



## **BOOK OF ABSTRACTS**

# **6th INTERNATIONAL CONFERENCE ON “SPORT SCIENCES, EDUCATION AND THEIR ROLE IN ACHIEVING THE SUSTAINABLE DEVELOPMENT AND SOCIAL WELFARE”**

**SHPRESA**  
**print**  
Shtypshkronjë & Shtëpi Botuese

*1<sup>st</sup> – 2<sup>nd</sup> April, 2021, Elbasan, Albania*

**President ICSSE 2021**

Prof. Dr.Skënder Topi

**Vice President ICSSE 2021**

Dr. Cand. Florian Muça

**Scientific Board/  
Committee- ICSSE 2021**

Prof.Asc.Dr.Elisabeta Osmanaj  
Prof. Dr. Agron Kasa  
Doc.PhD.Edmond Biçoku  
Prof. Asc. Dr. Juel Jarani  
Assoc. Prof Branislav Antala  
Dr. Cand. Florian Muça  
Prof. Daniela Dasheva  
Prof.Asc.Shkëlqim Hidri  
Prof. Lozan Mitev  
Prof. Gıyasettin Demirhan  
Prof. Dr.Ludmil Petrov  
Prof. Ivan Sandanksi  
Assoc. Prof. Stevo Popovic, PhD  
Prof. Eleonora Mileva  
Prof.Asc.Dr.Ardjan Shingjergji  
Assoc. Prof. Selcuk Akpınar, PhD  
Assoc.Prof.PhD.Svetosllav Stefanov  
Doc.Dr.Arjan Hyka  
Dr. Andi Spahi  
Dr. Fatjon Nurja  
Dr. Alisa Biçoku  
Dr. Rando Kukeli  
Dr.Sabina Belshaku  
Dr. Saimir Shatku  
Dr.Valbona Muça

**Editors Board/  
Committee- ICSSE 2021**

Dr.Ardian Tana  
Prof..Dr.Xhevdet Zeka  
Dr. Cand. Kliton Muca  
Prof. Asc.Dr.Valentina  
Haxhiymeri  
Prof.Asc.Dr.Florinda Tarusha  
Dr. Genta Nallbani  
Doc.Dr.Muzi Gjergji  
Dr. Keida Ushtelenca  
Dr. Elona Gaxhja  
Dr. Mikel Cenaj  
Dr. Blerina Aliaj  
Dr, Mirjeta Cenaj

**Organizing Committee-  
ICSSE 2021**

Prof.Asc.Shpëtim Çaushti  
Dr. Lavdosh Ahmetaj  
Dr. Cand. Amina Mansaku  
Dr. Ortenca Kotherja  
MsC.Dorina Hasanllari

# Contents

PHYSICAL PARAMETERS OF BASKETBALL PLAYERS OF SENIOR LEAGUE PLAYERS AND SENIOR NATIONAL TEAM PLAYERS DURING COVID 19 TIMES.

Afrim Bilali <sup>1</sup> Bruno Hoxha <sup>2</sup> ..... 9

THEORETICAL PERSPECTIVES OF SOCIAL WORK AT SCHOOL

Alisa Bicoku, Sabina Belshaku..... 12

THE LEVEL OF STRESS OF PRIMARY EDUCATION TEACHERS IN THE SUBJECT OF “PHYSICAL EDUCATION” IN THE ONLINE TEACHING PROCESS

Alketa Borici, Joana Dilja, Juliana Çerekja..... 14

RELATIONSHIP BETWEEN THE FIELD OF PHYSICAL EDUCATION, SPORTS, AND HEALTH WITH THE FIELD OF MATHEMATICS IN PRIMARY EDUCATION

Alma Muharremi..... 16

CORRELATION BETWEEN AGILITY AND EXPLOSIVE POWER OF LOWER LIMBS IN YOUTH FOOTBALLERS IN TIRANA

Andi Baze..... 18

THE PHILOSOPHY OF PHYSICAL EDUCATION

Andi Çaushti ..... 19

THE LINK BETWEEN INFORMATION TAKEN AT UNIVERSITY DEGREE LEVEL WITH THE REALITY AT A TEACHER OF PHYSICAL EDUCATION SPORT AND HEALTH SUBJECT

Andi Miraku, Kliton Muca ..... 21

CORRELATIONS BETWEEN ARM SPAN AND BODY HEIGHT IN BASKETBALL TEAMS OF DIFFERENT REGION IN ALBANIA

Andi Spahi <sup>1</sup> Juel Jarani <sup>1</sup>.....22

TRAINING PROGRAM OF RAISING PHYSICAL PARAMETERS IN CHILDREN AND ADOLESCENT’S VOLLEYBALL PLAYERS

Anisa Nurja ..... 24

PROMINENT FIGURE OF THE “NORMAL SCHOOL” OF EL-BASAN TOWN AND A WELL-KNOWN NAME IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS- XHEVDET SKILJA. Ardian Shingjergji <sup>1</sup> , Marvin Shingjergji <sup>2</sup> .....	26
EFFECT OF ECCENTRIC TRAINING UNDER ISOKINETIC RESISTANCE OF PULP MUSCLE, THROUGH THE SUSTAINABILITY TESTS Arjan Hyka <sup>1</sup> , Aisel Oseku <sup>2</sup> , Surven Metolli <sup>3</sup> .....	28
RESOLVING DISPUTES OF A SPORTS NATURE IN THE REPUBLIC OF ALBANIA Arnaldo Biçoku <sup>1</sup> , Romina Cela <sup>2</sup> .....	30
A 2 YEAR MONITORING STUDY OF CHARACTERISTICS OF FITNESS CENTER IN PRISTINA (KOSOVO) Besnik Humolli, Rando Kukeli.....	32
A CROSS SECTION STUDY OF NEW CURRICULA OF PHYSICAL EDUCATION SPORT AND HEALTH SUBJECT IN UNIVERSITY STUDENTS Blerina Mema, Keida Ushtelenca .....	34
ATTITUDE OF PHYSICAL EDUCATION TEACHERS IN BULGARIA TO ONLINE TEACHING DURING THE PANDEMIC OF COVID-19 Eleonora Mileva.....	36
IDENTIFICATION OF CHILDREN WITH COORDINATION SPECTRUM DISORDERS (DCD) Enis Bellova <sup>1</sup> .....	38
INNOVATIVE TEACHING METHODS OF ESP DURING COVID-19: ONLINE TEACHING AND LEARNING PROCESS IN ALBANIAN AND ITALIAN HIGHER EDUCATION INSTITUTIONS Eriona Çela.....	40
A COMPARISON STUDY ON STRENGTH AND POWER ABILITIES IN YOUTH BASKETBALL PLAYERS IN SHKODRA Ermal Milla <sup>1</sup> .....	42

AN INVESTIGATION STUDY ABOUT THE OPINION ON EDUCATIONAL REFORMS ON PHYSICAL EDUCATION AND SPORTS AT UNIVERSITY LEVEL Fatjon Nurja, Kadri Hoxha, Bardhyl Lacey.....	44
SPORT AND HEALTH EDUCATION A NEW TREND IN ALBANIAN EDUCATION Florian Muca.....	46
ANTHROPOMETRIC MEASUREMENTS AND THE IMPACT THEY HAVE ON CHILDREN Genta Nallbani <sup>1</sup> .....	48
GENDER COMPARISON FOR FLEXIBILITY AND JUMPING PERFORMANCE IN BASKETBALL AND VOLLEYBALL IN YOUTH Gentiana Nicaj <sup>1</sup> , Ermal Milla <sup>2</sup> .....	50
A COMPARISON STUDY OF MOTOR ABILITIES IN YOUTH VOLLEYBALL PLAYERS BY BODY WEIGHT Gentiana Nicaj <sup>1</sup> , Rigels Nicaj <sup>2</sup> .....	52
A CROSS SECTIONAL STUDY ON THE CORRELATION OF FLEXIBILITY WITH SPEED IN YOUTH FOOTBALL Gentjan Muca, Rei Nanaj.....	54
A COMPARISON STUDY IN YOUTH BASKETBALL PLAYERS IN ELBASAN FOR JUMPING ABILITY BY POSITION Geri Bicoku, Engjëll Spahiu, Xhulio Isufi.....	55
STUDENTS FAMILIARITY WITH ICT DURING ONLINE EDUCATION PROCESS AT UNIVERSITY LEVEL Henri Hyka, Arjan Hyka .....	56
PROMOTION OF PHYSICAL ACTIVITY AS AN ADDED VALUE TO SOCIETY AND THE EUROPEAN COMMISSION MODEL WITH THE “EUROPEAN WEEK OF SPORT BEYOND BORDERS, BE-ACTIVE” Holtjon Orhani .....	58

GENDER DIFFERENCES ABOUT THE CLARITY OF SUBJECTS DONE LINKED TO PROFESIONAL CAREER DURING THE UNIVERSITY TEACHING PROCESS Isa Bala Nelson Hysa Ervin Buca.....	60
MOTIVATION OF STUDENTS DURING THE TEACHING PROCESS OF PHYSICAL EDUCATION Joana Dilja, Alketa Borici.....	62
A COMPARISON STUDY FOR BMI AND WAIST CIRCUMFERENCE BETWEEN YOUTH MALE BASKETBALL AND FOOTBALL PLAYERS Juel Jarani <sup>1</sup> Florian Muca <sup>2</sup> .....	64
AN INVESTIGATION STUDY ABOUT THE EVALUATION OF THE PRESTIGE OF PHYSICAL EDUCATION TEACHERS Kadri Hoxha, Fatjon Nurja, Bardhyl Lacey.....	66
GOVERNANCE REALITIES OF THE NATIONAL OLYMPIC COMMITTEES: EVIDENCE FROM THE ALBANIAN NOC Kliton Muca, .....	67
CHALLENGES OF DISTANCE PHYSICAL EDUCATION DURING THE COVID-19 PANDEMIC IN ALBANIA Madrit Isufi.....	69
DEVELOPMENT OF PHYSICAL AND MENTAL ABILITIES OF AUTISTIC CHILDREN THROUGH PHYSICAL EDUCATION AND SPORTS Marjeta Çeçi, Alisa Biçoku.....	71
TWO YEARS DATA COMPARISON FOR ANTHROPOMETRIC AND MOTOR ABILITIES PARAMETERS IN YOUTH BASKETBALL IN MITROVICA Mergim Istrefi, Andi Spahi .....	73
ONLINE EDUCATION PROCESS AT UNIVERSITY LEVEL DURING COVID-19 PERIOD Meriljan Kurtaj.....	75

THE IMPACT OF PHYSICAL EXERCISE AND SPORTS ACTIVITIES ON THE HEALTH AND EMOTIONAL STATE OF INDIVIDUALS SUFFERING FROM MENTAL HEALTH PROBLEMS Mikel Cenaj <sup>1</sup> , Engjell Spahiu <sup>1</sup> , Flutura Musta <sup>1</sup> .....	77
ANTHROPOMETRICS PARAMETERS AND MOTOR SKILLS TO WOMEN FOOTBALL PLAYERS Mirela Cemerri .....	79
STUDENT PERCEPTION ABOUT CHANCES FOR PROFESSIONAL CAREER GROWTH OF PHYSICAL EDUCATION Nelson Hysa Isa Bala Ervin Buca .....	80
PHYSICAL EDUCATION AND SPORTS IMPORTANT FACTORS IN COPING WITH THE CONSEQUENCES OF THE COVID-19 PANDEMIC Nuredin Çeçi, Paola Dishani .....	82
A CROSS SECTION STUDY OF FITNESS CENTER IN ALBANIA ABOUT EXERCISE PERIODS AND GENDER PARTICIPATION Rando Kukeli , Besnik Humolli .....	84
A COMPARISON STUDY IN KARATE YOUTH MALE PARTICIPANT FOR ANTHROPOMETRIC PARAMETERS BY AGE GROUP Rigenc Kerçuku <sup>1</sup> Florian Muca <sup>2</sup> .....	85
ELITE SPORTS VS MASSIVE SPORTS, WHICH DOMINATES? Romina Çela <sup>1</sup> . Arnaldo Biçoku <sup>2</sup> . Geri Biçoku <sup>3</sup> .....	86
ASSESSMENT OF CHALLENGES AND OPPORTUNITIES IN THE DEVELOPMENT AND MANAGEMENT OF BASKETBALL IN ALBANIA – A COMPARATIVE ANALYSIS WITH OTHER REGIONAL COUNTRIES. Rovena Elmazi .....	88
CHALLENGES OF SOCIAL WORKERS IN ALBANIA DURING THE COVID PANDEMIC 19 Sabina Belshaku, Alisa Biçoku .....	90

EUROPEAN COMMON MARKET AND SPORTS EMPLOYMENT CONTRACT Saimir Shatku <sup>1</sup> Alessandra Rossi <sup>2</sup> .....	92
MODELING AND TRAINING METHODOLOGY RATING OF AMATEUR BOXERS Sead Bushati.....	94
SELECTION AND ASSESSMENT OF LOADS TRAINING UNDER THE ENERGY CRITERION IN THE BOXING Sead Bushati, Nelson Hysa.....	96
INTERNATIONAL LABOUR ORGANIZATION AND SPORTS HUMAN RIGHTS Sergio Vinciguerra Saimir Shatku <sup>2</sup> .....	98
NURSING STUDENTS' CHALLENGES ABOUT ONLINE LEARNING DURING THE COVID-19 PANDEMIC Silvana Gripshi <sup>1</sup> Çlirim Gripshi <sup>2</sup> .....	100
RESEARCH ON EXPECTATIONS OF STUDENTS PEDAGOGUES FOR FORMATION OF PROFESSIONAL COMPETENCE AND READINESS FOR PROFESSIONAL WORK IN THE FIELD OF PHYSICAL EDUCATION Veselina Ivanova .....	102
THE DEVELOPMENT OF THE COMPLEX TRAINING OF 9-10-YEAR-OLD FOOTBALL PLAYER Mikel Cenaj <sup>1</sup> , Edmond Biçoku <sup>2</sup> , Lyudmil Petrov <sup>3</sup> .....	104



# PHYSICAL PARAMETERS OF BASKETBALL PLAYERS OF SENIOR LEAGUE PLAYERS AND SENIOR NATIONAL TEAM PLAYERS DURING COVID 19 TIMES.

