

IFORMACION PERSONAL



Anesti **QELESHI**

📍 14/5, Rruga “Bardhyl” Tirana , 1015, Shqiperi

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✉ aqeleshi@ust.edu.al

📧 nekeq@yahoo.com

Mashkull | **Date of birth** 03/02/1968| **Nationality** Shqipetar

WORK EXPERIENCE

PEDAGOG ne UNIVERSITETIN E SPORTEVE TIRANE NGA SHTATORI 2001

Institucioni

INSTITUTI “ HARRY FULC”

Data: nga (muaj/vit):

ne (muaj /vit):

SHTATOR 1982

QERSHOR 1986

Shkalla e diplomes se mare:

DIPLOME E SHKOLLES SE MESME

Institucioni

AEFS “ VOJO KUSHI”

Data: nga (muaj/vit):

SHTATOR 1997

ne (muaj /vit):

QERSHOR 2001

Shkalla e diplomes se mare:

MESUES I EDUKIMIT FIZIK .Diplome e ekuivalentuar
Ne Master Shkencor Ligji Nr 9741date 21.07.2007”Per
Arsimin e lArte ne Republiken e Shqiperise “i ndryshuar Neni
99/2 pika 3.

Institucioni

UNIVERSITETI I TIRANES *FAKULTETI DREJTESISE*

Data (muaji /viti): TETOR 2005
ne (muaj/viti): TETOR 2009
Shkalla e diplomes se mare: JURIST,DIPLOME E NIVELITTE DYTE(DND)

Institucioni AEFS “ VOJO KUSHI”
Data (muaji/viti) NENTOR 2001
Ne (muaj/viti) DHJETOR 2003
Shkalla e diplomes se mare: MASTER I NIVELIT TE DYTE NE PROFILIN “ DIDAKT”

Institucioni AEFS “ VOJO KUSHI”
Data(muaji/viti) 25.10.2000
Ne (muaj/viti) 25.01.2001
Shkalla e diplomes se marre KURS TRE MUJOR PROFESIONAL “Fizio-kinezio-
masazho- terapi”

Institucioni IUSM ROME
Data (muaji/viti) TETOR 2006
Ne (muaj/viti) QERSHOR 2008
Shkalla e diplomes se mare: EUROPEAN MASTER IN HEALTH AND PHYSICAL
ACTIVITY

Institucioni AEFS “ VOJO KUSHI”,KOKSH,MIN E KULTURES
RINISE E SPORTEVE
Data (muaji/viti) SHTATOR 2003- DHJETOR 2004
Ne (muaj/viti)
Shkalla e diplomes se mare: KURSI I DYTE KOMBETAR PER ANDMINISTRATORET
E SPORTIT

Institucioni Ministria e Arsimit dhe Sportit 19/05/2013
Data (muaji/viti) DOCENT (Vendim Nr/ 197, date 31/10/2013 nga
Ne (muaj/viti) Komisioni i Vlerësimit të Titujve Akademikë me Nr: protokolli
Shkalla e diplomes se mare: /798

University of Cambridge ,ESOL Examinations,BULATS

22/04/2014

Institucioni

Council of Europe Level : C1 Overall Score 77

Data (muaj/viti)

Ne (muaj/viti)

Shkalla e diplomes se mare:

Institucioni

Ministria e Arsimit dhe Sportit

Data (muaj/viti)

27.06 2015

Ne (muaj/viti)

Shkalla e diplomes se mare:

Doktor me Vendim nr.02,date 10.07.2015.,me numur rendor
2075

Institucioni

Ministria e Arsimit dhe Sportit

Data (muaj/viti)

2021

Ne (muaj/viti)

Shkalla e diplomes se mare:

Profesor i Asociuar

DREJTOR I AKADEMISE OLIMPIKE SHQIPTARE 2010 -2011

EDUKIMI DHE

TRAJNIME

Data : Nga

MARSI 2001-PRILL 2001

(m/v) ne (m/v)

Vendi

Tirana

Pershkrimi

DESHMI PER KOMPJUTER PRANE SHOQERISE “ ADAS”

Data: Nga SHKURT 2005-PRILL 2005

(m/v) ne (m/v)

Vendi Tirana

Pershkrimi Certificate per Kurset WINDOWS 2000,WINWORD 2000,EXEL 2000,ACCESS 2000,INTERENET.

