

Curriculum-Vitae



Informacion perosnal

Emër / Mbiemër

Juel Jarani Prof Asc Dr (PhD)

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Nationality

Albanian

Datëlindja

26 October 1980

Gjinia

Burrë

Patenta e Shoferit

Patentë shoferi i disponueshëm për klasën e 4-të (2001)

Ndihma e parë

Licencë e Ndhmës së Parë (Kryqi i Kuq Shqiptar 2005)

Eksperiencë në punë

- 2003- pedagog (i tanishëm) dhe anëtar i bordit të Senatit në Universitetin e Sporteve të Tiranës. Lëndët: Metodologjia e Kërkimit Shkencor, Vlerësimi i Aktivitetit Fizik dhe Sporteve, Menaxhimi i Sportit, Artikulli dhe Projektit Shkencor; Sjellje Motore
- 2022 (vazhdim) Koordinator Studimeve Doktorale prane Fakultetit te Shkencave te Levizjes prane Universitetit te Sporteve te Tiranës
- 2006- 2007 Punoi në Komitetin Olimpik Shqiptar në projektin "Dixhitalizimi i Arkivave Sportive".
- 2006- 2008 Punoi në klubin multisport Dinamo si zv / trajner me ekipin e Basketbollit për të rritur (mashkull).
- 2003- 2004 Mësues i Edukimit Fizik në shkollën fillore anglo-shqiptare Fenix.
- 2003 - 2004 Trajner i ekipit të basketbollit për të mitur "Partizani".

Puna dhe pozicionet e mbajtura

- 2008- aktualisht - Pedagog në Universitetin e Sportive të Tiranës, Fakulteti i Shkencave të Lëvizjes, Departamenti i Edukimit dhe Shëndetit
- 20/05 / 2013- 2020; zv Rektor në Universitetin e Sporteve të Tiranës; Përgjegjës për kërkimin shkencor;
- 2003- 2008 pedagog jashtëm në Universitetin e Sporteve të Tiranës; Anëtar i bordit 2005- 2008 në minibasket dhe komisionin e të rinjve të Federatës Kombëtare të Basketbollit.
- 2016-2021 Anëtar i bordit të Federatës Shqiptare të Basketbollit;

	<ul style="list-style-type: none"> ● 2009-2012 Anëtar i bordit të Federatës Shqiptare "Sporti për të Gjithë"; <ul style="list-style-type: none"> ● 02. 07. 2007 si / trajner i ekipit kombëtar shqiptar të basketbollit U 18 djem, në lojërat Rinia e Detit të Zi; ● 2002 -2003 anëtar i senatit në Akademinë e Edukimit Fizik dhe Sporteve "Vojo Kushi" si përfaqësues i studentëve; ● 1999– 2002 lojtar i ekipit të basketbollit “Tirana / Partizani”, i rritur.
Edukimi dhe trajnimet	<ul style="list-style-type: none"> ● 2016 Titulli Prof Ass Dr ● 2013-2014 Shkolla Shqiptare e Studimeve Politike ● 2009 - 2013 diplomimi i Ph.D për "Aktivitetin Fizik dhe Shëndetin" në IUSM, Romë Itali; ● 2006- 2008 Diplomë Master Evropian në “IUSM” Itali (Romë) në bashkëpunim me Universitetin e Danimarkës Jugore (Odense) dhe Universitetin Sportiv Gjerman (Koln) për Aktivitetin Fizik dhe Shëndetin; ● 2005- 2008 Diplomë Master (MAP - Menaxhimi i Administratës Publike) në Universitetin "Ekonomik", Tiranë, në departamentin e "Administrimit të Menaxhimit Publik" në bashkëpunim me Nebraska University Lincoln (USA); ● 1999- 2003 Akademia e Edukimit Fizik dhe Sporteve “Vojo Kushi”; ● 1995- 1999 Shkolla e Mesme "Sami Frasheri”; ● 1987- 1995 Shkolla fillore "7 Marsi".
Kompetencat personale	<p>Lektor (lëndët / fushat): Cikli I, II, III të studimeve Universitare</p> <ul style="list-style-type: none"> ● Sjellje Motore ● Metodologji e Kërkimit Shkencor ● Aktiviteti Fizik dhe Shëndeti; ● Vlerësimi i Aktivitetit Fizik dhe Sporteve; ● Teoria e Lëvizjes Njerëzore ● Planifikimi i Projektit Shkencor <p>Studiues dhe Kërkues Shkencor</p> <ul style="list-style-type: none"> ● Fusha- Aktivitet Fizik dhe Shëndet, Sport, Edukimi Fizik <p>Trajnues i Liçensuar nga KAPT; MASR</p> <ul style="list-style-type: none"> ● Punonjësit Arsimor në Sistemin Para Universitar
Shkalla e Kualifikimit	Prof Asc Dr (PhD)
Gjuha amtare	Albanian
Gjuhe te tjera	English and Italian