**Afrim Bilali <sup>1</sup> Bruno Hoxha <sup>2</sup>**

*<sup>1</sup>Sports University of Tirana*

*<sup>2</sup>Tomorrow's Education System*

*[abilali@ust.edu.al](mailto:abilali@ust.edu.al) [brunohoxha@gmail.com](mailto:brunohoxha@gmail.com)*

## **Abstract**

**Introduction-**Physical parameters during COVID 19 of basketball players of the Senior National team and senior league players. The aim of this study is to see how the pandemic situation affected physical parameters of senior basketball players.

**Methods-** Data was gathered on 17 senior basketball players, and it consists of: Physical parameters on lower extremities explosiveness, flexibility and power were assessed with the players using standing long jump test, sit and reach test, high vertical jump (CMJ and with steps) and sprint 10m.

**Results-** Results from this study on explosive power of the lower limb using standing long jumping tests show mean values and standard deviation - national team 225,4 cm (SD=30,0 cm ) while senior league players 229,7cm (SD=28,3cm ). Data for flexibility using sit and reach test show mean values and standard deviation; national team 28,3 (SD=8,3) while

senior league players 38cm (SD=7,2). Data for vertical jump CMJ test shows mean values and standard deviation; National team 315,3cm (SD=15,7cm) while senior league players 314,8cm (SD=11,3cm). Data for vertical jump run up test shows mean values and standard deviation; National team 327,7 cm (SD=13,9cm) while senior league players 326,6cm (SD=9,3cm). Data for difference between vertical jump cmj and vertical jump run up test shows mean values and standard deviation national team players 12,4cm (SD=4,8cm) while senior league players 11.9cm (SD=4,8cm). Data for speed sprint 10m, test shows mean value and standard deviation national team players 2,0 sec (SD= 0,1 sec) while senior league players 1,841sec (SD=0,1 sec). Compare mean for both teams showed that there is no statistical difference ( $p \geq 0.05$ ) for lower extremities explosiveness, flexibility and power, and a statistically significant difference ( $p \leq 0.05$ ) for speed (using 10m sprint test)

Discussion- During September and October when everything was supposed to start for the basketball championship, Senior league players did an 8 week strength and conditioning program in order to be fit during the regular season. Due to government restriction from the second week of November until the last week of January everything related to basketball was shut down. Results show that for speed sprint 10m, players of senior league which perform an 8 week program for conditioning are better than players of the National team which most of them did not have the opportunity to make such a strength and conditioning program. I believe that in case everything

would have gone as planned for the senior league players and the championship would have start as it was planned on the second week of November, even other results such as standing long jump, flexibility sit and reach, vertical jump CMJ, vertical jump run up test would be significantly better than players which did not make a conditioning program.

In conclusion We think that covid 19 affected in a bad way all athletes including basketball players as well. At the same time players did not have any idea when everything would be back to normality and put them “asleep” and they did not take care of their conditioning part.

**Key words;** basketball, youth, team, program

# THEORETICAL PERSPECTIVES OF SOCIAL WORK AT SCHOOL

**Alisa Bicoku, Sabina Belshaku**

*University of Elbasan, Albania*

[alisa\\_bicoku@live.com](mailto:alisa_bicoku@live.com)

[sabina\\_belshaku@yahoo.com](mailto:sabina_belshaku@yahoo.com)

## **Abstract**

The role of social work in the school community is a role which is guided by the goals and needs of education and by the learning process. The social worker at the school works with the most vulnerable side of the education process, mainly where education is not achieved. Nowadays it is difficult for the school and the family to succeed alone in raising and preparing productive generations. Social work in school is a response to social and developmental needs in the learning process in the school and family environment. The purpose of social work in school is to help young people fulfill relevant developmental tasks in order to respect the basic human values, human needs and human potential of each individual. The focus of social work in school is teacher-parent-child interaction. The purpose of the study is to examine the theoretical perspectives of social work in school as well as how to integrate the theory into the practice of social work in school. The method used to conduct this study is the analysis of secondary data. The analysis of secondary data consisted of re-

viewing and reviewing the existing international and national literature, in its theoretical and practical context, including reviewing studies, reports, evaluations of models of practical training of social work in school. This way has helped to create a theoretical perspective for the study in question. Thus a quick review of the literature has been done, to better focus the study, aiming at identifying relevant literature in the field. The information gathered from the literature review has served to create a holistic view of history, theoretical approaches, and the integration of theory into social work practice in school. The literature has helped us to create a picture of the world reference models of the role that social workers play in school. The findings of the study show that the best form of integration of theory with practice and the process of generalization of personal experiences, such as those of students with models of personal practice, can occur through integration seminars in school.

**Keywords:** *theory of social work in school, practice of social work in school, integration models*



# THE LEVEL OF STRESS OF PRIMARY EDUCATION TEACHERS IN THE SUBJECT OF “PHYSICAL EDUCATION” IN THE ONLINE TEACHING PROCESS.

**Alketa Borici, Joana Dilja, Juliana Çerekja**

*University of Elbasan, Albania*

[alketaborici@yahoo.com](mailto:alketaborici@yahoo.com)

## **Abstract**

Stress in teachers is a very important problem that directly affects the teaching process and the quality of education. Aiming to meet the standards of achievement, innovations relate to the criteria set during this online process in all its forms. This requires knowing the content standards and classifying them according to achievement standards by professionally fulfilling the teaching process.

The study aims to identify direct strategies and priorities for reducing stress in primary education for the subject of “Physical Education”, evaluating areas by level. Good time management, planning or prioritization are some of the aspects that should be considered by teachers during the online teaching process as they directly affect both their motivation and their performance at work.

This study aims to identify the importance of reducing stress levels in the productivity of the teacher teaching process. The study is qualitative in nature as it was based on the design of semi-structured interviews which were applied in two pub-

lic schools of the 9-year system of the city of Elbasan. The sampling used is 50 teachers who were randomly selected. At the end of the study, some recommendations are given which emphasize the importance of training for teachers, assistance with material needed to conduct online learning, etc.

**Keywords:** stress, teacher, teaching

# **RELATIONSHIP BETWEEN THE FIELD OF PHYSICAL EDUCATION, SPORTS, AND HEALTH WITH THE FIELD OF MATHEMATICS IN PRIMARY EDUCATION**

**Alma Muharremi**

*University “Aleksandër Xhuvani”, Faculty of Educational Sciences  
Department of Teaching Methodology, Elbasan, Albania  
alma.muharremi@uniel.edu.al*

## **Abstract**

The field “Physical education, sports and health” in primary education helps students to develop the necessary knowledge, skills and attitudes for the well-being of their mental, emotional, physical and social health, as well as to successfully face challenges later in their lives. This field serves all fields, with concepts and skills. The relationship of the field of physical education, sports and health with other fields enriches the learning situations, in which the student develops his competencies.

The relationship of the field of physical education, sports and health with the field of mathematics finds expression in aspects such as: understanding of the concept of number, units of measure, interpretation of information, processing and analysis of data, understanding of space. More specifically, this connection is manifested, when during the teaching of physical education the following are given: the time in seconds of realization of the moving action on the basis of individual progress;



the amount of repetitions of the moving action on the basis of individual progress; distance in meters achieved by moving action on the basis of individual progress; set of exercises with point systems; point system for composed dancing, for individual technical actions, for mobile running schemes, etc. Meanwhile, mathematics uses concepts of the field of physical education, sports and health, to clarify, facilitate, concretize mathematical concepts and to form in students the belief about the usefulness of mathematics in the functioning of the real world. Teachers pointing out the connection between these two areas during teaching makes mathematics more lovable and tangible for students.

**Key words;** The field Physical education, sports and health, The field Mathematics, Relationship

# **CORRELATION BETWEEN AGILITY AND EXPLOSIVE POWER OF LOWER LIMBS IN YOUTH FOOTBALLERS IN TIRANA**

**Andi Baze**

*Sports University of Tirana*

*abaze@ust.edu.al*

## **Abstract**

Introduction- Football is the sports that has a high rate of increasing with regard to participation by the children and youth as in European country also in Albania. The aim of this study was to find out for possible correlation between agility and explosive power of lower limbs.

Methods- Field test were done in a group of footballers U18 (N= 18) for different test as standing long jump for explosive power of lower limbs, vertical jump test also for explosive power of lower limbs as agility using 10x5 m test

Results- Results from this study showed that the mean values for standing long jump test were 217.8 cm (SD 21.1 cm), vertical jump test mean values 273.9 cm (SD 14.3 cm) and agility 10x5m test mean values 17.4 seconds (SD 1.0). Correlation data analysis between agility and standing long jump showed  $r = -0.49$   $p = 0.04$  while agility and vertical jump showed  $r = -0.21$  and  $p = 0.41$ .

Conclusion- In both cases correlation analysis showed negative correlation. Finally, data showed that the correlation was statistical different only for standing long jump with agility.

**Key words.** Football, agility, youth, power

# THE PHILOSOPHY OF PHYSICAL EDUCATION.

**Andi Çausi**

*University of Elbasan, Faculty of Economics, Elbasan, Albania*  
[caushiandi47@gmail.com](mailto:caushiandi47@gmail.com)

## **Abstract**

**Introduction** Physical education theory includes concepts that teach students the mechanics of physical activity, why it's necessary, and how they can and should stay active on their own. The beginning of the philosophy of sports started in the 1950s. The first Sports Philosophy Symposium in Europe was held in 1952 in Osnabrück, Germany. The works that prepared the philosophy of sports from the Renaissance period can be seen.

**Aim** In order to better understand what the philosophy of physical education is, we can understand physical education and philosophy when we look separately. The philosophy of physical education is the study of philosophy related to physical education. The philosophy of physical education needs to do two of the most important things: physical education and philosophy. In other words, every person should have been educated in every branch, that is, they should have been trained in both philosophy and physical education so that they can only practice the philosophy of physical education. But these alone are not enough. In order to be able to do the philosophy of physical education, one must have knowledge in areas such

as physiology, anatomy, endochronology, neurology, psychology, sociology, sports history, economy, aesthetics.

**Methods** Deduction is the law that regulates thoughts by moving from general principles to specific cases in order to acquire knowledge and to develop acquired knowledge. Induction is a method of logical reasoning that moves from particular facts in general law, from particular to general, from part to whole. Descriptive researches are the researches that are introductory and descriptive. They describe what phenomena, institutions, and social groups are, their characteristics and their rates.

**Results.** These studies show significant developments in the 18th century in three countries, Sweden, Germany and England. It constitutes a serious field of study in philosophy in the years after the Second World War. Sports philosophy is considered as an independent philosophy discipline as well as a field of philosophy of life. Individuals' and a nation's health and economics are clearly influenced by good physical education, sound mind in sound body.

**Conclusion** More efforts for education, more efforts for quality levels and results, more participation in physical sports activities.

**Key words;** physical education, philosophy, economy

# **THE LINK BETWEEN INFORMATION TAKEN AT UNIVERSITY DEGREE LEVEL WITH THE REALITY AT A TEACHER OF PHYSICAL EDUCATION SPORT AND HEALTH SUBJECT**

**Andi Miraku, Kliton Muca**  
**School Bardhyl Popa**  
[andimiraku@yahoo.com](mailto:andimiraku@yahoo.com)

## **Abstract**

**Introduction-** The basis of good planning is also the knowledge of the curriculum of the subject “Physical Education, Sports and Health”. The aim of this study was to find out how the content of the university program of the subject was linked to the practise from a PE teacher point of view.

**Methods-** In total 34 physical education teachers take part at this questionnaire. The mean year that they had experience teaching physical education classes was 3.4 years.