DatA: Nga KORRIK 2000 – GUSHT 2000

(m/V) ne(m/V)

VENDI OLIMPIA GREQI

PERSHKRIMI DIPLOME PER PJESMARRJEN NE KURSIN E SPECIALIZUAR PER OLIMPIZMIN

DatA: NGA SHTATOR 2003 – SHTATOR 2004

(m/V) to (m/V)

VENDI Tirana

PERSHKRIMI Kursi i dyte kombetar per ADMINISTRATORET SPORTIVE AEFS 'VOJO KUSHI',KOKSH, MINISTRIA E KULTURES RINISE DHE SPORTEVE

PERSHKRIMI Certificate ne seminarin “ Trainimi i Trainuesve te Sportit”

AEFS “Vojo Kushi” KOKSH, Scuola dello Sport della Sicilia

DatA: Nga 11 MAJ 2004- 13 MAJ 2004

(m/V) ne(m/V)

VENDI Tirana

PERSHKRIMI Certificate ne WORKSHOP“ Youth Sport Program “ e organizuar nga ILO/Universities Program/NOC,UNTCA/ILOAI

DatA: Nga 6 MAJ- 7 MAJ 2005
(m/V) ne(m/V)
VENDI Tirana
PERSHKRIMI Certificate Anetar i Stafit te Organizimit te Seminarit te Komitetit Olimpik European

Data . Nga (m/v 04 – 06 QERSHOR 2002
Ne m/v)
VENDI Tirana
PERSHKRIMI Certificate per Pjesmarjen ne Seminarin “Strategjia e Zhvillimit “

DatA: NGA 15- 17 PRILL 2005
(m/V) ne(m/V)
VENDI Tirana
PERSHKRIMI Certificate “Mbi Metodologjine Stervitjrs Sportive”.
KOKSH, AEFS”Vojo Kushi”, Scuola dello Sport della Sicilia

DatA: Nga **11 MAJ- 18 MAJ 2011**
(m/V) ne(m/V)
VENDI Olimpia, Greqi
PERSHKRIMI Konferenca e Pervitshsme Nderkombetare me Drejtoret e Akademmive Olimpik

Data . Nga 18 nentor – 19 nentor 2011
(m/V) ne (m/V)
VENDI PITESTI ,ROMANIA
Pershkrimi “4 th Anual Internacional Conference „Physical Education ,Sports and health

Data: 19 QERSHOR 2012

(m/V)

ne(m/V)

VENDI TIRANE

PERSHRIMI Konferenca "Traumat e gjurit dhe te kaviljes" Spitali SALUS TIRANA

PERSONAL SKILLS

- Very good communication skills in working group
- Very good managerial skills
- Teaching
- Judicial console
- Very good organisational skills

Albanian

Mother tongue(s)

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English C1	Very good	Very good	Very good	Very good	Very good
Italian	Good	Good	Good	Good	Good
Greek	Good	Good	Good	Good	Good

Digital competence

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Very good	Very good	Very good	Very good	Very good

- good command of office suite (word processor, spread sheet, presentation software)
- good command of photo editing software gained as an amateur photographer

Driving licence

Replace with driving licence category/-ies. Example:

B

Publications
Presentations
Projects
Conferences
Seminars
Courses

Referime

2019

1. "Project-based teaching and learning"-International Conference TeaVat Project Durrës 27/02/2019 **Oral Presentation**
2. **"Contractual Sporting Rights Under International Legal Acts".**

International Congress on Natural Sciences and Technology
15-17 May Tetovo.

