



## PERSONAL INFORMATION

Name	Keida Ushtelenca
Telephone	00 355 69 39 42 330
Fax	
E-mail	keidaush@yahoo.com kushtelenca@ust.edu.al
Nationality	Albanian
Date of birth	17.05.1985

## WORK EXPERIENCE

- Sep. 2020 -2022 Head of "Education and Health " Department at the Faculty of Movement Sciences , Sports University of Tirana
- March 2013 Lecturer at Sports University of Tirana for the Subjects: Measuring Physical Activity; *Scientific Research*; Physical Activity on different Group Population.
- 2011 – 2013 Physical Education Teacher at the International School "World Academy of Tirana "
- 2011 - 2022 Coach of sport for development at "SOS Children Village" in Tirana
- October 2011 *Volunteer Coordinator at "Wrestling World Championship for veterans"*
- Sept. 2011 *Volunteer Coordinator at "27th World Mountain Running Championship"*
- 2002 -2013 *Volunteer Coordinator at Albania Olympic Committee*
- 2009 – 2010 *Worked Part –Time in Albania Olympic Committee in the project "Olympic Education in Schools"*
- 2007 -2008 *President of the University of Sports Students' Senate.*
- June 2008 Team Manager for the 16<sup>th</sup> European Veterans Athletics Championship held in Ljubljana.

## EDUCATION AND TRAINING

- 2013 – 2018 Doctorate studies on Sports Sciences (PhD)
- 2008 – 2011 European Master Degree on “Health and Physical Activity” at “IUSM” Italy (Rome) in cooperation with Southern Denmark University (Odense), and University of Vienna (Vienna)
- 2004 –2008 Bachelor Degree in Academy of Sport and Physical Education “Vojo Kushi” in Tirana
- 2007 Participated in 47-th Summer School in Olympia, Greece, organized by International Olympic Committee.
- 2019 Completed the Bachelor studies at University of Tirana, Faculty of Economy, Finance profile, (Part-Time studies)
- 2011- 2012 Advanced Course on Sport Management organized by Olympic Solidarity and Albania Olympic Committee.
- 1998 -2003 “Petro Nini Luarasi” High School in Tirana
- 1991 - 1998 Elementary School at “26 Nentori” in Tirana

## WORKSHOPS AND SEMINARS

- November 22-28.11.2016 *Participated at the Learning Mobility Project “Follow Me” organized by Erasmus + and You Can association in Sofia, Bulgaria.*
- June 2016 *Participated in “Alternative Youth Urbanization - Reclaim the City”, organized in Budapest by Council of Europe and Cooperation and Development Network.*
- June 2010 *Participated in “Youth Voice through Inclusive Sport”, organized in Strasburg by European Parliament*
- 2008 Weightlifting International Judge, II level.
- 2007 - 2008 Graduated for Level I and Level II Coach by FIVB (International Federation of Volleyball).
- 2011- 2012 Participated at “Organizational Behavior and Management Course”
- December 2006 Participated in the 3<sup>rd</sup> Seminar of “Methodology of Sport Training and Talent Spotting” organized by NOC of Albania, in collaboration with ICMG and ‘Scuola di Sport della Sicilia’.
- December 2006 Participated in “Young Sport Leaders” seminar, organized by NOC of Albania, in collaboration with The French Embassy, accredited in Tirana.
- May 2005 Participated and concluded an Interview Skills Workshop held at ‘Polis’ University.
- 2005 Volunteer during the organization of the 26<sup>th</sup> EOC seminar for Secretaries General and ‘Chefs de Mission’ organized by European Olympic Committee and Albania Olympic Committee.

TECHNICAL SKILLS      Microsoft Package, Word, Excel, Power –Point, Access , Internet,  
SPSS - STATISTICAL PACKAGE FOR SOCIAL SCIENCES

ADDITIONAL INFORMATION      I am a very disciplined and hard working person, very flexible and capable of working with other people in multicultural environments.  
I am able to communicate and coordinate in team work and I can manage to overcome problems in important situation, where confidence and determination is essential.  
I have been a professional volleyball player for ten years, and I have participated in different national and international activities.