**Results-** Data showed that only 1.8% responded not to have any link between what they have done to the university with real practise hours during physical education. 1.9 % responded weak connection. A 25% responded that was enough sufficient the information taken at the university level degree. 35.6 % responded good connection and finally 34.8 % showed very good connection between information taken at university degree level with the reality at a teacher of physical education sport and health subject.

**Key words;** PE, degree, teacher

# CORRELATIONS BETWEEN ARM SPAN AND BODY HEIGHT IN BASKETBALL TEAMS OF DIFFERENT REGION IN ALBANIA

**Andi Spahi<sup>1</sup> Juel Jarani<sup>1</sup>**

*<sup>1</sup>Sports University of Tirana*

[andispahi@gmail.com](mailto:andispahi@gmail.com)

[jueljarani@gmail.com](mailto:jueljarani@gmail.com)

## **Abstract**

**Introduction-** Taking part in physical activities especially in sports constitutes one of the main elements of a healthy life for kids and is also a good factor to change in body composition. For this reason, there was conducted a research in Albanian teams over the body composition in basketball young players. Three different teams were randomly selected in three different cities of Albania.

**Method-** To complete this task there were measure in total of 77 basketball players, in three different Albanian cities: Tirana, Shkodra and Elbasan. (Tirana N= 30, Shkodra N= 32 and Elbasan N= 15). Measurements were performed for body height and arm span of the basketball player. Statistical analysis was made to find out if it has a correlation between body height and arm span and how this is changed in different regions of Albania.

**Results** The result in Elbasan mean values for arm span is 182.1 cm and body height mean 177 cm, for Shkodra mean values for arm span is 183.3 cm and body height mean 178.8

cm, and in Tirana mean values for arm span is 173.1 cm and body height mean 170 cm,

In conclusion, results show a higher correlation between arm span and body height in Elbasan ( $r= 0.921^{**}$ ,  $p= 0.000$ ), in Shkodra ( $r= 0.887^{**}$ ,  $p= 0.000$ ) and in Tirana ( $r= 0.954^{**}$ ,  $p= 0.000$ )

**Key words:** Basketball, arm spam, body height

# TRAINING PROGRAM OF RAISING PHYSICAL PARAMETERS IN CHILDREN AND ADOLESCENT'S VOLLEYBALL PLAYERS

**Anisa Nurja**

*Sports University of Tirana*

[anisanurja@gmail.com](mailto:anisanurja@gmail.com)

## **Abstract**

The aim of the study is to evaluate the effect of 12 weeks combined training program in children and adolescent's volleyball players. Twenty volleyball players aged ( $11.8 \pm 1.5$  SD) participated in the study. The pilot study was design with pre-test and post-test. The combined training program was applied during 12 weeks. There are conducted anthropometric measurements (body-weight, body-height, body- waist circumference), low-body standing long jump test, 10 m sprint- test, agility T-test, sit and reach test, core-body curls up 30 sec. Descriptive statistics and t-test are used to analysis the data of this study. The results showed that the post-test flexibility level (Mean= 26 cm, SD = 8.52) was lower compare to pre-test flexibility level (Mean = 29.8 cm, SD = 8.87). Respectively, volleyball players showed increases in lower-body standing long jump test (pre-test M= 124.7 cm, SD= 23.7 and post-test M= 137.6 cm, SD= 34.5) followed by improvement of core-body curls up 30 sec (pre-test M= 17.09, SD = 4.23, post-test M= 21.83, SD = 4.34). There was a significant difference



$p > 0.01$ . There was improvement in 10 m-sprint (M= 2.96 sec, SD= 0.4 (pre-test) and M= 2.82 sec, SD= 0.2 (post-test). There was no difference in waist-circumference between pre-test and post-test. The agility T-test had very little improvement (0.89 sec). In conclusion combined training program provided improvement in strength, agility, speed and power, which are important components in volleyball performance.

**Keywords:** volleyball players, pre-tests, combined training program, post-test

# PROMINENT FIGURE OF THE “NORMAL SCHOOL” OF ELBASAN TOWN AND A WELL-KNOWN NAME IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS- XHEVDET SKILJA.

**Ardian Shingjergji<sup>1</sup>, Marvin Shingjergji<sup>2</sup>**

*<sup>1</sup>University of Elbasan, Faculty of Education Sciences, Elbasan, Albania.*

*<sup>2</sup>University of Elbasan, Faculty of Education Sciences, Elbasan, Albania.*

*ardianshingjergji@gmail.com*

## **Abstract**

**Introduction.** This paper aims to appreciate another well-known figure of the prominent generation of students and teachers of the “Normal School” of Elbasan town, who contributed in the field of Albanian education. Xhevdet Skilja is one of the names, who after finishing High School in the Elbasan town and higher studies at the Academy of Physical Culture in Rome (Italy), returned to give his help in the promotion and development of sports in some regions of Albania. Because of his western beliefs, the communist regime of the time, not only did not appreciate his intellectual and professional activity, but persecuted and denigrated him, not giving the space to contribute to the field of Physical Education and Sports.

**Methods.** The methodology of study has been relying on investigation and canvassing documented literature in the digital archive of the “Normal School” and the District archives,

editions in contemporary papers, by analyzing and deliberating his sportive and pedagogical activity as well as their empirical methods, basing on collections and systemizing facts, manuscripts and stories from his kinsfolk and co-fellows.

**Results.** The activity of Xhevdet Skilja unfolds in several directions : as a prominent football player and athlete, as an organizer of various sports activities and as a dedicated educator in the field of Physical Education and Sports.

**Discussion.** The contribution of such figures influenced the development and further sports achievements. They are nowadays a great inspiration example for athletes, students, teachers and sports professionals.

**Key words;** physical education, sports, contribution, prominent figure, appreciation.

# EFFECT OF ECCENTRIC TRAINING UNDER ISOKINETIC RESISTANCE OF PULP MUSCLE, THROUGH THE SUSTAINABILITY TESTS

**Arjan Hyka<sup>1</sup>, Aisel Oseku<sup>2</sup>, Surven Metolli<sup>3</sup>**

<sup>1</sup> *Aleksander Xhuvani University, Faculty of Science & Education, Elbasan, Email: [arohyka@ymail.com](mailto:arohyka@ymail.com)*

<sup>2</sup> *Sports University of Tirana, Albania, Email: [aoseku@ust.edu.al](mailto:aoseku@ust.edu.al)*

<sup>3</sup> *Sports University of Tirana, Albania, Email: [smetolli@ust.edu.al](mailto:smetolli@ust.edu.al)*

## **Abstract**

Achilles Tendinopathy is a common problem among athletes. Exist various risk factors and a poor resistance is likely to be one of these factors. Eccentric training is an effective treatment for the Achilles tendinopathy. This study was designed to investigate the potential effect of eccentric training on triceps surae muscle endurance, to show that endurance can be improved in healthy individuals and determine if eccentrics muscle may have a potential role in primary prevention of Achilles Tendinopathy.

A total with 60 healthy athletes were selected for 12 week for the eccentric training (>3 months). Function and symptoms, tendon pain during activity, tendon swelling, and treatment satisfaction were assessed at 0 and 12 weeks. Subjects were tested using isokinetic dynamometer under controlled conditions, in two cases (2-7 days separated from each other).

The test of resistance to the both legs are made with twenty repetitions, both eccentric and concentric movements are made with the knee flexed (90 °) and with the knee extended position. The subjects were re-tested after 12 weeks of eccentric training on one foot (the other foot were used as a control). Through this study aims to create a clearer idea of the frequency of achilles tendinopathy practitioners in regular physical activity.

The results aim to integrate training programs into daily sports disciplines that are most affected by this pathology. Special importance is also the awareness of the athletes themselves for effective rehabilitative methods.

**Key words:** Intervention studies; Prevention; Tendinopathy; Eccentric training.

# RESOLVING DISPUTES OF A SPORTS NATURE IN THE REPUBLIC OF ALBANIA

**Arnaldo Biçoku<sup>1</sup>, Romina Cela<sup>2</sup>**

*<sup>1</sup>University “Aleksander Xhuvani”, Elbasan*

*<sup>2</sup>University “Aleksander Xhuvani”, Elbasan. Faculty of Education Sciences, Elbasan*

*[bicokuarnaldo@yahoo.com](mailto:bicokuarnaldo@yahoo.com), [rominacela@yahoo.com](mailto:rominacela@yahoo.com)*

## **Abstract**

**Introduction.** In the field of sports as in any other field disputes between persons are present. In our case, the parties to the dispute can be natural persons on the one hand, which includes all athletes, officials, members of federations and associations, and on the other hand, the federations, associations or societies themselves.

**Purpose.** The purpose of this paper is to identify the relevant legal bodies for resolving disputes of a sports nature, the legal basis on which the activity of these bodies is based and at the same time the right of the complainants, as well as the nature of the decision taken by these bodies.

**Methods.** The focus of the paper is the Albanian Football Federation because it has a clearer and more effective structural organization than other federations regarding its judicial bodies for resolving disputes in the field of sports, an organization which is based on the structure defined in FIFA. Decisions taken by the Disciplinary and Ethics Commission, the Appeals Commission, the National Dispute Resolution Chamber,

as well as the decisions of the CAS (Arbitration Court) are analyzed to conclude on the frequency of cases handled by these bodies and in whose favor the parties have decided in relation to the claimed right.

**Results.** The results showed that most violations are disciplinary and ethical. This is why the decisions of the discipline and ethics committee are more frequent. Fewer are the disputes of a contractual nature by the National Chamber of Conflict Resolution.

**Conclusions.** The right of the appellant parties must be expressly guaranteed in relation to the settlement of the dispute by defining both the administrative and the judicial path that must pursue the parties to a fair and impartial trial as to their rights. The Albanian Football Federation best defines both the administrative and the judicial path.

**Key words;** legal bodies, decision, Albanian Football Federation

# A 2 YEAR MONITORING STUDY OF CHARACTERISTICS OF FITNESS CENTER IN PRISTINA (KOSOVO)

**Besnik Humolli, Rando Kukeli**

*Fitness Gym Pristina  
Sports University of Tirana  
besnikhumolli@gmail.com*

## **Abstract**

**Introduction-** The aim of this study is to monitor the characteristics of fitness centers in Pristina for the year 2019 and 2021. **Methods-** A total of 7 fitness centers in 2019 and 10 fitness center in 2021 were observed for this study. A questionnaire was distributed for the year 2019 and 2021 with the same questions.

**Results-** For the year 2019 were employ 24 instructors (17 males and 7 females) while in 2021 were employ 36 instructors (23 males and 13 females). Data from the questionnaire showed that the average gym size was 740 m<sup>2</sup> (2019) and 618 m<sup>2</sup> (2021) while mean values for height of these fitness centers were 3.2 m (2019) and 4.85m (2021). The education university degree diploma in 2019 were 20 instructors from 24 and in 2021 the education university degree were 34 instructors from 36 of them. Out of the total gym in 2019 only 1 of them has a profile and purpose only for women gym and 2 of them in 2021.



The average fee price (2019) annually was 107.7 euro and monthly 30.4 while in 2021 annually fee were 125.5 euro and monthly 28 euro.

Conclusion- This monitoring study data will be very helpful for further study in order to have a clear overview of actual status of fitness centers in Pristina (Kosovo).

**Key words:** gym, fitness, fee, instructors

# **A CROSS SECTION STUDY OF NEW CURRICULA OF PHYSICAL EDUCATION SPORT AND HEALTH SUBJECT IN UNIVERSITY STUDENTS**

**Blerina Mema, Keida Ushtelena**

*Faculty of Movement Sciences, Department of Social Sciences  
and Education,  
Sports University of Tirana, Albania  
bmema@ust.edu.al*

## **Abstract**

Introduction- The curriculum of the subject of “Physical Education, Sports and Health” has at its core the development of competencies. The knowledge, skills and attitudes that students should acquire during the learning process, especially at the Professional Master level majoring as “Teacher of physical and health education at pre-university education system”. The main purpose of this study is to understand and identify students’ opinions and their feedback regarding the knowledge and skills acquired at this particular subject and how applicable and transferable this know-how y is in reality. In order to develop the best curricula to help student to gain information, knowledge and to put that into practice during their studies or at schools when they become teachers, it is very important to know their opinion on this matter and to make reflections on the curriculum if necessary.

Methods- The target group of this study are 113 students of

the professional master studies majoring as “Teacher of physical and health education at pre-university education system” at the Faculty of Movement Science, in Tirana. A standardized Survey was used to get the data’s of this study and Statistical analyses are performed via “IBM Statistics 22.

Results- We found out that there is there are no desk research in this area. For this reason we tried to gather information from the questionnaire, which helped us to identify their needs.

*Results show that* 37.2 % of the students think that the knowledge obtained in the study program “Professional Master” enables you with enough knowledge in this area, while only 1.8% of them thinks that the knowledge gained is very week. 52.7% of them think that this courses offer the best content topics related to the development of competencies of the course “Physical Education, Sports and Health” and only 1.8% of them think that the topics are very week.