3. **"An Investigation Study on the Current Physical Activity Level in Albanian Children."**

International Conference in Sports Science, University of Sports Tirana
November 2019.ISBN:978-9928-303-14-1 **Oral Presentation**

4. **"Quantitative Analysis of Biomechanical Parameters in CMJ and SJ Jump Tests on 10-14 Years Old Players of Tirana Football Club"**

16th Annual Scientific Conference Of Montenegrin Sports Academy
4-7 April 2019 Cavtat Dubrovnik –Croatia. ISSN 2536-5401 Online.
ISBN: 978-9940-569-24-2

2018

5. **"Prevalence of Football Participation in Albanian Children Living in Tirana"**

International Conference on Interdisciplinary Studies in Humanities 26-27
October 2018 Rome Italy.

6. **"A Study of Physical Activities Participation Among Boys and Girls in Tirana"**

15th International Scientific Conference on Transformation Processes in Sport.12-15 April 2018 Budva Montenegro.ISBN:978-9940-56921-1

7. **The Evaluation of Functional Parameters to Young Footballers 12 Years Old in Albania**

International Scientific Congress in Sofia Bulgaria 1-2 December 2017
ISSN Online 2535-0145

8. **The Prevalence of Overweight and Obesity on Children 9-10 Years Old Living in Tirana.**

International Scientific Congress in Sofia Bulgaria 1-2 December 2017
ISSN Online 2535-0145

2017**9. "10 Minitest for Evaluation of Physical Activity at Children 6-10 Years Old."**

International Conferenced in Sports Science 3-4 November 2017.

University of Sports in Tirana

Oral Presentation.**10. "Anthropometric and Physical Tests to 15 Years Age in Tirana City"**

International Scientific Conference Nis Serbia 2017

ISBN:978-86-87249-85-1

2016

Doc. Anesti Qeleshi

11. "Physical component in the preperation of soccer player "

INTERNATIONAL SPORT science congress 2016,Belek,Antalia

12. "The Functional parameters to young footballers 8- 12 years old at leisure time ,three time a week "

14 th INTERNATIONAL, SPORT SCIENCES CONGRES,, 01- 04 h of November 2016,Belek,Antalia

13. "Improving Health with Extracurricular Activity at children 6- 10 years old in Tirana" ..

International scientific Conference on professional sciences . Durres/Albania 2016 ISBN 978-9928-4381-5-7

Oral Presentation**3. Doc. Anesti Qeleshi 2015**

Viti 2015

- **“....GENDER DIFFERENCES IN CARDIOVASCULAR RESPONSES TO ISOMETRIC EXERCISE**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
- 8 -10 May, 2015 National & Kapodistrian University of Athens

5. Doc.Msc. Anesti Qeleshi ,

Viti 2015

- **“...."EVALUATION OF PULMONARY PARAMETERS IN CHILDREN 10-15 YEARS AND THEIR SELECTION IN SPORTS (VOLLEYBALL)**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
- 8 -10 May, 2015 National & Kapodistrian University of Athens

6. Doc.Msc. Anesti Qeleshi ,

Viti 2015

- **“....HEALTH AND WELLNESS SELF-PERCEPTION IN 19 YEARS OLD**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
- 8 -10 May, 2015 National & Kapodistrian University of Athens

7. Doc.Msc. Anesti Qeleshi ,

Viti 2015

- **“....REFLEXION ON CARDIORESPIRATORY FITNESS IN YOUTH SOCCERS**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
- 8 -10 May, 2015 National & Kapodistrian University of Athens

8. Doc.. Anesti Qeleshi ,

Viti 2015

- **“....SOME WAYS FOR SELECTION AND ASSESSMENT OF CHARGES TRAINING UNDER THE ENERGY CRITERION IN THE AMATEUR BOXING**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
- 8 -10 May, 2015 National & Kapodistrian University of Athens

9. Doc. Anesti Qeleshi ,

-“**MOTIVATIONAL ORIENTATION IMPACT UPON TRACK AND FIELD MAIN RACE RESULTS,SEEN BY ATHLETES EXPERIENCE ATTRIBUTES.**

-“**SCHOOL SPORTS ACTIVITIES IMPACT UPON ANXIETY RATE REDUCTION IN SECONDARY SCHOOL PUPILS”**

Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"