Vetëvlerësimi**European Level (*)**

UNDERSTANDING				SPEAKING				WRITING	
Listening		Reading		Spoken interaction		Spoken production			
EN	C1	EN	C1	EN	C1	EN	C1	EN	C2
IT	C2	IT	C1	IT	C1	IT	B2	IT	C1

(*) Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2: Proficient user
Common European Framework of Reference for Languages

Shkathtësitë organizative / menaxheriale

- Kapaciteti për të punuar së bashku në grup;

Aftesi kompjuterike

Njohuri shumë të mira në softuer dhe pajisje dhe kompetencë në punën me pajisje laboratorike për programet kërkimore;

International EU Projects

- Programi Erasmus + si Koordinator. CBHE EntrAL "Aftësitë sipërmarrëse për një arsim modern në Shqipëri" - 617886-EPP-1-2020-FI-EPPKA2-CBHE-SP, Universiteti Turku, Finlandë

Program Programi Erasmus + si Koordinator. 2016-3210 / 001-001. Universiteti Sportiv i Tiranës. Projekti DIYPES. "Beje vete! Një qasje pjesëmarrëse për të rritur pjesëmarrjen dhe angazhimin e nxënësve të shkollave të mesme në klasat e edukimit fizik dhe sportit "

Program Programi Erasmus + si Koordinator. 586300-EPP-1-2017-1-ES-EPPKA2-CBHE-SP. Universiteti Sportiv i Tiranës. Projekti TEAVET "Zhvillimi i aftësive të mësuesve për një sistem gjithëpërfshirës të AFP-së në Shqipëri"

Program Programi Tempus si Pjesëmarrës. 544362 - TEMPUS - 1 - 2013 - IT - TEMPUS - JPCR. Universiteti Sportiv i Tiranës. Profesionet Sportive - Arsimi, Punësimi, Zhvillimi në Rajonin e Ballkanit

Journal Scientific Board & Editor Member

- **Montenegrin Journal of Sports Science and Medicine (MJSSM)**

<http://www.mjssm.me/?sekcija=page&p=5>

- **Journal of Physical Activity & Sports (JPAS)**

[Sport University of Tirana official journal](#)

- **European Journal of Health & Science in Sports (EJHSS)**

<http://www.ejhss.com/index.php/SportsScience/about/editorialTeam>

- **Journal of Anthropology of Sport and Physical Education (JASPE)**

<http://www.jaspe.ac.me/?sekcija=page&p=5>

- **Journal of Sport and Health (University of Tetova).**

<https://eservices.unite.edu.mk:4433/rms/enterjournal.aspx?journalid=SH21&jvol=8&jnr=15-16>

Guest Associate Editor

- Anëtar i kufijve
- Redaktues i Asociuar i Vizitorëve - në Fëmijët dhe sektorin e Shëndetit në kufijtë në ditarin e Pediatriisë dhe kufijtë në ditarin e Shëndetit Publik