Discussion- 48.2 % of the student that attend this subject think that at the end of university studies they will be able to meet the requirements of the pre-university education curriculum regarding practical knowledge, and only 2.7 of them think that the knowledge they gained is very week.

**Key word:** Curricula, physical education teacher, professional master, Tirana

# ATTITUDE OF PHYSICAL EDUCATION TEACHERS IN BULGARIA TO ONLINE TEACHING DURING THE PANDEMIC OF COVID-19

**Eleonora Mileva**

*National Sports Academy "Vassil Levski", Sofia, Bulgaria*

## **Abstract**

The pandemic of the Covid-19 has changed the education system in the country, including the training in physical education and sports in the Bulgarian schools. Physical education and sports training have been transformed into distance and online education.

The aim of the study was to investigate the attitude of PE teachers in the country to the organization of online teaching. The subject of the research was a total of 138 teachers aged from 24 to 68 years. They were with different pedagogical experience and representatives of all regions of the country. A specially developed international questionnaire with closed questions was applied. Alternative analysis and chi-square Pearson's test ( $\chi^2$ ) were used to analyze the results.

The teachers have evaluated the current online education in physical education and sport as relatively good. The results show that the educational activity of sports pedagogues during the pandemic has reduced their professional motivation. Teachers have rated as good their competencies in using

online technologies to conduct physical education classes. PE teachers have applied new technologies in the training process.

**Key words:** PE teachers, online teaching, competencies, technology, pandemic

# IDENTIFICATION OF CHILDREN WITH COORDINATION SPECTRUM DISORDERS (DCD)

**Enis Bellova <sup>1</sup>**

*<sup>1</sup>Sports University of Tirana*

[ebellova@ust.edu.al](mailto:ebellova@ust.edu.al)

## **Abstract**

**Introduction-** Physical activity is of particular importance for the health of the population and an active lifestyle leads to good well-being. Also physical activity in children plays a key role in their motor education. Monitoring movement and especially coordination skills plays a key role in the development of children's motor norms. The purpose of this study is to measure and record the level of coordination skills and especially gross skills in children.

**Methods-** 64 children aged 7-10 years participated in this study. Coordination skills were measured with that of the KTK battery test for balance, dexterity and reaction speed of the lower limbs as well as explosive force.

**Results-** Results from this study show the actual mean values for each test as follows; balance backwards mean values 33.9 steps (max 72 steps for three balance beam), lateral jumping mean values 58.2 times, jumping one leg mean values for right foot 7.5 and left foot 7.5, and movement with plates mean values 17.2 times.

**Discussion-** Data result from this study with children partici-

pated from Tirana showed no problem for possible coordination disorder in children aged 7-10 years old.

**Key words;** children, KTK, balance, coordination

# INNOVATIVE TEACHING METHODS OF ESP DURING COVID-19: ONLINE TEACHING AND LEARNING PROCESS IN ALBANIAN AND ITALIAN HIGHER EDUCATION INSTITUTIONS

**Eriona Çela**

*University of Elbasan “Aleksandër Xhuvani” Faculty of Human  
Sciences*

[eriona.cela@gmail.com](mailto:eriona.cela@gmail.com)

## **Abstract**

This paper informs regarding the difficulties that professors and students faced during the lock down, the difficulties in adopting to this new teaching approach and of course the updated teaching methodology in online classes. The situation in Higher Education Institutions during Covid-19 emphasized the importance of English and English for Specific Purpose because students and professors had to adopt to the new technology they started to use in the teaching-learning process, all the programs, platforms, websites, and information they had to use and find were in English, so they were obliged to improve their knowledge in this language.

Moreover, because of the inability to go to the library, students had to search the literature online, and the majority of the literature published online is in English.

Professors on the other hand, in absence of teaching materials, had to prepare themselves the teaching materials this is



why they had also to search online the information, materials and literature, which are generally published in English. An analyses of this situation is made even between the Italian and Albanian.

**Aim.** The comparison is made between the teaching-learning methods used in both higher education institutions, from March 2020 and on.

**Methods.** The methodology also helped to introduce new teaching methods of ESP online, suggested by scholars and professors who have already taught ESP online and are familiar with the difficulties and challenges.

**Results.** In general, ESP online classes acquire specific teaching methods and didactic materials and a very detailed analysis of the needs of the students. Being in virtual classes, considering even the fact that students are not focused and concentrated, the process becomes less easy to adopt.

**Conclusion.** Eventhough difficult, the teaching and learning process of ESP was able to be finalized during 2020. At first this process seemed to be stressful, difficult, complicated and strange to students but later on they got used with the idea and online tools that started to be used.

**Key words;** grammar translation method, task-based approach, audio lingual method

# A COMPARISON STUDY ON STRENGTH AND POWER ABILITIES IN YOUTH BASKETBALL PLAYERS IN SHKODRA

**Ermal Milla<sup>1</sup>**

*Luigj Gurakuqi University, Faculty of Educational Sciences , Department of Sports and Physical Education, Albania,*

[ermal.milla@unishk.edu.al](mailto:ermal.milla@unishk.edu.al)

## **Abstract**

**Introduction:** Basketball is one of the most popular sport in the world and player's preparation in strength and power abilities are very important and they often decide the result of a match. Through this study we aimed to analyse strength and power abilities in young Basketball players depending on age.

**Methods:** In the study participated 32 basketball players from U-16 (17 players) and from U-18 (15 players). They were tested for Anthropometrics (Body Height, Body Weight, BMI, Waist Circumference), for Strength and Power Upper Body Push ups , Core Body Curl up for 30s and Lower Body Standing Long Jump ) Jumping( Jump CMJ (cm) and Jump Run Up (cm). Data were statistically analysed using Levene's Test for Equality of Variances, and T-test for Equality of Mean

**Results:** Data analysis showed that there is a significant relationship between age, power abilities and strength). Descriptive statistics revealed that u-16 basketball players averaged (M= 39.5 SD= 11.4) in the Jump CMJ (cm), opposed to u-18 basketball players (M= 50.4, SD= 9.42). Also for the Run

Jump U-16 statistics were ( $M= 48.5$ ,  $SD= 9.83$ ), while U-18 basketball players ( $M= 62.25$ ,  $SD= 8.61$ ). The changes based on statistical analysis was significant for U-18 player and for power abilities.

**Conclusion:** In conclusion we can affirm that age is determinant to increase strength and power abilities in young basketball players. Also an influencing factor is the time in training.

**Key words:** strength, power abilities,

# AN INVESTIGATION STUDY ABOUT THE OPINION ON EDUCATIONAL REFORMS ON PHYSICAL EDUCATION AND SPORTS AT UNIVERSITY LEVEL

**Fatjon Nurja, Kadri Hoxha, Bardhyl Lacej**

*University of Shkodra “LuigjGurakuqi”, Department of Physical  
Education and Sports*

*School “ShyqyriPeza”, Tirane*

*School “Hamdi Bushati”, Shkoder*

[fatjon\\_nurja@yahoo.com](mailto:fatjon_nurja@yahoo.com)

## **Abstract**

**Introduction-** The reforms undertaken in any kind of educational field is of special importance for increasing the level of the teaching and learning process. The purpose of this study is to identify the opinion of university students on the reforms and update the curriculum of the subject of physical education and sports at university level.

**Methods.** In this study participated 67 students (37 male and 30 female students) of the second cycle of professional master studies in the Department of Physical Education and Sports at the University of Shkodra “LuigjGurakuqi”. They were responded about opinion on educational reforms on physical education and sports at university level

**Results-** Results showed that 1.8% responded as no acceptable for me (male 2.1%, female 1.6%), 8% almost unacceptable to me (male 8.3%, female 7.8%), 3.6% not interesting

(male 4.2, female 3.1%), 50.9% almost acceptable for me (male 43.8%, female 56.3%) and 35.7% acceptable for me (male 41.7%, female 31.3%).

Conclusion- Results show a higher percentage of students responded with positive evaluation for education reforms. This perception will foster the curricula on its implementation.

**Key words;** students, physical education, process, reforms

# SPORT AND HEALTH EDUCATION A NEW TREND IN ALBANIAN EDUCATION

**Florian Muca**

*Albanian Sports Science Association*

[florimuca@yahoo.com](mailto:florimuca@yahoo.com)

## **Abstract**

**Introduction:** Health education and the importance of physical activity are emerging with increasing levels of overweight and obesity in the last two decades.

**Aims:** The aim of this study is to identify the level of preparation and connection of curricula implementation from up to down base level. To what extent are students familiar with these basic documents and curricula that help teachers to plan the curriculum well?

**Methods:** A questionnaire was applied to a total N=95 students (55 female and 40 male) of second cycle of studies (professional master degree) with major in physical education, sports and health program. The questionnaire was conducted in three main universities, Sports University of Tirana, University of Elbasan and University of Shkoder, which all offer physical education, sports and health study program. A descriptive/frequency analyses and gender difference was used with SPSS version 26.

**Results:** The results show that nearly 73% of participants are familiar with the specific content of the curricula in sports and health education, and preparation of students for adequate teacher planning. Both, female and male students equally demonstrate good and very good levels of content knowledge.

**Conclusion:** Health education has emerged as a necessity in the last decades, and the trend of universities shows to place a great emphasis on the preparation of future physical education teachers for the delivery of adequate integration of curricula in the learning system.

**Key words:** Health education, physical education, curricula

# ANTHROPOMETRIC MEASUREMENTS AND THE IMPACT THEY HAVE ON CHILDREN

**Genta Nallbani<sup>1</sup>**

*<sup>1</sup>Sport University of Tirana, Albania*

[gnallbani@ust.eeu.al](mailto:gnallbani@ust.eeu.al)

## **Abstract**

The purpose of this study is to emphasize that anthropometry is the most applicable, economical and non-invasive method to determine the dimensions, proportions and composition of the human body. Moreover, since body dimensions at any age, but especially in children reflect their overall state of health and well-being, anthropometry can be used to assess functionality and health. The most common application of anthropometry in prevention aims to monitor the health and nutritional status which are directly related to overweight and obesity in children, as a major problem that nowadays has had a rapid exponential growth worldwide. Although typical measurements such as body circumference and BMI are the most widely used indices to assess health status and prevent overweight and obesity, they are still not very informative about body composition, for which more sophisticated methodologies are required. Given the lack of invasiveness, simplicity of execution, portability, low cost and availability of reference values, anthropometry is in fact the reference technique for assessing nutritional status in clinical practice and epidemiological research. And in conclusion we can say that today anthropome-



try is the key discipline for the quantitative definition of health determinants and for the description of an accurate physical activity, also focusing on some morpho-functional characteristics of some specific anatomical regions.

**Key words;** anthropometry, human body, BMI, anatomical regions

# GENDER COMPARISON FOR FLEXIBILITY AND JUMPING PERFORMANCE IN BASKETBALL AND VOLLEYBALL IN YOUTH

Gentiana Nicaj<sup>1</sup>, Ermal Milla<sup>2</sup>

<sup>1</sup>*Luigj Gurakuqi University, Faculty of Educational Sciences, Department of Sports and Physical Education, Albania,*

<sup>2</sup>*Luigj Gurakuqi University, Faculty of Educational Sciences, Department of Sports and Physical Education, Albania,*

[gentiana.qose@unishk.al](mailto:gentiana.qose@unishk.al)

## Abstract

**Introduction:** This study aims to compare flexibility and jumping performance between young male basketball players and young female volleyball players. Flexibility and jumping performance are two important motor abilities that depend mostly on age and anatomical characteristics of the subject. These two motor abilities vary between individuals and between gender as well. Exercising also plays an important role to the improvements of these qualities.

**Methods:** A total of ( 19) male basketball players and (18) female volleyball players all belonging to the Under-16 age group, took part in the study. They were tested for high jumping performance through the high jump and high jump run up tests and also through the sit and reach test for flexibility. Data were statistically analysed using independent t-test.

**Results:** Descriptive statistics revealed that male basket-

ball players averaged ( $M=21.7$ ,  $SD= 6.9$ ) in the seat and reach test, opposed to female volleyball players ( $M=29.8,SD= 6.6$ ). Also for the high jump performance males statistics were ( $M=39.5$ ,  $SD=11.4$ ) and high jump with run up ( $M=48.5,SD=9.8$ ), while female volleyball players ( $M=30.4$ ,  $SD=5.2$ ) for the high jump and ( $M=33.4$ ,  $SD=4.6$ ) for the high jump run up. T-test showed significant difference in favour of girls regarding flexibility and significant difference regarding high jump performance in relation to boys. **Conclusion:** To conclude with, the comparison of flexibility and high jump performance in male basketball players and female volleyball players suggests that volleyball players are significantly more flexible than boys, while basketball players have higher scores in high jump performance. This difference might be due to the type of sport the children engage with and also to the length of time children have been practicing each sport.