8 -10 May, 2015 National & Kapodistrian University of Athens

10. Doc.M. Anesti Qeleshi

Viti 2015

- “**...PROPRIOCEPTIVE TRAININGSWAY ON POSTURE AND BALANCE IMPROVEMENT**
- Titulli i” Proceedings”: "Performance of exercise participants, athletes and champions"
8 -10 May, 2015 National & Kapodistrian University of Athens

11.Doc..Anesti Qeleshi,

Viti 2014

- : ”**Wellness Self-perception questionnaire at students of State University of Tirana** “ Internacional Conference in Sport Science (UST) Tirane 2014
- Titulli i” Proceedings”: Book of abstract SPORT UNIVERSITY OF TIRANA
ISBN: 978-9928-4169-3-3.

12.Doc. .Anesti Qeleshi ,

Viti 2014

- Titulli i referimit : “**Nutrition behavior and actual situation in children 6.1 – 16.6 years old.**
5 -6 May 2014 UST Tirana Albania’
Internacional Conference in Sport Science (UST)2014 Tirane **Oral Presentation**
ISBN: 978-9928-4169-3-3.

13.Doc. Anesti Qeleshi,

Viti 2013

- * Titulli i Posterit: **CORRELATION BETWEEN BMI AND COGNITIVE FUNCTIONING IN SCHOOL PUPILS IN TIRANA ALBANIA”**

*Titulli i "Proceedings": Book of Abstract "18th annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE 26th- 29th June 2013" Barcelona – Spain

ISBN 978-84-695-7786-8

14.Doc.Anesti Qeleshi.

Viti 2013

* Titulli i Posterit: "**The important role of physical activity at 15-18 years old** "

Internacional Conference ICRA 2013 Shkoder

*Titulli i "Proceedings": Book of abstract- RESEARCH AND EDUCATION-CHALLENGES
TOWARDS THE FUTURE

ISSN 2308-0825

15. Doc. Anesti Qeleshi,

Viti 2012

- Titulli i Posterit: An intervention study on physical fitness componets on young soccer players aiming on cordination and proprioceptive training
Internacional Conference *October 2012 .Koper ,Slovenia.*
- Titulli i "Proceedings": Book of abstract " »*Social (and Human) Sciences, Sport and Physical Culture: History, Contemporarily, and Future*"-4th World Conference of the Internacional Society for Social Sciences of Sport " . Faqe 45

16.Doc. Anesti Qeleshi

Viti 2011

- Titulli i Posterit: " The role of social support in 17-18 years old in Tirana", (Roli i suportit social në moshat 17-18 vjeç në tiranë);
16 Annual Congress of the ECSS .Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit),
Liverpul-Angli 2011
- Titulli i "Proceedings": Book of abstract "New horizons from a world heritage city"
ISBN 1746-1391.

17.Doc. Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: “RELATIONSHIP BETWEEN EXPENDITURE TIME, MENTAL HEALTH AND BMI IN SECONDARY SCHOOL PUPILS IN ALBANIA.”

16 Annual Congress of the ECSS .Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit),
Liverpool-Angli 2011

Titulli i” Proceedings”: Book of abstract ”New horizons from a world heritage city”
ISBN 1746-1391.

18.Doc.Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: “ EXERCISE FOR HEALTH AND PHYSICAL PERFORMANCE IN CHILDREN OF AGE 15

YEARS OLD IN TIRANA .16 Annual Congress of the ECSS .Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit), Liverpool-Angli 2011

Titulli i” Proceedings”: Book of abstract New horizons from a world heritage city
ISBN 1746-1391.

19.Doc. Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: “AGING AS A NATURAL PROCESS AND VALUABLE HUMAN RESOURCE

16 Annual Congress of the ECSS (Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit)
Liverpool-Angli 2011

Titulli i” Proceedings”: Book of abstract New horizons from a world heritage city
ISBN 1746-1391.