**Sport for Development activities in collaboration with GIZ** (Deutsche Gesellschaft für Internationale Zusammenarbeit

- 10-14 May 2022, Co-lecturer in National Training on Sport for Development, “Sport for development- build your future (Sporti per Zhvillim -Nderto te Ardhmen)’ organized in Durres with more than 30 PE teachers from all over Albania.
- 18-22 July, Youth Leader in Darzez Regional Summer Camp “Skill Up Through Sport”.
- 3-5 March 2022, Co-lecturer in “Stay Active- Live Together” international Training organized with 30 PE teachers.
- 14 -17 October in Durres City and 29 october -1 november 2021 in Prishtina, Co-leader of the training on Empowering Girls and Young Women through Sport and Physical Activity.
- 21-22 September 2021, Co-lecturer in the training on Social Inclusion and Sport in Western Balkan, with main focus on Sport for Employability in Fier City.
- 5-9 July 2021, participated in a training of Local Sport for Development Instructors with the Focus topic on Sport for Employability, in Mavrovo, North Macedonia.
- 13-15 August 2020, Co-lecturer in the Workshop for Sport 4 Development organized by TAKT NGO in Struga, North Macedonia.
- 17- 18 May 2019, lecturer in the workshop “Sport for all”, part of ‘Sport for Development in the Balkan Region, activities organized by TAKT NGO in Berovo, North Macedonia.
- 8-12 May 2019. Lecturer in the workshop organized by “Epoka e Re” NGO in collaboration with GIZ, part of the Sport for Development initiatives in the region of Fier, Albania.
- 5-8 November 2018, Co-lecturer in the workshop “Empowering girls and young women through sport and physical activity”, part of ‘Sport for Development / Social Inclusion through Sport in the Balkan Region, activities organized by GIZ in Durres, Albania.
- 1 to 12 of September 2018, Certificate on “3 International Instructors” Course organized by GIZ and Deutscher Fuss ball-Bund in Sport Center Kamen Kaiserau.
- 25 - 29 September 2017, participated in a training for Sport 4 Development approach working with affected groups and the Market, organized in Tirana.

### - **International Projects 1.**

**DIYPES** Project, a 2-year program by Erasmus + Sport, (January 2017 - December 2018). “Do it yourself!” A participative approach to increase participation and engagement of high school students in physical education and sport classes. The objectives of the project are to: Identify and describe core educational objectives and development practices of PES classes in the national curriculum of 5 European countries: Albania, Italy, Malta, Romania and Slovakia;

### **International Projects 2.**

**TEAVET** Project, with a duration from 15-10-2017 to 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

### **International Projects 3**

**EntrAL** (January 2021 - January 2024). EntrAL Project aims at increasing the entrepreneurial awareness in Albanian Education institutions (HEIs and schools) to support graduates skills to match with the requirements of the working life and the modern society. EntrAL Project aims at increasing the entrepreneurial awareness for pre-university teachers, university teachers and students in Albanian HEIs and schools. Therefore, the project aims to bring an entrepreneurial mind-set at the university and school levels by encouraging entrepreneurial teaching methods, nurturing entrepreneurial behavior of the students and support the creation of new ventures

Sport University of Tirana is a partner together with other universities as: University of Turku, Finland, The University of León (ULE), Technological University Dublin (TU Dublin) , The Quality Assurance Agency for Pre-University Education (ASCAP), The Sports University of Tirana (UST), Aleksandër Moisiu University Durrës (UAMD), University of Elbasan “Aleksandër Xhuvani” (UNIEL), “Eqrem Çabej” University of Gjirokastra, University Fan S. Noli Korçe, “Luigj Gurakuqi” University of Shkodra, University College Pavaresia Vlore, Albania, University “Ismail Qemali” Vlore.