Editor & International Conference Scientific Board Member

Conference Konferenca Ndërkombëtare në Shkencën e Sportit Tiranë (Shqipëri) 6-7.12.2019 organizuar nga Universiteti Sportiv i Tiranës

Congress Kongresi Shkencor Ndërkombëtar “Shkencat e Aplikuara të Sportit” dhe Kongresi Shkencor Ballkanik “Edukimi Fizik, Sporti, Shëndeti” 15 dhe 16 Nëntor 2019 organizuar nga Akademia Kombëtare e Sporteve “Vassil Levski” në Sofje. <https://icass2019.com/>

Conference Konferencë shkencore për Edukim Fizik, Sport dhe Shëndet 1 dhe 2 Nëntor 2019. Organizuar nga Fakulteti i Edukimit Fizik nga Universiteti i Prishtinës <https://feff-conference.com/speakers/>

CON KONFERENCA E 6-të NDATIONRKOMBETARE E BALLKANIT N SC SHKENCAT SPORTIVE 15- 17 MAJ 2019 organizuar nga Fakulteti i Edukimit Fizik, UNIVERSITETI I TETOVA në partneritet me Universitetin e Sporteve të Tiranës, SHQIPRI Fakulteti i Edukimit Fizik dhe Sporteve, KOSOVO <https://sites.google.com /unite.edu.mk/sport-conference/organization?authuser=0>

Conference Konferenca Ndërkombëtare mbi "Shkencat Sportive, Edukimi dhe Roli i tyre në Arritjen e Zhvillimit të Qëndrueshëm dhe Mirëqenies Sociale" e cila do të mbahet në 12-13 Prill 2019, në Elbasan, Shqipëri.

Conference Konferenca e katërt vjetore e Shoqatës së Universiteteve të Ballkanit "Bashkëpunimi midis Universiteteve dhe Bashkëjetesa Kulturore - një premisë për një platformë të qëndrueshme në zonën e përgjithshme të Ballkanit" 30-31 Mars 2018, Universiteti i Tetovës, Tetovë, Maqedoni

<https://sites.google.com/a/unite.edu.mk/conference2018/the-team>

Conference Konferenca Ndërkombëtare mbi Ushtrimet, Sportin dhe Shëndetin (ICESH 2017) në 13-13 Prill 2017, Tiranë, Shqipëri organizuar nga Shoqata Shqiptare e Shkencave të Sportit (ASSA)

Conference Konferenca Ndërkombëtare në Shkencën e Sportit Tiranë (Shqipëri) 3-4.11.2017 organizuar nga Universiteti Sportiv i Tiranës http://ust.edu.al/en/wp-content/uploads/2017/08/conference_fee.pdf

- Toward the future International Conference in Sport Science Tirana (Albania) 2014
Toward the future Organized and Hosted by Sports University of Tirana 5-6 May 2014

<https://www.pdfFiller.com/jsfiller-desk16/?projectId=435283502#40420460d7a256bdd1661b82482f2a7a>

Guest speaker

Scientific conference for Physical Education, Sport and Health 1st and 2nd November 2019.
Organized by Faculty of Physical Education from the University of Prishtina

<https://feFs-conference.com/speakers/>

9th FIEP European Congress 7th International Scientific Congress „Sport, Stress, Adaptation“ 9 – 12 October 2014 Sofia, Bulgaria

National Delegate: Albania. Federation Internationale D'éducation Physique
<http://fiepeurope.eu/Albania.php>

Scientific advisor at The Foundation for Global Community Health (GCH),

<http://www.gchfoundation.org/team.html>

Member to FEP Europe Special Committee for Interinstitutional Cooperation and Partnership

<http://fiepeurope.eu/management.php>

Book (Chapters)

Ervis Gjoni, **Juel Jarani**, Harald Tschan (2018) Sensewave Computerized Posturography Paperback, Publisher: Lap Lambert Academic Publishing ISBN: 978-613-7-37671-3