**Key words:** flexibility, high jump performance

# A COMPARISON STUDY OF MOTOR ABILITIES IN YOUTH VOLLEYBALL PLAYERS BY BODY WEIGHT.

Gentiana Nicaj<sup>1</sup>, Rigels Nicaj<sup>2</sup>

<sup>1</sup>*Luigj Gurakuqi University, Faculty of Educational Sciences , Department of Sports and Physical Education, Albania,*

<sup>2</sup>*Luigj Gurakuqi University, Faculty of Educational Sciences , Department of Sports and Physical Education, Albania, [gentiana.gose@unishk.al](mailto:gentiana.gose@unishk.al)*

## Abstract

**Introduction:** Body weight in young children has gained significant concern, due to the numerous effects it brings about in this specific age, not only to the general physical health, but also to the aesthetic and consequently psychological aspect, and to the expression of motor abilities. Motor abilities in children and their proficiency are affected by numerous factors and this study aims to find out whether there is a difference in motor abilities in youth volleyball compared by body weight increase of (0.5 kg).

**Methods:** In total 54 girls of whom 28 belonging to the (14-16 ) age group and 26 belonging to the (16-18) age group took part in the study. They were all measured for the anthropometrics and then were tested for strength and muscular endurance (standing long jump, vertical jump with/without steps, push ups 30s and curl ups 30s); flexibility ( sit and reach); acceleration and speed (10m and 20 m); agility (T test and

10x5 agility test). In order to determine whether there is a correlation between bodyweight and motor abilities we divided bodyweight by 0.5 kg. Analysis of variance was employed for the statistical analysis.

**Results:** Statistical analysis revealed that bodyweight does not significantly affect motor abilities, as data showed that none of the tests employed to measure motor abilities significantly changed by increasing the bodyweight with 0.5 kg.

**Conclusion:** In conclusion we can assert that motor abilities are not affected by body weight. It is not clear to us whether the results we had are due to the fact that the children have been practicing for a period of three years approximately or the body weight of 0.5 kg was not significant to affect results, it is a subject for further research.

**Key words:** motor abilities, body weight, motor proficiency.

# A CROSS SECTIONAL STUDY ON THE CORRELATION OF FLEXIBILITY WITH SPEED IN YOUTH FOOTBALL

**Gentjan Muca, Rei Nanaj**

*Pristina football club*

*SMART Sport Center*

[gentjanmuca@gmail.com](mailto:gentjanmuca@gmail.com)

## **Abstract**

**Introduction-** Football is a sport that requires high physical training. For this reason, one of the objectives is to work with young football players with physical training. A study has been undertaken on the possibilities of linking the ability of flexibility and speed to young people in football

**Methods-** Measurement were done in 25 youth (aged 17.5 SD 0.7 years) for flexibility and speed.

**Results-** Flexibility using sit and reach test showed mean values 31.5 cm and standard deviation 6.7 cm. Speed using sprint 10 test showed mean values 1.99 seconds and standard deviation 0.07 seconds while in sprint 30m test mean values showed 4.11 seconds and standard deviation 0.09 seconds.

Correlation data analysis showed; flexibility using sit and reach test with speed using 10m sprint test showed  $r = -0.215$  and  $p = 0.378$  while flexibility using sit and reach test with speed using 30m sprint test showed  $r = -0.537$  and  $p = 0.018$ .

**Conclusion-** Results from this study showed that flexibility is statistical negative correlated with speed only in 30m sprint test ( $p = 0.018$ ).

**Key words;** flexibility, speed, sprint, youth

# A COMPARISON STUDY IN YOUTH BASKETBALL PLAYERS IN ELBASAN FOR JUMPING ABILITY BY POSITION

**Geri Bicoku, Engjëll Spahiu, Xhulio Isufi**

*Universiteti Marin Barleti  
University of Elbasan, Albania  
[gbicoku@yahoo.com](mailto:gbicoku@yahoo.com)*

## **Abstract**

**Introduction-** Jumping performance plays a crucial role in basketball with regards to age. Considering this fact, we aim at our study to observe the actual performance of jumping ability in youth basketball players and comparison of this ability by position to the court

**Methods-** Measurement were done with basketball Elbasani team (U18) in 15 players for standing long jump, standing high jump (CMJ) and standing high jump (run up).

**Results-** Results showed that mean values for standing long jump is 178.1 cm (SD= 38.5), for high jump (CMJ) is 44.03 cm (SD= 11.03) and high jump (Run up) is 50.7 cm (SD=11.6). Results from ANOVA test showed that there are no statistical difference for jumping performance compared by basketball position of the players- comparison between group by position (standing long jump  $F=0.390$ ;  $Sig= 0.811$ ), high jump-CMJ ( $F= 0.140$ ;  $Sig= 0.963$ ) and high jump- run up ( $F= 0.264$ ;  $Sig= 0.895$ )

**Conclusion-** In conclusion for this study further data gathered are needed for other physical abilities to compare by position.

**Key words;** basketball, association, jump, CMJ

# STUDENTS FAMILIARITY WITH ICT DURING ONLINE EDUCATION PROCESS AT UNIVERSITY LEVEL

**Henri Hyka, Arjan Hyka**

*University "Aleksander Xhuvani"*

[henri.hyka94@gmail.com](mailto:henri.hyka94@gmail.com)

## **Abstract**

**Introduction-** During the pandemic, the importance of information technology knowledge played an important role in the teaching process at all levels of education, both pre-university and university.

**Methods-** For this purpose, on the level of knowledge in ICT, a survey was conducted on students of the University of Elbasan at the Department of Physical Education and Sports. Participants were N = 47 active students where 22 were male and 25 were female. Participants answer the question "during online education how familiar with ICT were" in a Likert scale from very weak to very good.

**Results-** Results showed that 5.4 of participant responded having very weak information with ICT, 8.9% weak, 29.5% sufficient information, 34.8% good and finally 21.4% of student were very good familiar with ICT competence.

Also data results by gender show that: male responded 4.2% very weak information, 6.3% weak, 35.4% sufficient information, 27.1% good and 27.1 very good knowledge, while for female responded 6.3% very weak information, 10.9% weak,



25.0% sufficient information, 40.6% good and 17.2 very good knowledge

Conclusion- Data from this study showed that there are a higher percentage of student with good and very good knowledge about ICT.

**Key words;** ICT, education, students

# PROMOTION OF PHYSICAL ACTIVITY AS AN ADDED VALUE TO SOCIETY AND THE EUROPEAN COMMISSION MODEL WITH THE “EUROPEAN WEEK OF SPORT BEYOND BORDERS, BE-ACTIVE”.

**Holtjon Orhani**

*Barleti University, Faculty of Social Sciences, Tourism and Sports,  
Department of Physical Education and Sports*

[horhani@umb.edu.al](mailto:horhani@umb.edu.al)

## **Abstract**

**Introduction.** This paper seeks to highlight the importance of promoting physical activity and the various values it carries throughout society. Nowadays, all different European and international bodies have shifted their focus to promoting physical activity and the importance of sport for the well-being and prevention of various health and psycho-physical problems. A variety of international and national events are organized in this area. Events such as: European Week of Sport Beyond Borders, Be-active, European School Sports Day, International University Sports Day, International Sports Day for Peace and Development, or national events already turned into a tradition for Albania, as well “”Tirana Half Marathon”” or other events organized by different sports federations that try to revive and keep the sporting tradition alive.

**Methods.** The methodology used for this paper is quantitative. The data collected, analyzed and interpreted aims to address issues such as: Can different sports organizations in

Albania manage to convey the importance of practicing sport or physical activity through promotional events; Do we make good use of the mass media tools (media, social - media, web) that allow us to convey these messages throughout society?

**Results.** The paper highlights the idea that the European Commission's initiative "European Week of Sport" brought even in Albania by the Ministry of Education, Sport and Youth and organized by the Albanian University Sport Federation is to be taken as a model, having had a significant impact, succeeding in arousing the interest of a large number of people.

**Keywords:** sports activity, sports promotion, physical activity, media activity, psycho-physical health.

# **GENDER DIFFERENCES ABOUT THE CLARITY OF SUBJECTS DONE LINKED TO PROFESSIONAL CAREER DURING THE UNIVERSITY TEACHING PROCESS**

**Isa Bala Nelson Hysa Ervin Buca**  
*Medreseja “Haxhi Sheh Shamija”, Shkoder*  
*High School “Oso Kuka” Shkoder*  
*School “Imzot Lucjan Avgostini”, Shkoder*  
[isabala172@gmail.com](mailto:isabala172@gmail.com)

## **Abstract**

**Introduction-** The methodology and quality of teaching process during university studies is very important for this process. The clarity of the students on the curriculum and especially those subjects that are directly related to the professional career is of special importance.

For this purpose, a survey was conducted with students at the University of Shkodra “LuigjGurakuqi” answering the question: In the specific subject of the study program that you attend, it is possible to know the content of the program of this subject linked to professional career for physical education teacher.

**Methods-** In this study participated 59 students of the second cycle of master studies (student- male= 34 and female= 25).

**Results-** Data of this study show that the response as weak were 6.3% of male and 1.6% of female, While the response as sufficient were for male 20.8% and female 28.1%, good for

male 41.7% and female 32.8 and the response as very good for male 31.3% and female 37.5%.

Conclusion- Results of this study show higher evaluation by the students for subjects that are linked to professional career of physical education, sport and health teachers.

**Keywords;** student, teacher, process, response

# MOTIVATION OF STUDENTS DURING THE TEACHING PROCESS OF PHYSICAL EDUCATION

**Joana Dilja, Alketa Borici**

*University of Elbasan, Albania*

[joanadilja@gmail.com](mailto:joanadilja@gmail.com)

## **Abstract**

Introduction. Motivation in itself, represents the first step towards the desired action or behavior. Almost every day, teachers face new challenges, from ensuring that classroom activities reach standards to adapting lesson plans to fit the curriculum. Being motivated correctly, teachers instill in students skills and habits necessary for work, leads and guides during learning, enables them to walk successfully on the long path of knowledge.

Aim. The article aims to assess the impact of motivation during learning as an important process for acquiring new knowledge during the teaching process. By defining the most common types of motivation in the classroom, the article aims to identify how students perceive motivation and the factors that influence motivation.

Methods and Results. Qualitative method is used as a basic method, while as a measuring instrument, semi-structured interviews and focus group with primary education teachers of the city of Elbasan.

In conclusion, teachers are the ones who play the main role in

motivating students. The article proposes continuous stimulation of students during their work, use of contemporary teaching strategies, different treatments of students, occasional motivation based on actions performed.

**Keywords;** motivation, teacher, student, activities

# A COMPARISON STUDY FOR BMI AND WAIST CIRCUMFERENCE BETWEEN YOUTH MALE BASKETBALL AND FOOTBALL PLAYERS

**Juel Jarani <sup>1</sup> Florian Muca <sup>2</sup>**

*<sup>1</sup>Sport University of Tirana*

*<sup>2</sup>Albanian Sports Science Association*

[jjarani@ust.edu.al](mailto:jjarani@ust.edu.al)

## **Abstract**

**Aim-** The aim of this study was to compare BMI and waist circumference between basketball and football male players for age group (14-16 years) and (16-8 years).

**Methods-** Data was gathered for body weight and height to calculate BMI and measurement for waist circumference. In this study participated 40 basketball and 13 football players (14-16 years) and 20 basketball and 59 football players (16-18 years).

**Results-** Cadet basketball players (14-16 years) had BMI mean values 21.7 kg/m<sup>2</sup> and waist circumference mean values 78.7 cm while junior players (16-18 years) BMI mean values 23.3 kg/m<sup>2</sup> and waist circumference mean values 83.3 cm.

Cadet football players (14-16 years) had BMI mean values 21.1 kg/m<sup>2</sup> and waist circumference mean values 69.1 cm while junior players (16-18 years) BMI mean values 21.7 kg/m<sup>2</sup> and waist circumference mean values 62 cm.

Data comparison for BMI (14-16 years) showed mean difference 0.61 kg/m<sup>2</sup> (Std error 0.84, sig 0.471) and waist cir-



cumference mean difference 9.65\* (Std error 2.73, sig 0.001). Comparison analysis for BMI (16-18 years) showed mean difference 1.52\* kg/m<sup>2</sup> (Std error 0.6, sig 0.013) and waist circumference mean difference 21.3\* cm (Std error 4.18, sig 0.000).

Conclusion- Comparison data showed that there is statistical difference for basketball players ifor waist circumference for age group (14-16 years) where basketball players have higher waist circumference mean values (p= 0.001) compare to peer's football players. Also basketball players have higher BMI and waist circumference mean values (p= 0.013; p=0.000) compare to football players for 16-18 years' group.