## Conferences and Publications

- ✚ **Keida Ushtelenca (2022)**  
**A descriptive study on the level of knowledge of modern education, based on entrepreneurial skills in teachers of the pre-university system.** Conference UST-Tetovo 18-19 May 2022.
- ✚ Jarani J, Ushtelenca K, Muca F , Spahi A (2021)  
**The development of waist circumference mean values in Albanian children aged 6.5–15 years.** 18th Annual Scientific Conference of Montenegrin Sports Academy and 16th FIEP European Congress “Sport, Physical Education, Physical Activity and Health: Contemporary perspectives”: Dubrovnik, Croatia. 18-11 April 2021.
- ✚ Jarani J, A Spahi, **K. K Ushtelenca** (2021).  
**Health and skills related fitness indicators in Albanian children – reference values from a country in transition.** European Journal of Physical Education and Sport Science 7 (4), 21-32  
DOI: 10.46827/ejpe.v7i4.3885 indexed.
- ✚ J Jarani, A Spahi, **K Ushtelenca** (2020).  
**Gender comparison of body height characteristics in Albanian children aged 6.5-15.5 years old.** European Journal of Health and Science in Sports 7 (1), 28-33 e indeksuar <https://doi.org/10.33598/V7I120206>  
<http://ejhss.com/index.php/SportsScience/article/view/30>
- ✚ Keida Ushtelenca, E.Baku ( 2020)  
**“Testimet Kondicionale Para dhe Pas Fazës Përgatitore te Ekipit KF Vora”**(Conditioning testing at pre and post preparation phase of FC Vora), Department Symposium, FMS,UST, Tirane 2020.
- ✚ Ushtelenca K, Mema B. (2019)  
**Coordination ability related to overweight in children in Tirana city.** Sports and Innovation International Conference. University of Physical Education, Budapest, Hungary 2-3 October, 2019
- ✚ Dr. Keida Ushtelenca. Prof. Dr . Agron Cuka (2019)  
**Main resources needed for pre-university physical education teachers** International Conference in Sport Science, 6-7 December 2019, Tirana, Albania.
- ✚ **Ushtelenca.K, Mema.B, Gegaj.A** (2019)  
**Risk relationship between DCD and Albanian Children based on Gender.** 5<sup>th</sup> International Conference on “Sport sciences, education and their role in achieving the sustainable development and social welfare” 12-13 April 2019, Elbasan, Albania
- ✚ **Mema. B, Ushtelenca. K,** (2019)  
**An investigation study on development coordination disorder in children in southern Albania.** 5<sup>th</sup> International Conference on “Sport sciences, education and

their role in achieving the sustainable development and social welfare” 12-13 April 2019, Elbasan, Albania

✚ **Durmishi.E, Jarani.J, Ushtelenca.K, Lile.A (2019)**  
**Innovative intervention in physical education, sport and health classes to increase the participation and engagement of high school students in Albania.** 5<sup>th</sup> International Conference on “Sport sciences, education and their role in achieving the sustainable development and social welfare” 12-13 April 2019, Elbasan , Albania

✚ Jarani J, Spahi A, Muca F, Ushtelenca K. ( 2018)  
**A cross section study on obesity of Albanian children living in the Balkan area.** University of Tetova. 30-31 March, 2018.

✚ Ushtelenca. K, Jarani J (2017)  
**Monitoring children's gross motor coordination during one year; evidence based on gender differences.** European Journal of Humanities and Social Sciences №4 2017 East West, Vienna ISSN 2414-2344

✚ Ushtelenca. K, Pano. G, Mema. B (2017)  
**“Anthropometric changes, obesity, coordination and motor skills in 7–11 years old children”**, European Sciences review Scientific journal № 7–8 2017 (July–August) ISSN 2310-5577 Vienna, Prague 2017

✚ **Ushtelenca. K, Jarani J (2017)**  
**“A monitoring study on gross motor coordination in children in Tirana during one year”** European journal of physical education and sport science ISSN 2501 – 1235, Bucharest, Romania

✚ Ushtelenca. K, Jarani. J (2016)  
**"Monitoring children's gross motor coordination during one year; evidence based on gender differences"**. International Scientifics Conference on Transformation Process in Sport Performance, 31 March - 2 April 2016, Podgorica Montenegro. ISBN 978-9940-569-16-7

✚ Ushtelenca. K, Jarani. J 2016  
**" The role of weight, height and BMI in the performance of coordination abilities in children"** Second International Scientific Conference - Research in Physical Education, Sport and Health . 03rd-05th of June 2016 in Skopje, Republic of Macedonia ISBN

✚ Ushtelenca.K, Jarani.J, Kurtaj.M, Mema.B 2016  
**" Obesity parameters and coordination abilities in children living in Tirana"** XI FIEP European Congress in Anthropological Aspects of Sports, Physical Education and Recreation, Banja Luca, September 14 - 18, 2016.