20.Doc. Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: “ OPINION FROM ELITE YOUNG SOCCER ON CARDIOVASCULAR HEALTH ISSUE”

Annual Congress of the ECSS (Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit),
Liverpool-Angli 2011

Titulli i "Proceedings": Book of abstract New horizons from a world heritage city

ISBN 1746-1391.

21.Doc. Anesti Qeleshi ,D

Viti 2011

Titulli i Posterit: " PHYSICAL ACTIVITY AND SELF-MANAGEMENT SKILLS"

Annual Congress of the ECSS (Kongresi i 16 i Kolegjeve Europiane te Shkences se Sportit),

Liverpul-Angli.2011

Titulli i "Proceedings": Book of abstract New horizons from a world heritage city

ISBN 1746-1391.

22. Doc. Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: " STRESS AND SOCIAL ENVIRONMENT ON VOLLEY ALBANIAN PLAYER AT FIRST CATEGORY. "

European Congr of Sport medicine

Titulli i "Proceedings": Book of abstract 7 EFSMA – ECSM.Austrian society of physical medicine

Saturday 12:30-13:30 P Session 3 ;, 26th - 29th October.2011.

Austria-Salzburg

ISBN 1746-1391.

23. Doc. Anesti Qeleshi ,

Viti 2011

Titulli i Posterit: "NUTRITION AND HEALTH BEHAVIOR IN CHILDREN"

Titulli i "Proceedings": "Research and Applications in Sports Science"

Friday 6 - Sunday, May 8, 2011

Stadium of *Peace and Friendship*, Athens

24. Doc.. Anesti Qeleshi ,

Viti 2010

Titulli i Posterit: AN INVESTIGATION STUDY OF OBESITY AND PHYSICAL ACTIVITY IN CHILDREN OF AGE 11- 14 YEARS OLD IN TIRANA”

(Kongresi i 15 i Kolegjeve Europiane te Shkences se Sportit),Antalia,Turqi2010

Titulli i” Proceedings”: Book of abstract 15 th Annual Congress of the ECSS

ISBN 1746-1391.

25. Doc. Anesti Qeleshi

Viti 2010

Titulli i Posterit: “EFFECT OF WEIGHTLIFTING TRAINING ON THE BODY COMPOSITION OF YOUNG WOMEN.”

Kongresi i 15 i Kolegjeve Europiane te Shkences se Sportit) Antalia Turqi.2010

Titulli i” Proceedings”: Book of abstract 15 th Annual Congress of the ECSS

ISBN 1746-1391.

26. Doc.Anesti Qeleshi

Viti 2008

- Titulli i Posterit: A cross-sectional study of physical activity, inactivity and obesity in children 11 and 14 years old in Tirana..
- European Thesis. 2008 ORAL PRESENTATION__

27. Doc. Anesti Qeleshi,

VITI 2007

- Titulli i Posterit: THE LINK BETWEEN INTELLECTUAL AND MOTOR DIMENSIONS IN CHILDREN OF 12- 15 YEARS .
- *ERASMUS PROGRAMME* . ORAL PRESENTATION .ODENSE. DANIMARKE 2007.

28. Doc.Anesti Qeleshi,

VITI 2007

- Titulli i Posterit: *Stabilization for the lower limbs with aging problem.*
- *INTERSHIP* .. ORAL PRESENTATION .*KELN.GJERMANI 2007*

Artikuj Shkencor

Doc. Dr Anesti Qeleshi 2020

1. **”Opinions on Overweight Management. Losing weight not with calculated calories, but with grams.... with 60gr/day”**-Crimson Publisher-Research & Investigations in Sports Medicine-Faktor Impakti 0,492.

ISSN : 2577-1914- New York USA.2020 Autor i Pare
Index:Publons, Worldcat,Copernicus etj.

2. **”Opinions on Obesity, Nutrition, and Basal Metabolic Rates”**-Crimson Publisher-Research & Investigations in Sports Medicine- Faktor Impakti 0,492.