**Keywords:** basketball, players, football, BMi, waist

# AN INVESTIGATION STUDY ABOUT THE EVALUATION OF THE PRESTIGE OF PHYSICAL EDUCATION TEACHERS

**Kadri Hoxha, Fatjon Nurja, Bardhyl Lacej**

*School "ShyqyriPeza", Tirane*

*University of Shkodra "LuigjGurakuqi", Department of Physical  
Education and Sports*

*School "Hamdi Bushati", Shkoder*

[kadrihoxha@hotmail.com](mailto:kadrihoxha@hotmail.com)

## **Abstract**

**Introduction-** The level of perception of the profile of the physical education teacher is of particular importance. The higher the image and evaluation for the physical education teacher, the higher the evaluations and commitments by the teachers during the physical education, sports and health classes.

**Methods-** For this purpose, a survey was conducted on 74 participants evaluating the image / prestige of the physical education teacher from very low- very high with a LIKERT rating scale (1 very low- 5 very high).

**Results-** Data from the evaluation show that 3.6% responded as very low the prestige, 7.1% as low, 46.4 as average, 26.8% as high and 16.1% as very high.

**Conclusion-** The results obtained from this study show promising data on the perception of the image of the physical education teacher. Only 10.6% of participants rated the image / prestige of a physical education musician as very low and low.

**Keywords;** participants, physical education, evaluation, teachers

# GOVERNANCE REALITIES OF THE NATIONAL OLYMPIC COMMITTEES: EVIDENCE FROM THE ALBANIAN NOC

**Kliton Muca,**

*PhD student at NSA 'Vassil Levski'*

## **Abstract**

Governance issues have always accompanied the modern history of Olympic Movement wherein NOCs play a critical role. In comparison to other kinds of sport organisations NOCs perform specific functions and operate in different contexts. They differ substantially in terms of their strategic management, governance, size, structure, resources, level of formalisation, specialisation and overall capabilities. Governance is a multifaceted and contested concept encompassing three core interpretations including:

- i) a socially negotiated decision-making regime that provides for the involvement of different actor constellations participating in the political process, the power relations between them, as well as their capacity to resolve contradictory and conflicting interests (i.e., *politics*),
- ii) a network-based institutional framework aimed at enhancing an organisation's capabilities to achieve its strategic goals through developing partnerships with various interdependent entities premised on commonly shared principles, rules and practices whose legitimacy is determined by actors' perceptions (i.e., *polity*), and

iii) a combination of policy instruments in the form of norms, regulations and sanctions as modes of social steering prescribing how people in the organisation should behave (i.e., *policy*).

In its normative meaning governance refers to what principles/guidelines, rules and policies ought to be adopted and enacted, and how this should be done to achieve some desired state. By signing up to the set of global governance standards NOCs strive to sustain their public legitimacy. To our knowledge, research on to what extent and how NOCs have implemented governance principles in their stakeholder relationships, modes of governance, policies and internal operations virtually do not exist. The governance and management practices of NOCs' will vary according to their belief systems, background, capacity, traditions and managers' interpretations. It follows that NOCs' managers and network of stakeholders will expose different attitudes, reasoning and subsequent reactions to those massive adjustments. These observations prompt to the need to develop a framework for understanding their governance that is relevant to and reflexive of the NOCs' reality. This paper builds upon the above considerations and provides evidence of existing governance practices from the perspective of the Albanian NOC across the three main understandings of governance concept identified.

**Keywords:** Governance, Policy, Polity, Politics, NOC, Olympic, Management

# CHALLENGES OF DISTANCE PHYSICAL EDUCATION DURING THE COVID-19 PANDEMIC IN ALBANIA

**Madrit Isufi**

*Physical Education Teacher*

*Aleksander Xhuvani, Elbasan, Faculty of Education Sciences,  
Department of Physical Education and Sports, Albania*

[isufimadrit@gmail.com](mailto:isufimadrit@gmail.com)

## **Abstract**

The COVID-19 pandemic forced a global closure of schools for months around the world. Albania, like a large part of the world, was found unprepared for distance learning. Teachers in poor Albania faced many problems. Physical education teachers had the biggest challenges in developing distance learning lessons, from home.

The purpose of the article is to explore the problems faced by physical education teachers and students during home schooling.

Qualitative methods were used to conduct the study. The instruments used in the search were semi-structured and structured interviews, focus groups and observation. The selected sample for conducting the research are 14 physical education teachers in the nine-year and high schools of the city of Elbasan and 30 students.

Results. Study data showed that physical education teachers were untrained for conducting distance physical education

classes. One of the biggest challenges faced by physical education teachers was the lack of infrastructure for the proper development of the lesson. Most teachers were limited to realizing the curriculum by focusing on health education as a theoretical part and gymnastic exercises at home.

The study recommends changes in strategic learning methods to understand the characteristics of physical education online and thus better communicate the value of physical education. Strategic plans should be developed by the Ministry of Education to guide the work of physical education teachers in development of distance learning hours. This article sheds light on how COVID-19 and school closures affected youth physical activity during periods of closed schools and home schooling. The development of physical education class plays an important role in the physical and psychosocial health and well-being of students.

**Keywords:** coronavirus disease-19 pandemic; online physical education class; teaching expertise in physical education

# DEVELOPMENT OF PHYSICAL AND MENTAL ABILITIES OF AUTISTIC CHILDREN THROUGH PHYSICAL EDUCATION AND SPORTS

**Marjeta Çeçi, Alisa Biçoku**

*Department of Psychology, University of Elbasan “Aleksandër Xhuvani”*

*Department of Social Sciences, University of Elbasan*

*“Aleksandër Xhuvani”*

[marjeta.cecic@uniel.edu.al](mailto:marjeta.cecic@uniel.edu.al)

## **Abstract**

Too often children with disabilities are kept locked up at home and do not engage in anything, even this is even more pronounced in today's pandemic situation. Consequently, in today's conditions of a global pandemic, of a worry, fear and stress, physical education and sports are increasingly seen as necessary not only for normal people but also for autistic children. The purpose of this study is to argue the role of physical education and sports as a means to develop not only physical strength and mobility, but also the psychological characteristics and abilities of autistic children.

The methodology used in the realization of this work is the logical and historical analysis of the dynamics of the changes that autistic children undergo in the psychological and physical aspect, under the denial of physical education and sports. Through sports, autistic children can achieve some independence and believe in their own abilities so that they do not rely only on their parents. By performing physical exercises and

participating in sports activities, they become more proactive and active. From a therapeutic point of view sport is he who heals. Therefore physical activity is always for the benefit of children. Practicing physical-sports movement makes autistic children feel part of society, helps them to create friendships, increase cooperation, reduce aggression, increase the level of self-knowledge of the opponent, increase optimism. It is difficult for them to imagine a high level of quality of life without the participation of intellectual, social, spiritual and physical components.

Therefore, more attractive and stimulating models should be offered to autistic children, so that they can engage more in physical exercises and sports, turning them into a fun, a cultured way to pass the time. The most comfortable, early and individualized physical-sports activation is for them a powerful antidote to health, to sedentary lifestyle, to obesity, to the consumption of medicines and to various pathologies, during their life. Sport for autistic children should be seen as a normal physical activity, which helps in their psycho-physical development. By developing physical abilities, they will be able to react at the right moment, will have ambitions to advance, to develop their skills and dexterity. Skills and techniques acquired in the field of sports can be actively used by autistic children in activities that have nothing to do with sports and physical culture.

**Keywords:** socialization, physical education, sports, psychology, personality, psychological characteristics



# TWO YEARS DATA COMPARISON FOR ANTHOPOMETRIC AND MOTOR ABILITIES PARAMETERS IN YOUTH BASKETBALL IN MITROVICA

**Mergim Istrefi, Andi Spahi**

*Albanian Sports Science Association*

*Sports University of Tirana*

[mergimistrefi24@gmail.com](mailto:mergimistrefi24@gmail.com)

## **Abstract**

The goal of this study is to find the differences on data of anthropometric and motor abilities parameters in youth basketball players in Mitrovica. Data was gathered in two years' difference 2019-2021 in youth basketball player in Mitrovica (N= 16, mean age 16.2 years old). Measurement were done for anthropometrics (body height, weight and waist circumference), BMI calculation. Also assessment for standing long jump, high jump CMJ, sit and reach test, and speed test were done on the respective gym. The comparison between first measurements 2019 mean values for body height (mean 177.3 cm SD 7.3) and second measurements 2021 (mean 176.9 cm SD 9.0) is statistical no significant ( $p>0.05$ ). Data for body weight first measurements 2019 (mean 70.3 kg SD 9.0) and second measurements 2021 (mean 66.6 kg SD 6.6) is statistical no significant ( $p>0.05$ ). Data for BMI first measurements 2019 (mean 22.3 SD 2.3) and second measurements 2021 (mean 21.3 SD 2.0) is statistical not-significant ( $p>0.05$ ). Data

for waist circumference first measurements 2019 (mean 82.0 cm SD7.4) and second measurements 2021 (mean 77.8cm SD 5.4) is statistical no significant ( $p>0.05$ ). Data for standing long jump first measurements 2019 (mean 189.5 cm SD 23.9) and second measurements 2021 (mean 191.8 cm SD 23.7) is statistical no significant ( $p>0.05$ ). Data for vertical jump CMJ first measurements 2019 (mean 283.7cm SD 13.4) and second measurements 2021 (mean 281.1cm SD 19.9) is statistical no significant ( $p>0.05$ ). Data for flexibility on sit and reach first measurements 2019 (mean 27.5cm SD 5.3) and second measurements 2021 (mean 24.9cm SD 7.5) is statistical not-significant ( $p>0.05$ ). Data for Speed Sprint 10m first measurements 2019 (mean 1.8sec SD 0.11) and second measurements 2021 (mean 1.9 sec SD 0.17) is statistical not-significant ( $p>0.05$ ). Results from independent T-test (2019 vs 2021 basketball data) show no statistical changes for body height, body weight, BMI, waist circumference, standing long jump, vertical jump CMJ, flexibility, speed- sprint 10m.

**Keywords:** Youth, Basketball, Flexibility, Speed

# ONLINE EDUCATION PROCESS AT UNIVERSITY LEVEL DURING COVID-19 PERIOD

**Meriljan Kurtaj**

*Affiliation: Sports University of Tirana*

*Email: [Meriljan.kurtaj@gmail.com](mailto:Meriljan.kurtaj@gmail.com)*

## **Abstract**

**Introduction-** In this difficult period of pandemics, the pre-university and university systems faced many great challenges. Online education systems in many academic systems were not fully implemented before the COVID 19. pandemic. To this end, one of the biggest challenges was the adaptation of both students and professors to the regular development of the learning process.

**Methods-** For this purpose, a survey was conducted to create an idea for this process among Albanian students where a total of 78 students were asked about the use of ICT tools and the place used during the teaching process.

**Results-** Results show that 1.8 of student used personal computer, 9.7 used laptop, 2.7% used I Pad, 85% used mobile during teaching and learning process at university level during COVID 19-time period. While about the place where they were during online education 78.8 of participant were at home, 8 % were at a closed environment (ex- coffee), and 12.4 at another place.

**Conclusion-** The final data of this study show that a large part

of students have used the mobile phone in this process and the home as an environment to conduct online studies.

**Keywords;** online education, students, university, teaching

# THE IMPACT OF PHYSICAL EXERCISE AND SPORTS ACTIVITIES ON THE HEALTH AND EMOTIONAL STATE OF INDIVIDUALS SUFFERING FROM MENTAL HEALTH PROBLEMS.

**Mikel Cenaj<sup>1</sup>, Engjell Spahiu<sup>1</sup>, Flutura Musta<sup>1</sup>**

*<sup>1</sup> Universiteti "A. Xhuvani" Faculty of Educational Sciences  
[mikelcenaj@hotmail.com](mailto:mikelcenaj@hotmail.com)*

## **Abstract**

The impact of physical exercise and sports activities on the health and emotional state of individuals suffering from mental health problems. Recent studies show that exercise and sports activities contribute to a healthier, better and smarter life. Through physical activity, individuals significantly reduce feelings of anxiety and depression, improve and increase good feelings for themselves and self-confidence. Sports activities also affect the mental health of individuals with mental health problems.

The purpose of the study is to identify the importance of participating in sports activities in patients with mental health problems hospitalized in the psychiatric hospital of Elbasan. Mixed methods were used to conduct the study. A questionnaire with open and closed questions was used as a measuring instrument. 125 patients of chronic wards of the psychiatric hospital of Elbasan were selected as a sample who regularly attend day care centers located within this hospital and which

engage regularly in recreational and rehabilitation activities organized in these centers by hospital staff. The results show that there is a positive relationship between participants in sports activities and their mental and emotional health.

**Keywords:** exercise, sports activities, mental health, emotional state, day center.

# ANTHROPOMETRICS PARAMETERS AND MOTOR SKILLS TO WOMEN FOOTBALL PLAYERS

**Mirela Cemer**

*Albanian Sports Science Association*

[mirelacemeri92@gmail.com](mailto:mirelacemeri92@gmail.com)

## **Abstract**

**Introduction.** The aim of this study is to compare anthropometric parameter and physical performance at female football players before the start of championship and after the end of championship .