Juel Jarani, Andi Spahi, Florian Muca, Keida Ushtelenca: Physical Education in Primary School Researches – Best Practices – Situation. Physical Education in Primary School

Researches – Best Practices –Situation, Edited by Dario Colella Branislav Antala Simona Epifani, 09/2017: pages 293-306; , ISBN: 978-88-6760-474-6

Juel Jarani, Florian Muca, Ilir Dojka, Dean Qefalia, Andi Spahi: A HISTORICAL PERSPECTIVE OF The organization and functioning of the physical education system in albania. History of physical education in europe I, 1 edited by Peter D Pavlovic, Nenad Zivanovic, Antala Branislav, Kristina Pantelic Babic, 01/2015: chapter 1: pages 24-38; University of Pristina, Faculty of Sport and Physical Education in Leposavic FIEP Europe., ISBN: 978-86-82329-52-7

Journal Publications

Florian Miftari, **Juel Jarani**, Dhimitraq Stratoberdha, Hazir Salihu: European Journal of Physical Education and Sport Science A comparison of the anthropometric parameters between basketball players, handball players and volleyball players. DOI:10.5281/zenodo.1034428

Jakob Tarp, **Juel Jarani**, Florian Muca, Andi Spahi, Anders Grøntved: Prevalence of overweight and obesity and anthropometric reference centiles for Albanian children and adolescents living in four

Balkan nation-states. Journal of pediatric endocrinology & metabolism: JPEM 10/2018; 31(11)., DOI:10.1515/jpem-2018-0253

Leandra Abarca-Gómez, Ziad A. et al : Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: A pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. The Lancet 10/2017;, DOI:10.1016/s0140-6736(17)32129-3

Florian Miftari, Hazir Salihu, **Juel Jarani**, Dhimitraq Stratoberdha: European Journal of Physical Education and Sport Science the performance of the changes introduced in some morphological

and basic motor variables specific to basketball players of both sexes aged 15-16 years of basic motor skills of situational, means testing instruments, methods of t-test.

DOI:10.5281/zenodo.580526

Andi Spahi, Afrim Bilali, **Juel Jarani**: The role of a training program based on fitness and athletics, to improve the cardi- orespiratory fitness and agility to young basketball players during a 6 – month period.

Juel Jarani, Andi Spahi, Florian Muca, Dean Qefalia, Jakop Tarp, Anders Groentved, Agron Kasa, Leonard Shaka, Keida Ushtelenca: Overweight/ obesity in Balkan region 2013-2015 for Albanian children.

Andi Spahi, Afrim Bilali, **Juel Jarani**: A 6 month intervention study on strength in basketball players aged 16-18 years.

Juel Jarani, Anid Spahi, Keida Ushtelenca, Florian Muca: How to design an effective school based intervention program.

Andi Spahi, **Juel Jarani**, Afrim Bilali: An Intervention Study on Velocity, Agility and Jump Ability in Youth Basketball Players in Albania. *Mediterranean Journal of Social Sciences* 07/2015; 6(4):504-508.,

DOI:10.5901/mjss.2015.v6n4s1p504

Abdyl Kuriu, **Juel Jarani**: Strength and Speed Comparison in Youth Soccer Players in One Year of Training. *Mediterranean Journal of Social Sciences* 07/2015; 6(4):354-357.,

DOI:10.5901/mjss.2015.v6n4s1p354

Andi Spahi, Afrim Bilali, **Juel Jarani**: A Six Month Intervention Study on Strength Training in Youth Basketball Player in Albania. DOI:10.5901/ajis.2015.v4n2p319

Juel Jarani, Anders Grøntved, Florian Muca, Andi Spahi, Dean Qefalia, Keida Ushtelenca, Agron Kasa, Daniela Caporossi, Maria C Gallotta: Effects of two physical education programmes on health- and skill-related physical fitness of Albanian children. *Journal of Sports Sciences* 04/2015; 34(1):1-12., DOI:10.1080/02640414.2015.1031161

Andi Spahi, **Juel Jarani**, Harald Tchan: School-based intervention within the physical education curriculum in promoting physical activity and fitness.