ISSN : 2577-1914- New York USA.2020
Index:Publons, Worldcat,Copernicus etj. Autor i Pare

3. **”Physical Activity and Obesity in Children 11 and 14 Years Old in Tirana”**-Crimson Publisher-Research & Investigations in Sports Medicine- Faktor Impakti 0,492.

ISSN:2577-1914 - New York USA. .2020 Autor i Pare
Index:Publons, Worldcat,Copernicus etj.

4. “Indications and Limitations of Creatinine in the Diet of Athletes”.

Research & Investigations in Sports Medicine- [ISSN : 2577-1914](#) - Crimson Publisher-Research & Investigations in Sports Medicine- Faktor Impakti 0,492.

ISSN : 2577-1914- New York USA. .2020 Autor i Dytë
Index:Publons, Worldcat,Copernicus etj.

2019

1. Physical Activity and BMI in Children of School Age

Open Access

Journal of Advances in Sports and Physivcal Education.

Factor Impact Journal. ISSN : 2616-8642 Print,ISSN : 2617-3905 Online

2018

2. ”10 Minitest for Evaluation of Physical Activity at Children 6-10 Years Old”

Journal of Physical Actuvity and Sports

Sports University of Tirana December 2018 ISSN 2308-5045

2016

.

Doc. Dr. Anesti Qeleshi

3. "Improving Health with Extracurricular Activity at Children 6- 10 Years Old in Tirana"

"Translational Medicine and Biotechnology" India

ISSN 2350-1073

IMPACT FACTOR 3.816 ISRA:JIF

Doc. Dr. Anesti Qeleshi

2016

4. "Participation of Pupils in Physical Activity in Albania"

9-th Annual International Conference physical Education and Health Pitesti Romania

ISSN 1453-1194

5. "Optimal Flexibility Increases Technical Performance to Gymnasts "

9-th Annual International Conference physical Education and Health Pitesti Romania

ISSN 1453-1194

2015

Doc. Dr. Anesti Qeleshi (2015)

6. Exercising with extracurricular activity to the children 6- 10 years old

PROCEEDINGS of the 8th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 19th-20th of November 2015, ROMANIA

ISSN:1453-1194

Doc. Dr. Anesti Qeleshi (2015)

7. A management overview of fitness centers

PROCEEDINGS of the 8th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 19th-20th of November 2015, ROMANIA

ISSN:1453-1194

Doc. Dr. Anesti Qeleshi (2015)

8. Physical education development as a model for youth

PROCEEDINGS of the 8th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 19th-20th of November 2015, ROMANIA

ISSN:1453-1194

Doc. Dr. Anesti Qeleshi (2015)

9. Improvement of functional parameters to young footballers

PROCEEDINGS of the 8th ANNUAL INTERNATIONAL CONFERENCE:PHYSICAL EDUCATION,
SPORT AND HEALTH, PITESTI, 19th-20th of November 2015, ROMANIA

ISSN:1453-1194

Doc. Anesti Qeleshi ,

Viti 2014

- Titulli i artikullit : The prevalence of obesity in children and current level of physical activity in a city in transition
- Titulli i revistes: –. *Journal of physical activity & sports . Volume 1-original article Tirane .Albania 2014*

ISSN:2308-5045

Doc.Anesti Qeleshi,

Viti 2014

- Titulli i artikullit: BMI and Actual Situation in elementary school .
- Titulli i revistes : *research in Physical Education ,Sport and Health. Scientific Conference 30-31 May ,Ohrid , Macedonia2014*

ISBN 978-9989-2850-4-2

.Doc.Anesti Qeleshi,

Viti 2014

- Titulli i artikullit: Eating behaviour in middle school
- Titulli i revistes : *research in Physical Education ,Sport and Health. Scientific Conference 30-31 May ,Ohrid , Macedonia2014*