**Methods.** In total 20 football players of the team Teuta Women ,in city of Durres were measured for anthropometric parameters (body weight, body height ,waist ratio and hip ratio) , and also for physical performance as follows : Lower Body strength using Standing Long Jump, Flexibility using Sit and Reach. Also speed were measurement using 30 m Test and Anaerobic Capacity using 1 Mile Test .

**Results.** Results showed that average age of the Teuta Women team is 16.55 years old ,a quite young age .There are a improvement of the flexibility +1,45 cm , a improvement + 1 cm of lower body strength, speed is improved with – 0.04 seconds and anaerobic endurance decreased – 0.056 minutes .

**Keywords :** Football, female players , anthropometrics parameter ,physical skills .

# STUDENT PERCEPTION ABOUT CHANCES FOR PROFESSIONAL CAREER GROWTH OF PHYSICAL EDUCATION

**Nelson Hysa Isa Bala Ervin Buca**

*High School “Oso Kuka” Shkoder  
Medreseja “Haxhi Sheh Shamija”, Shkoder  
School “Imzot Lucjan Avgostini”, Shkoder  
[nelsonhysa31@gmail.com](mailto:nelsonhysa31@gmail.com)*

## **Abstract**

**Introduction-** The importance of perception and intrinsic motivation for students during the university process is of particular importance for increasing the quality of the subject of physical education. Motivation for the chances they have at the moment they finish university studies to start as a teacher of physical education, sports and health plays a special role. For this purpose, a questionnaire was conducted with students at the University of Shkodra “LuigjGurakuqi” at the Department of Physical Education and Sports to obtain information on this perception.

**Methods-** Students rated this perception on a Likert scale from no chance to very good. N = 34 students of the second cycle of studies participated in this study.

**Results-** Results on chances for professional career growth of physical education teachers show that 3.6% rated it with no chance, 42.9% rated it as acceptable, 33% as good, 20.5 as very good.



Conclusion- These results show promising figures for the future of students with the sole purpose of increasing the quality of the subject of physical education, sports and health.

**Keywords;** physical education, student, perception, scale

# PHYSICAL EDUCATION AND SPORTS IMPORTANT FACTORS IN COPING WITH THE CONSEQUENCES OF THE COVID-19 PANDEMIC

**Nuredin Çeçi, Paola Dishani**

*Department of Social Sciences, University of Elbasan*

*“Aleksandër Xhuvani”*

*University of Elbasan “Aleksandër Xhuvani”*

[nuredin.cecici@uniel.edu.al](mailto:nuredin.cecici@uniel.edu.al)

## **Abstract**

Faced with the rapid spread and effect of the coronavirus on the population, the World Health Organization was forced to declare on March 11, 2020 the state of the pandemic. Many countries of the world were forced to close their borders and undertake strict quarantine rules such as: isolation, physical distancing and limited movement of citizens for primary needs, as important measures to prevent the uncontrolled spread of the virus. As a result of the covid-19 pandemic affecting every area of human activity, we have all had to adapt to a sudden change in the way we live.

This research was conducted with the youth of the Faculty of Education Sciences from the period April 15 - June 15, 2020 through the online questionnaire distributed to students. The research questions were structured (20 questions) and semi-structured (3 questions) and focused mainly on the isolation period (March-May). Quantitative methods were used during this study, with the help of which we provided comprehensive and measurable results.

Isolation, although one of the main tools to limit viral spread,

has provoked different reactions in the lives of many people, reactions which should not be underestimated. Silent and unnoticed, along with the pandemic caused by covid-19, another concern is observed: The pandemic of physical inactivity and sedentary life, such as sitting for a long time, lying down, even while using electronic devices such as TVs, Smartphones, PCs, tablets, etc. This sedentary life will probably last longer than covid-19, with consequences that will be reflected in both public health and health economics.

In the face of the covid-19 coronavirus pandemic across the globe, “our greatest enemy is panic,” because loneliness has consequences for mental and physical health. Consequently, physical activities and sports, the social interaction that is realized through them, are listed in the first line, as one of the important measures to strengthen immunity, health in general. Regular physical activity and exercise, in a safe environment such as home, is a valuable alternative to a healthy lifestyle during the coronavirus emergency. It also reduces stress and depression, and is even considered to be the most effective and easiest way to cope.

During the research, discovering the situation in which the young people were during the isolation and how they coped with the isolation, was the primary goal. Based on the findings from the online survey and after analyzing these data, it is considered that the pandemic has greatly affected the psychological and physical condition of young people, including mental and physical health, that physical activity and sports activities affect coping with its consequences.

**Keywords:** pandemic, physical and sports activities, mental and physical health.

# A CROSS SECTION STUDY OF FITNESS CENTER IN ALBANIA ABOUT EXERCISE PERIODS AND GENDER PARTICIPATION

**Rando Kukeli , Besnik Humolli**

*Sports University of Tirana, Faculty of Physical Activity and Recreation*

*Fitness Gym Pristina*

[rkukeli@ust.edu.al](mailto:rkukeli@ust.edu.al)

## **Abstract**

Introduction- There is a growing interest in participating in fitness center.

Methods- For this reason, in this study we are representing data about exercise periods and gender participation in 120 fitness center in Albania This data are within FIT ALBANIA project.

Results show the highest number of trainees is in the city of Tirana with 30,203 trainees and a large difference compared to other cities. Rogozhina has the smallest number of practitioners with only 20 practitioners. The city of Durrës has 3352 practitioners and turns out to be ranked after Tirana. The second smallest number of trainees was recorded in the city of Saranda with 140 trainees. The highest percentage is occupied by mixed gyms (attendance - male and female) with 83.6%, followed by gyms attended by men with 8.6%. The smallest percentage have gyms frequented by women with 7.8%. In almost all cities, mixed gyms have the highest percentage. Mixed gyms in the city of Tirana occupy a high percentage compared to gyms in other cities.

**Keywords;** ecercise, participation, fitness

# A COMPARISON STUDY IN KARATE YOUTH MALE PARTICIPANT FOR ANTHROPOMETRIC PARAMETERS BY AGE GROUP

**Rigenc Kerçuku<sup>1</sup> Florian Muca<sup>2</sup>**

*<sup>1</sup>SMART Sport Center*

*<sup>2</sup>Albanian Sports Science Association*

[kercukurigenc@gmail.com](mailto:kercukurigenc@gmail.com)

## **Abstract**

**Aim-** The aim of this study was to find out if there were any difference for anthropometrics parameters in karate for male with increasing age.

**Methods-** Data were gathered in male (N= 24) age group 14-16 years (N= 11) and 16-18 years (N=13). Measurement were taken for body weight, height and waist circumference.

**Results-** Mean body height in male for karate discipline for age group 14-16 years is 1.635 m, body weight 57.53 kg and waist circumference 75.8 cm while for age group 16-18 years mean body height is 1.729 m, body weight 61.06 kg and waist circumference is 74.12 cm. Comparison statistical analysis between age groups show that there is statistical difference for body height ( $p \leq 0.05$ ), body weight ( $p \leq 0.05$ ) and waist circumference ( $p \leq 0.05$ ).

**Conclusion-** Data from this study showed that there is an increase in body weight and height but a decrease in waist circumference with increasing age.

**Keywords-:** karate, weight, height, waist circumference

# ELITE SPORTS VS MASSIVE SPORTS, WHICH DOMINATES?

**Romina Çela<sup>1</sup> . Arnaldo Biçoku<sup>2</sup>. Geri Biçoku<sup>3</sup>**

<sup>1</sup>UE “Aleksander Xhuvani”, Elbasan

<sup>2</sup>UE “Aleksander Xhuvani”, Elbasan

<sup>3</sup>UMB, Tirana.

[romina.cela@outlook.com](mailto:romina.cela@outlook.com)

## **Abstract**

**Introduction.** To understand the dominance of elite sport over mass sport (sport for all) or vice versa, one must obviously consider a relationship that is not accidental. In these studies we have examined the sport of weightlifting and its development, both elite sport and mass sport, to give an answer regarding these concepts.

**Purpose.** Understand the connection between the concepts to then analyze how they can help us for the encouragement, and for the development of the sport as a whole.

**Methods.** We relied on secondary data, publications, surveys, statistics, interviews

To show how the performance, high sports results in international activities, and income brought from elite performance make it possible to have additional income for weightlifting sports activity, which takes place across the country, and thus a federation or sports association, can develop strategies and define encouraging and supportive programs, which aim and

promote a wide participation of youth in this type of sport, extending it to any age group, by building chain teams, from the age of children 10-12 years old, and should be at the core of the development of the entire Albanian sport.

**Results.** Indirectly elite sport contributes to mass sport, but does not generate mass sport. There are a number of aspects that influence the definition of the relationship between them, such as economic, strategic, detailed and comprehensive policies in support of sport. At the same time it is clear that the relationship between elite sport and mass sport is better understood as a complexity of figures where economic, strategic and other aspects interact as a summary, elite sport does not generate mass sport in itself, but it can contribute indirectly.

**Conclusions.** Of course, not everyone will become champions, but more qualitative elements will emerge from this massive policy.

**Keywords:** elite sport, mass sport, weightlifting.

# ASSESSMENT OF CHALLENGES AND OPPORTUNITIES IN THE DEVELOPMENT AND MANAGEMENT OF BASKETBALL IN ALBANIA – A COMPARATIVE ANALYSIS WITH OTHER REGIONAL COUNTRIES.

**Rovena Elmazi**

*Sports University of Tirana; Faculty of Physical Activity and Recreation*

[rovena.elmazi@arsimi.gov.al](mailto:rovena.elmazi@arsimi.gov.al)

## **Abstract**

The study aims to assess challenges, opportunities for development and basketball management in Albania as compared to other countries in the region. The data collection tool included interviews, documents scrutiny, analysis of the results achieved over the years and players' performance at national and international level. The result speaks for a huge gap regarding basketball development. According to the findings of the study, following the year 1994 there has been a lack of trained human resources, lack of policies and sound development strategies for basketball. The result also revealed a shortage of budget, facilities, equipment, and other resources needed, compared to other countries in the region. The small number of basketball matches for different sex and age categories, especially in young children, lack of priorities and attention to them can be considered as one of the main factors for the weak results of national basketball teams. Moreover,



the study revealed that the pinpointing and development of talents was very weak and that the number of basketball clubs was limited, Tirana, the capital, being the exception with a significant number of basketball associations. Finally, findings show that in the recent years, basketball in Albania has witnessed a substantial increase in management and organization. To this end the National and Regional Sports Institutions, the Albanian Basketball Federation and other relevant sports authorities must take all necessary measures to develop and expand basketball to produce talented and illustrious basketball players at national and regional level.

**Keywords:** *challenges and opportunities, basketball, development*

# CHALLENGES OF SOCIAL WORKERS IN ALBANIA DURING THE COVID PANDEMIC 19

**Sabina Belshaku, Alisa Biçoku**

*University of Elbasan, Albania*

*Aleksander Xhuvani University, Faculty of Educational Sciences,  
Elbasan, Albania*

[sabina\\_belshaku@yahoo.com](mailto:sabina_belshaku@yahoo.com)

## **Abstract**

**Introduction.** Isolation, which is already implemented in many countries, requires the adaptation of practices through innovative solutions. This includes the need to work remotely. In other cases, social workers may have had to meet with clients in person, as remote sensing may pose an even greater risk to children or families. In such situations, there is a risk that the employee, children and their families will come into contact with the virus. As a result of this risk, employees feel intimidated. In addition, they may fear that their work poses a high risk of infection to their family members. Social workers face stigma as a result of the fear they may bring the virus to communities.

**Aim.** This study analyzes the immediate responses in social work to vulnerable groups in Albania.

**Methods.** The sample for this qualitative study includes 29 semi-structured interviews with social workers from different fields of intervention, from general approaches (primary care) to specific ones (health, ageing, homeless, and justice) in Tirana, Durres and Elbasan. The data analysis followed the quali-

tative methodology, including transformative and exclusionary dimensions, and the analytical categories focused on the impact of the COVID-19 pandemic on social services users, the organizational responses of social workers, and the impact of the interventions to cover urgent social needs of attendees. Results. The interventions have been accompanied by an improvement in communication channels with vulnerable groups, ensuring an understanding of the situation of families and individuals, and covering the most urgent social needs. The study shows the key role of social workers from diverse social attention tools and their contribution to the sustainability of social services with a long-term impact. Managing complexity, uncertainty and change is stressful, demanding and it is impossible to describe methods and techniques to succeed. What can help us? On a personal level, we need to be aware of our strengths and weaknesses, the capacity to tolerate, to hold on to irrational feelings and reactions, and a discipline for self-critical reflection.