Juel Jarani, Keida Ushtelenca: Development Coordination Disorder in Children Need for Information in a Transitional Post-Communist Country in Southeastern Europe. 07/2014; 3(4):459-463.,

DOI:10.5901/ajis.2014.v3n4p459

Juel Jarani: Development Coordination Disorder in Children A Parent and Teacher Guide for Early Identification (Literature Review). DOI:10.5901/ajis.2014.v3n4p203

Andi Spahi, **Juel Jarani**: The importance of a well balanced strength training program in different sports in youth for lower extremities.

Juel Jarani, Keida Ushtelenca, Andi Spahi: The current level of health and skills related fitness indicators in albanian children; reference values from a country in transition.

Juel Jarani, Anesti Qeleshi: The prevalence of obesity in children and current level of physical activity in acity in transition.

Conference Proceedings

Juel Jarani, Andi Spahi, Florian Muca, Keida Ushtelenca: Sport participation among Albanian children. A cross section study about the actual level of sport activities participation. 13th FIEP European

Congress, Istanbul Turkey; 09/2018

Andi Spahi, **Juel Jarani**, Florian Muca: A cross-section study of trainers (instructors) on fitness centers in albania.. 15th International Scientific Conference on Transformation Process in Sport "Sport Performance", Budva Montenegro; 04/2018

Juel Jarani, Andi Spahi, Florian Muca: Sport participation among albanian children living in balkan.. 15th International Scientific Conference on Transformation Process in Sport "Sport Performance", Budva Montenegro; 04/2018

D Bjelica, Bojan Masanovic, **Juel Jarani**, Stevo Popovic: Estimation of Stature From Arm Span in Albanian Population. 15th International Scientific Conference on Transformation Process in Sport "Sport

Performance”, Podgorica; 04/2018

Juel Jarani, Andi Spahi, Florian Muca, Keida Ushtelenca, Leonard Shaka: A cross section study on obesity of Albanian children living in Balkan area. 4th Annual conference of the Balkan Universities

Association, Tetovo; 03/2018

Eridiola Buzi, **Juel Jarani**, Emanuele Isidori: The questionnaire to identify the physical education teacher’s philosophical profile: from theory to practice - the questionnaire in albanian language.. International Conference in Sport Science Tirana (Albania) 2017. Sports Science Toward the Future, Tirana, Albania; 11/2017

Juel Jarani, Andi Spahi: Participation in physical activities among ethnically Albanian children (6-15 yrs) living in the Balkan region. 12 FIEP European Congress, Luxemburg; 09/2017

Andi Spahi, **Juel Jarani**, Afrim Bilali: The Role of A Training Program Based On Fitness and Athletics, To Improve The Physical Attributes To Young Basketball Players During A 6 – Month Period.

Conference: 14th International Sport Sciences Congress; 11/2016

Keida Ushtelenca, **Juel Jarani**, Merilian Kurtaj, Blerina Mema: Obesity parameters and coordination abilities in children living in Tirana. Anthropological aspects of sports, physical education and recreation; 09/2016

Juel Jarani, andi spahi, florian muca, dean qefalia, jakop tarp, anders groentved, leonard shaka, keida ushtelenca: Obesity statistics in Albanian children (6-15 yrs) living in Balkan region 2013-2015.

Anthropological aspects of sports, physical education and recreation, Banja Luka; 09/2016

Andi Spahi, Afrim Bilali, **Juel Jarani**: The effect of a training program based on fitness and athletics, improving speed and agility in young basketball players during a 6 – month period.

