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Nikšić, 10.03.2021.

**UNIVERZITET CRNE GORE**  
**ODBORU ZA DOKTORSKE STUDIJE**  
**SENATU**

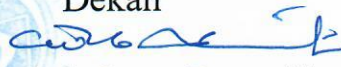
Poštovani,

Molim Vas da u skladu sa članom 41 Pravila doktorskih studija Univerziteta Crne Gore, imenujete Komisiju za ocjenu doktorske disertacije pod nazivom "Morfološki i motorički profil rukometaša Kosova prema pozicijama u igri", kandidata mr Jetona Havollija.

U prilogu Vam dostavljamo:

- D2 obrazac;
- Potvrdu o predaju doktorske disertacije organizacionoj jedinici;
- Odluku Vijeća o imenovanju komisije za pregled i ocjenu doktorske disertacije broj 488 od 09.03.2021.godine;
- Kopiju rada kandidata publikovanog u časopisu sa odgovarajuće liste;
- Saglasnost mentora;
- Bio-bibliografija kandidata;
- Bio-bibliografije sa odlukama o izbornim zvanjima predloženih članova Komisije.

S poštovanjem,

Dekan  
  
prof. dr Stevo Popović

## ISPUNJENOST USLOVA DOKTORANDA

OPŠTI PODACI O DOKTORANDU			
Titula, ime, ime roditelja, prezime	Mr Jeton (Muharrem) Havolli		
Fakultet	Fakultet za sport i fizičko vaspitanje		
Studijski program	Fizička kultura		
Broj indeksa	4/2014		
NAZIV DOKTORSKE DISERTACIJE			
Na službenom jeziku	Morfološki i motorički profil rukometaša Kosova prema pozicijama u igri		
Na engleskom jeziku	Morphological and motor profile of Kosovo Team Handball players on different playing position		
Naučna oblast	Sportske nauke		
MENTOR/MENTORI			
Prvi mentor	Doc. dr Primož Pori	Univerzitet u Ljubljani	Sportske nauke
KOMISIJA ZA PREGLED I OCJENU DOKTORSKE DISERTACIJE			
Prof. dr Duško Bjelica	Univerzitet Crne Gore	Sportske nauke	
Prof. dr Kemal Idrizović	Univerzitet Crne Gore	Sportske nauke	
Doc. dr Milovan Ljubojević	Univerzitet Crne Gore	Sportske nauke	
Doc. dr Jovan Gardašević	Univerzitet Crne Gore	Sportske nauke	
Datum značajni za ocjenu doktorske disertacije			
Sjednica Senata na kojoj je data saglasnost na ocjenu teme i kandidata	09.09.2019. godine		
Dostavljanja doktorske disertacije organizacionoj jedinici i saglasnost mentora	15.02.2021. godine		
Sjednica Vijeća organizacione jedinice na kojoj je dat prijedlog za imenovanje komisija za pregled i ocjenu doktorske disertacije	09.03.2021. godine		
ISPUNJENOST USLOVA DOKTORANDA			
U skladu sa članom 38 pravila doktorskih studija kandidat mr Jeton Havolli je cjelokupna ili dio sopstvenih istraživanja vezanih za doktorsku disertaciju publikovao u časopisu sa (SCI/SCIE)/(SSCI/A&HCI) liste, <i>Applied Sciences – Basel</i> , kao prvi autor.			
Spisak radova doktoranda iz oblasti doktorskih studija koje je publikovao u časopisima sa (upisati odgovarajuću listu)			
Havolli, J., Bahtiri, A., Kambič, T., Idrizović, K., Bjelica, D., & Pori, P. (2020). Anthropometric Characteristics, Maximal Isokinetic Strength and Selected Handball Power Indicators Are Specific to Playing Positions in Elite Kosovan Handball Players. <i>Applied Sciences</i> , 10(19): 6774. <a href="https://www.mdpi.com/2076-3417/10/19/6774">https://www.mdpi.com/2076-3417/10/19/6774</a>			
Образложење mentora о коришћењу докторске дисертације у публикованим радовима			
Kandidatu mr Jetonu Havolliju je od strane Senata Univerziteta Crne Gore, kao mentor,			