**Keywords:** social work; COVID-19; vulnerable groups, challenges

# EUROPEAN COMMON MARKET AND SPORTS EMPLOYMENT CONTRACT

**Saimir Shatku<sup>1</sup> Alessandra Rossi<sup>2</sup>**

*<sup>1</sup>Sports University of Tirana, Tirana, Albania*

*<sup>2</sup>Turin University, Italy*

[shatku@ust.edu.al](mailto:shatku@ust.edu.al)

## **Abstract**

This paper makes a detailed and thorough analysis at the doctrine of free movement of labor in the EU. Within this development are analysed all legal acts, which regulate the free movement of workers in the EU, their employment in all Member States, mutual recognition of qualifications and the removal of any barriers based on discrimination because of nationality. The importance of the philosophy of freedom of movement in the process of realization of the EU common market is essential. So, one of the most important projects of the European Union, such as the EU Common Market in no way would have been realized, without removing national barriers between member states, creating opportunities for the workforce to be employed in each Member State, to be established freely anywhere within the territory of the EU, to launch a economic venture (start up), to be educated anywhere with the same costs as nationals of the host country, and all other privileges of being an European citizen. Also, the analysis of legal acts is complemented by the elaboration of the cases by the jurisprudence of the Court of Justice of the

EU, to understand how are protected in practice.

It takes a special significance this days when Albania is a candidate country for EU membership and when the membership along with meeting other conditions, requires greater cooperation at the regional level and a kind of “imitation” of the European area, to countries of the region that are not yet part of the EU.

In this paper we have treated also the sports contract of labor as a novelty in Albanian legislation. With the economic development the world of sport has and the extraordinary social impact of it, regulation of legal relations in the world of sports and in particular working relationships between clubs and athletes, takes a great importance. The first step in this direction is the consolidation of practice and rigorous implementation of the rules dealing with the conclusion of sports contracts of labor. In Albania this is a less elaborated area, in need for a more serious adjustment and the consolidation of practice.

**Keywords:** *freedom of movement, employee, European Union, jurisprudence of CJEU, Sports Contract of Labour.*

# MODELING AND TRAINING METHODOLOGY RATING OF AMATEUR BOXERS

**Sead Bushati**

*Department of Sport, Sports University of Tirana*

[sbushati@ust.edu.al](mailto:sbushati@ust.edu.al)

## **Abstract**

This research aims to look at a facet of my personal experience as a trainer of champion boxers team of SK «Tirana». This study treats a component of experimental process developed mainly by 9-champion boxers' team of SK «Tirana» within the annual cycle, January 6th, 2020, until June 31st, 2020.

Methods- This research analyzes not only a posh process, but a vital contemporary training activity moreover, having as its main purpose: modeling and cargo training rate during the macrocycles training, seeable of the necessities set forth by the training complex methodology of qualitative amateur boxers.

The organization of coaching methodology with the relevant boxers group has been implemented during a close and reciprocal relevancy the method of periodization, planning and development of coaching in keeping with the training macrocycles as a solid unity, each of which maintains mutual close ties with one another and selects specific tasks.

Modeling and planned load training rate during the training process with the amateur boxers has functioned on certain as-

assumptions, which increase the amount of sports training, such as:

Conclusion- I am convinced that within a limited space it's difficult to deal strictly with such a very important problem because the complex training methodology. However, something modest has been achieved. The research showed some quantitative and qualitative methodology on rating training complex as a viable and profitable activity, which accelerated the achievements of coaching indicators and also the results of team sports champion boxers SK «Tirana». It distinguished some ideas, original concepts and practices that require to be carefully analyzed and evaluated by specialists of boxing. the thought of dividing training periods in several training stages, the thought of dismantling and converting preparatory types in keeping with their relevant training tasks, the assessment of loadings in line with the load coefficient and their distribution in step with the respective scales, relative settings of the regeneration period, of these matters increase the profitability of coaching and its creative features.

**Keywords;** boxers, practises, assessment  
Bottom of Form

# SELECTION AND ASSESSMENT OF LOADS TRAINING UNDER THE ENERGY CRITERION IN THE BOXING

**Sead Bushati, Nelson Hysa**

*Department of Sport, Sports University of Tirana*

[sbushati@ust.edu.al](mailto:sbushati@ust.edu.al)

## **Abstract:**

Introduction- The research reflects an experimentation process within the implementation of coaching loads boxers, that was proclaimed “national champion” in Albania. The purpose of this research is that the selection and sequencing of coaching loads supported criteria of energy mechanisms. yet their evaluation and distribution on the idea of special formulas that provide a systematic training process continuity and accelerate the expansion of coaching indicators. To support the objectives of this research an experimentation process was realized about the organization and implementation of coaching loads within the following areas:

1. Definition of load types training ground, supported energy mechanisms progress, where non-lactic anaerobic activity occupies about 10%, lactic anaerobic activity 50% and aerobic activity 30%.

2. Evaluation of load content and size, where are defined space -threshold volume , forms of loads in aerobic and anaerobic aspects and content of units and training sessions.

3. Determination of coaching loads impact through two main



methods :

a. Load volume coefficient method. The coefficient  $r$  lies on the belief of a unit volume and the training session, in proportion, to the limit where are stored the event threshold /values.

b. Intensity of load coefficient method, from which derives the “action intensity coefficient”, as evaluation factor for internal load. 4. Rational distribution of coaching loads by size of impact, taking into consideration the renewal deadlines. during this case the renewal disbursed in 1-2 hours after small loads and 48-72 hours after high loads, especially if they need anaerobic character .

In conclusion: Organization and implementation of coaching loads, supported criteria of energy mechanism is an activity researching and applicable in practice, with measurable indicators and concrete values for the preparation of the boxers training, implemented for the primary time in our country. the consequences of this process emerged with indicators satisfactory physical, functional and coordinating of all our boxers, which was strongly reflected in increased sports performance.

**Keywords:** Loads, energy mechanisms, coefficient, anaerobic non-lactic loads, anaerobic lactic loads, aerobic loads, volume, intensity, cargo

# INTERNATIONAL LABOUR ORGANIZATION AND SPORTS HUMAN RIGHTS

**Sergio Vinciguerra<sup>1</sup> Saimir Shatku<sup>2</sup>**

*<sup>1</sup>Turin University, Italy*

*<sup>2</sup>Sports University of Tirana, Faculty of Physical Activity and  
Recreation, Department of Organization & Management, UST,  
Tirana-Albania.*

[s.shatku@ust.edu.al](mailto:s.shatku@ust.edu.al)

## **Abstract**

The study aims to make a general analysis to a significant aspect of Western civilization and contemporary approaches of democratic and capitalist systems. Labor relations, employment contracts, sports contracts in athletes transfers, freedom of association and their legal frameworks, are the foundations of social welfare in democratic countries of rule of law, nowadays.

Because labor relations dealing with issues of human rights (such as national, racial, religious, social, or gender based non-discrimination, child labor or exploitation of minors, prohibition of slavery and forced labor, etc. .), basic labor standards are also an essential criterion to be fulfilled and respected by countries to join the EU.

Relevant international documents and institutions, such as International Labour Organization and its conventions, Euro-

pean Union legislation (regulations, directives, decisions, recommendations, etc.) The European Charter on Social related to this field, will be the focus of our study.

Thus, the methodology used in my study will be that of analyzing international remedies, regional and provisions that define and ensure basic human rights in the world of work.

**Keywords:** Fundamental human rights, sports labour contracts, labour relations, ILO, international labour legislation, sports human rights.

# NURSING STUDENTS' CHALLENGES ABOUT ONLINE LEARNING DURING THE COVID-19 PANDEMIC.

Silvana Gripshi<sup>1</sup> Çlirim Gripshi<sup>2</sup>

*<sup>1</sup>Faculty of Technical Medical Sciences, University of Medicine  
Tirana-Albania*

*<sup>2</sup>IIRCS Santa Maria Nascente, Fondazioni Don Carlo Gnocchi  
Milano-Italy*

[silvagripshi@yahoo.com](mailto:silvagripshi@yahoo.com)

## Abstract

**Introduction** During the COVID-19 pandemic and mandatory lockdown, academic nursing institutions as well as around the world and in Albania have shifted to distance learning. An unknown practice in nursing education in Albania that was associated with a range of difficulties for faculty members and students. The purpose of this study was to discover the experience and challenges of nursing students about online learning in the Faculty of Technical Medical Sciences in Tirana.

**Methods** Data were collected through e-mail in December 2020 and were analyzed with statistical software SPSS. A semi-structured questionnaire was used to reveal the perceptions of 372 students regarding online learning.

**Results** The undergraduate students who were in their first year (n=75), second year (n= 113) and third year (n=184) responded to the main disadvantages of online learning related to: interaction (54%), practical learning (69%) and technological/infrastructural flaws (87%). One of the major difficulties

is that 93% of the students use mobile phone for their online learning. There was a great dissatisfaction regarding practical teaching and that students were less active during online learning compared to face to face learning

**Conclusions** Based on the survey result, almost one third of the students had a negative perception about online learning. The findings of the study will facilitate faculty members and policy makers to take this online-learning process to the next level in a better way.

**Keywords:** online learning, nursing students, pandemic, nursing education

# RESEARCH ON EXPECTATIONS OF STUDENTS PEDAGOGUES FOR FORMATION OF PROFESSIONAL COMPETENCE AND READINESS FOR PROFESSIONAL WORK IN THE FIELD OF PHYSICAL EDUCATION

**Veselina Ivanova**

*Trakia University, Faculty of Education, Stara Zagora, Bulgaria  
v\_g\_chipeva@abv.bg*

## **Abstract**

The modern educational paradigm is focused on the active application of the competency approach for achieving quality qualification of specialists in pre-school and primary school pedagogy. The main component in the conditions of higher education is their special methodical preparation for motor training and management of the educational activity in kindergarten and primary school. The success of their professional work in the field of physical education is also influenced by their personal motivation and responsibility.

The aim of this study is to determine the attitudes for the formation of professional competence and readiness for professional work in the field of physical education of students majoring in *Preschool and primary school pedagogy* at the Trakia University, Stara Zagora, Bulgaria. It is part of a research activity related to the development of a conceptual model of the profile of the competencies of the graduating students.

The subject of the study were 68 students in the Bachelor's degree, who graduated in the academic year 2019/2020. All respondents were women with an average age of 22.6 years. For the purpose of the research, a questionnaire with the author Ilieva (2015) was used. The questionnaire contained two sections. The first section covered the pedagogical expectations of students related to their professional training – theoretical and practical in the field of physical education. In the items directed to the pedagogical significance of the modules “Theoretical foundations of physical education” and “Methodology of physical education from the first to the fourth classes” the students had a positive attitude to learning. These results are favorable for effective academic preparation and quality teamwork. The second section of the survey contained questions related to the personal and technical training and health culture of the students. Over 60% of the respondents had high expectations of them during their academic training. The research revealed some shortcomings in terms of students' practical training and the need to be improved the curricula in these disciplines.

**Keywords:** students, teachers, professional training, personal expectations

# THE DEVELOPMENT OF THE COMPLEX TRAINING OF 9-10-YEAR-OLD FOOTBALL PLAYER

**Mikel Cenaj<sup>1</sup>, Edmond Biçoku<sup>2</sup>, Lyudmil Petrov<sup>3</sup>**

*<sup>1</sup> University of Elbasan "A.Xhuvani", Faculty of Educational Sciences, Department of physical education and sports, Elbasan, Albania*

*<sup>2</sup> University of Elbasan "A.Xhuvani", Faculty of Educational Sciences, Department of physical education and sports, Elbasan, Albania*

*<sup>3</sup> St. Cyriril & S.Methodius", Veliko Tarnovo, Bulgaria*  
[mikelcenaj@hotmail.com](mailto:mikelcenaj@hotmail.com)

## **Abstract**

Introduction- Football as a game develops all motor skills, but to a different degree. First of all, it is necessary for the footballers to have the greatest speed / speed of reaction, starting acceleration, maximum speed of movement, speed of change of direction of movement /, endurance / general, speed and strength endurance, which are related to the requirement for maintaining intense motor activity for a long period of time / and at an appropriate and in accordance with the specifics of the game level of development of strength / dynamic /.

Systemic treatment of football players leads to improved functional mobility / lability / in the centers of the CNS and of course in the non-equilibrium apparatus.

Football is the most popular and popular sport in the world, practiced and watched by millions of fans. It is increasingly



helping to strengthen international contacts. The extremely diverse impact of the football game and the natural conditions in which it is practiced, the easy and accessible rules, the great emotionality and spectacle determine its social and societal significance.

**Keywords;** physiological processes, sports, football, technique, motor activity

**CIP Katalogimi në botim BK Tiranë**

Universiteti Aleksandër Xhuvani

Sport sciences education and their role in achieving  
the sustainable development and social welfare : 6th  
international conference : Elbasan, 1-2 April 2021 :  
book of abstracts / Universiteti Aleksandër Xhuvani,  
ASSA. – Tiranë : Shpresa print, 2021

91 f. ;14x21 cm.

ISBN 978-9928-321-22-0

1.Sporte 2.Edukimi fizik dhe stërvitja 3.Konferenca

796 (062)