Conference: Second International Scientific Conference - Research in Physical Education, Sport and Health, Skopje Macedonia; 06/2016

Afrim Bilali, **Juel Jarani**: The role of anthropometric parameters on sprint and agility in youth basketball players. Conference: Second International Scientific Conference - Research in Physical Education, Sport and Health, Macedonia; 06/2016

Andi Spahi, Afrim Bilali, **Juel Jarani**: A 6 month intervention study on strength in basketball players aged 16-18 years. Conference: International Sport Sciences Congress; 03/2016

Fatjon Nurja, **Juel Jarani**: The Role of Body Height and Weight of the Performance of Motor Abilities in Soccer Players. 5th International Conference on Humanities and Social Sciences 5th ICHSS 2015, Rome Italy; 09/2015, DOI:10.5901/ichss-2015-vol-1

Juel Jarani, Ermal Tahiri: The correlation between sprint and explosive power in youth soccer players. 10th International Balkan Education and Science Congress & International Scientific Conference in the field of physical education, Skopje; 09/2015

Abdyl Kuriu, **Juel Jarani**, Mehmet Spahiu: The effect of training on youth soccer player with regard to speed during one year. International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life - with exposition, Romania; 05/2015

Andi Spahi, Afrim Bilali, **Juel Jarani**: The effect of strength training regarding aerobic fitness in youth basketball players. • Conference: International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life -

with exposition, Rumania; 05/2015

Rando Kukeli, Juel Jarani, Arbert Karriqi: The relationship between force and cardiorespiratory fitness in bodybuilder athletes.. 12th international scientific conference of montenegrin sports academy, Podgorica, Montenegro; 04/2015

Juel Jarani, Keida Ushtelena: Effects of school based intervention on health and skill related fitness components (theoretical framework and rationale). International Scientific Conference – Research in Physical Education, Sport and Health, Ohrid, 2014, Macedonia; 05/2014

Juel Jarani, Andi Spahi: Physical activity level in children from different areas in tirana. International Conference in Sport Science Tirana (Albania) 2014, Albania; 05/2014

Andi Spahi, **Juel Jarani**: An intervention study of physical performance in youth basketball players. International Conference in Sport Science Tirana (Albania) 2014, Tirana; 04/2014

Juel Jarani, Florian Muca, Andi Spahi, Dean Qefalia, Leonard Shaka: Threats of new generation on physical activity level in Albanian children,. 11th International scientific conference of Montenegro

Sports Academy, Podgorica Montenegro; 04/2014

Juel Jarani: School physical education hours in Balkan states (Albanian Children). Conference on Sports Science University of Pristina by EU supported, Pristina Kosovo; 04/2014

Florian Muca, **Juel Jarani**, Karsten Froberg: Correlates of aerobic fitness and physical activity with BMI and waist circumference in children 9-10 years old in Tirana. 4th World Conference of the

International Society for the Social Sciences of Sport ., Slovenia; 10/2012

Juel Jarani, Gallotta M, Muca F, Kasa A, Caporossi D: Gender Differences and the relationship between coordination abilities and body composition indicators in first and fourth elementary school

children in Tirana,. Conference of the International Society for the Social Sciences of Sport, Koper, Slovenia; 10/2012

Juel Jarani, Gallotta M, Muca F, Kasa A, Caporossi D: Correlates of gross motor coordination with aerobic fitness in children 7 and 10 years of age in Tirana, Albania. International Social Sciences in Physical Education and Sport Congress, Ankara TURKEY; 05/2012

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, Turkey; 05/2009

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, Turkey; 05/2009

Reports

Juel Jarani, Florian Muca, Kliton Muca, Keida Ushtelenca: FUN fitness screening Final Report 2017.

DOI:10.13140/RG.2.2.24823.93609

Eridiola Buzi, Juel Jarani, Emanuele Isidori: Questionnaire to detect the Philosophical Profile of Physical

Education Teachers, Version in Albanian. DOI:10.5281/zenodo.977317