, Cuka A (2017)*The prevalence of outdoor physical activities in Albaninan children*, International Conference in Sport Science, 3 – 4 November 2017 (Albania) .
- Hoxha, J., Kasmi, A., Jarani, J., Muça, F., **Mema, B.**, "The philosophy profile of physical education teachers by years of experience as a PE teacher". ISBN 978-9928-4534-1-9 International Conference on Sport Science, Education and their role in achieving the sustainable development and social welfare, 12 – 13 April, 2019, Elbasan, Albania.
- **Mema, B.**, Ushtelenca, K "An investigation study on developmental coordination disorder in children in southern Albania". ISBN 978-9928-4534-1-9 International Conference on Sport Science, Education and their role in achieving the sustainable development and social welfare, 12 – 13 April, 2019, Elbasan, Albania.
- Ushtelenca, K., **Mema, B.** "Risk relationship between DCD and Albanian children based on gender" ISBN 978-9928-4534-1-9 International Conference on Sport Science, Education and their role in achieving the sustainable development and social welfare, 12 – 13 April, 2019, Elbasan, Albania.
- Ushtelenca, K., **Mema, B.** "A descriptive study on the level of knowledge of modern education, based on entrepreneurial skills in teachers of the pre-university system " 7<sup>th</sup> Interantional Conference in Sport Sciences, 18 – 19 May, 2022, tetova, Republic of North Macedonia
- Martiri.A, **Mema, B.** "Identification of Volleyball Players in Sports Associations in Tirana, Albania" 31st International Conference on Multidisciplinary Studies Luxemburg, 18-19 November 2022, Book of Proceedings, ISBN 9781915312051

### International Project

- **Teavet project**, which started in 15-10-2017 till 14-10-2020. Erasmus+, Key Action: Cooperation for innovation and the exchange of good practices. Action Type: Capacity Building in higher education. This project aims to bring a good solution to the specific need of raising the competencies of in-service teachers at the non-tertiary education level by asking Albanian universities to contribute to build a high quality Vocational Education and Training (VET) system for teachers by means of transforming themselves into main providers of ongoing professional development of teachers. The project aims to develop reforms to the teaching profession at the non-tertiary education level for in-service training for teachers by designing, implementing and monitoring a comprehensive lifelong learning (LLL).
- Entrepreneurial skills for a modern education in Albania – **EntrAL** , which started in 15-01-2021 till 14-01-2024.



**Projekte Kombëtare**

- *“Çrregullimi i zhvillimit koordinativ tek fëmijët në Shqipëri” (5 - 7 vjeç), 2017*
- *“Pjesëmarrja në orën e edukimit fizik si dhe aktivitetet Ekstrakurikulare të fëmijëve në Shqipëri”, 2016*

Me Respekt

**Blerina MEMA**