ISBN 978-9989-2850-4-2

.Doc.Anesti Qeleshi,

- Titulli i artikullit: (*Nutrition and health behaviour in 9-11 years old children*)).
- Titulli i revistes : *Revista Shkencore e Sportit (Botim III) Institutit Kerkimor te Sportit 2/2013. Tirane*

Doc. Anesti Qeleshi ,

Titulli i artikullit: *Shendeti kardivaskular te elita e fubollisteve te rin*

- * Titulli i revistes : *Revista Shkencore e Sportit (Botim I Institutit Kerkimor te Sportit)2/2012.Tirane*

.Doc. Anesti Qeleshi ,

- Titulli i artikullit: *NJE STUDIM INVESTIGATIV MBI OBESITETIN DHE AKTIVITETIN FIZIK TEK FEMIJET E MOSHES 11-14 VJEC NE TIRANE*”.
- Titulli i revistes : *Revista Shkencore e Sportit (Botim I Institutit Kerkimor teSportit)1/2011.Tirane*

.Doc. Anesti Qeleshi ,

- Titulli i artikullit: *THE ANALYTIC MEASUREMENT OF LIGHTING IN THE PRIMARY SCHOOLS AND THE IMPACT OF HEALTH*
- Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti . Romania*

ISSN:1453-1194

Doc. Msc.Anesti Qeleshi ,

- Titulli i artikullit: *COMPARISON OF ANTHROPOMETRIC AND PHYSICAL PARAMETERS OF NATIONAL TEAMS 2003-2010.*
- Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania*

ISSN:1453-1194

Doc.Msc. Anesti Qeleshi ,

Titulli i artikullit: *PHYSICAL PARAMETERS OF NATIONAL TEAMS 2009-2010 IN JUNIOR WOMEN*

BALKAN CHAMPIONSHIP

- Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania ISSN:1453-1194*

Doc. Anesti Qeleshi

* Titulli i artikullit: THE ANXIETY BEFORE SPORTS ACTIVITY IN SOCCER CHILDREN 12,13,14 YEARS OLD.

* Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania
ISSN:1453-1194*

. Doc. Anesti Qeleshi ,

* Titulli i artikullit: PHYSICAL ACTIVITY IN CHILDREN AND YOUTH AT AGE 11 AND 14 YEARS IN TIRANA.

* Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania
ISSN:1453-1194*

. Doc. Anesti Qeleshi

* Titulli i artikullit: SELF-CARE AND SKILLS FOR HEALTH FROM TIRANA HIGH SCHOOL STUDENT

* Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania
ISSN:1453-1194*

. Doc. Anesti Qeleshi

* Titulli i artikullit: AGING AS A NATURAL PROCESS AND VALUABLE HUMAN RESOURCE

* Titulli i revistes : *4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania
ISSN:1453-1194*

. Doc. Anesti Qeleshi ,

*

- Titulli i artikullit: STUDY NUTRITION MODE TO YOUNGSTERS IN TIRANA.
- Titulli i revistes : 4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania

ISSN:1453-1194**Doc. Anesti Qeleshi ,**

* Titulli i artikullit: *The Analitic Mwsuerment in the primary schooland the impact of health (particulary 6-9 years old)*

* Titulli i revistes : 4th Annual International Conference Physical Education Sport and health 18 – 19 November 2011. Pitesti .Romania

ISSN:1453-1194**. Doc. Anesti Qeleshi ,**

* Titulli i artikullit: A STUDY OF OBESITY AND INACTIVITY IN CHILDREN IN TIRANA. Alb SHKENCA IASH-

* Titulli i revistes : TAKIMI I KATERT VJETOR I INSTITUTIT LIBRI I PERMBLEDHJEVE TETOVE. Maqedoni 2009

. Doc. Anesti Qeleshi ,

* Titulli i artikullit: “REFLEKSIONE MBI AKTIVITETIN FIZIK E TURIZMIN REKREATIV SI MENYRE JETESE”.

* Titulli i revistes : * Artikull tek Revista Periodike Sport per te Gjithe Tirane Nr 1.2009

Doc.. Anesti Qeleshi

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