✚ Mema.B, Kurtaj.M, Ushtelenca.K 2016  
**"An evidence based study on participation in physical education classes in Albanian children"** At 14 International Sport Science Congress, Antalya Turkey , 2 - 4 November 2016.

✚ J. JARANI<sup>1</sup>, A. GRØNTVED<sup>2</sup>, F. MUCA<sup>3</sup>, A. SPAHI<sup>4</sup>, D. QEFALIA<sup>5</sup>, K. USHTELENCA<sup>6</sup>, A. KASA<sup>7</sup>, D. CAPOROSSO<sup>8</sup> & M. C. GALLOTTA  
**Effects of two physical education programmers on health- and skill-related physical fitness of Albanian children**, Journal of Sport Sciences, 2015.

✚ Mema.B, Ushtelenca. K.  
**Parent and peer suport for exercise and sport participation in middle school children in Tirana**, Poster presantation on the 3rd Congress of Sport Science "Performance of exercise participants, athletes and champions" at National and Kaposistriian University of Athens, from 8-10 May 2015

✚ Mema.B, Ushtelenca. K.  
**Leisure time and TV watching in 12 to 16 years old children in Tirana.**  
Journal of Physical Activity & Sports, UST, The official Journal of Sports University of Tirana, Volume 2, Issue 2, Tirana, Albania, December 2015-ISSN23085045.

✚ Ushtelenca. K, Jarani. J (2014)  
**A two-year monitoring study based on anthropometric changes, coordination and motor skills in the age of group 7-9 years in Tirana.**  
International Conference in Sport Science, 5-6 May 2014, Tirana.

✚ Ushtelenca. K,  
**A two-year monitoring study based on anthropometric changes, coordination and motor skills in the age of group 7-9 years in Tirana.**  
Official Journal of Sports University of Tirana, August 2014.

✚ Jarani. J, Ushtelenca. K.  
**The current level of health and skills related fitness indicator in Albanian children, referent values to the country in transition.**  
Journal, 7th International Scientific Conference on Kinesiology, Opatija, Croatia, May 25, 2014

✚ Jarani. J, Ushtelenca. K.  
**Effects of school based intervention on health and skills related fitness components.**  
Journal, First International Scientific Conference – Research in Physical Education, Sport and Health, Ohrid, May 30, 2014.

✚ Jarani. J, Ushtelenca. K.

**Development Coordination Disorder in Children, need for information in a transition Post-Communist Country in Southeastern Europe.**

Academic Journal of Interdisciplinary Studies, MCSE publishing, Rome, Italy July, 2014. Vol 3, No 4.

✚ Ushtelenca.K,

**“Anthropometric changes, obesity coordination and motor skills in 7-11 years old children”**, 9th INSHS International Christmas Sport Scientific Conference on 4-6 December 2014, Szombathely, Hungary.

✚ Ushtelenca K, (2013)

**"An investigation study on BMI, percent body fat, coordination abilities and the relationship between them on 6-7 years old children in Tirana"**,

Official Journal of Sports University of Tirana, December 2013.

✚ Ushtelenca K, Pasha S and Ommundsen Y (2012).

**"An investigation study on BMI, percent body fat, coordination abilities and the relationship between them on 6-7 years old children in Tirana"**, *4th World Conference of the International Society for the Social Sciences of Sport in Koper, Slovenia.*

✚ Balla M, Muzaka D, Spahi A, Ushtelenca K and A. K (2012).

**"Differences in the level of physical activity and body mass index in first grade elementary school children living in urban and rural area in Tirana"**, *2nd International Social Sciences in Physical Education and Sport Congress Ankara TURKEY .*