imenovan doc. dr Primož Pori sa Fakultete za šport, Univerziteta u Ljubljani. Imenovani mentor je saglasan da je kandidat ispunio sve uslove za prelazak na sljedeći proceduralni korak, odnosno u proces imenovanja Komisije za pregled i ocjenu doktorske disertacije, a što je dokumentovano potpisanom saglasnošću istog. Mentor, takođe, ističe da je kandidat u publikovanom radu, koje je objavio u časopisu indeksiranom u SCIE indeksnoj bazi, koristio rezultate iz doktorske disertacije na adekvatan način, odnosno u navedenom radu su prezentovani djelovi doktorske disertacije kako nalažu Pravila doktorskih studija.

Datum i ovjera (pečat i potpis odgovorne osobe)

U Nikšiću,  
 09. 03. 2021. godine

MP



DEKAN

*Čiribor Čiribor*

**Prilog dokumenta sadrži:**

1. Potvrdu o predaji doktorske disertacije organizacionoj jedinici
2. Odluku o imenovanju komisije za pregled i ocjenu doktorske disertacije
3. Kopiju rada publikovanog u časopisu sa odgovarajuće liste
4. Biografiju i bibliografiju kandidata
5. Biografiju i bibliografiju članova komisije za pregled i ocjenu doktorske disertacije sa potvrdom o izboru u odgovarajuće akademsko zvanje i potvrdom da barem jedan član komisije nije u radnom odnosu na Univerzitetu Crne Gore

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Broj: 475  
Nikšić, 08-03.2021.

Na osnovu službene evidencije i dokumentacije Fakulteta za sport i fizičko vaspitanje iz Nikšića, izdaje se:

### POTVRDA

Mr Jeton Havolli, student doktorskih studija Fizička kultura na Fakultetu za sport i fizičko vaspitanje u Nikšiću, dostavio je ovom Fakultetu doktorsku disertaciju pod nazivom: "Morfološki i motorički profil rukometaša Kosova prema pozicijama u igri", dana 15.02.2021.godine na dalji postupak.



Sekretar  
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Broj: 488  
Nikšić, 09.03.2021.

Na osnovu člana 64 Statuta Univerziteta Crne Gore i člana 41 Pravila doktorskih studija, Vijeće Fakulteta za sport i fizičko vaspitanje iz Nikšića, na sjednici održanoj 09.03.2021.godine, donijelo je :

### ODLUKU

Utvrđuje se da su ispunjeni uslovi iz člana 38 Pravila doktorskih studija, te se predlaže Senatu Univerziteta Crne Gore da da saglasnost na predlog Komisije za ocjenu doktorske disertacije pod nazivom: "Morfološki i motorički profil rukometaša Kosova prema pozicijama u igri", kandidata mr Jetona Havollija, u sastavu:

1. Prof. dr Duško Bjelica, redovni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, predsjednik komisije
2. Doc. dr Primož Pori, docent Fakulteta za šport Univerziteta u Ljubljani, mentor-član
3. Prof. dr Kemal Idrizović, redovni profesor Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član
4. Doc.dr Milovan Ljubojević, docent Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član
5. Doc. dr Jovan Gardašević, docent Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore, član

Pripremila

*Z. Vukotić*  
Đurđa Vukotić

Dekan

*Stevo Popović*  
Prof.dr Stevo Popović

Dostavljeno:


-a/a

-Odboru Centra za doktorske studije UCG

-Senatu UCG

Article

# Anthropometric Characteristics, Maximal Isokinetic Strength and Selected Handball Power Indicators Are Specific to Playing Positions in Elite Kosovan Handball Players

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**Abstract:** Anthropometric characteristics and physical performance are closely related to the game demands of each playing position. This study aimed to first examine the differences between playing positions in anthropometric characteristics and physical performance with special emphasis on the isokinetic strength of elite male handball players, and secondly to examine the correlations of the latter variables with ball velocity. Anthropometric characteristics, maximal isokinetic strength, sprinting and vertical jumping performance, and ball velocity in the set shot and jump shot were obtained from 93 elite handball players (age  $22 \pm 5$  years, height  $184 \pm 8$  cm, and weight  $84 \pm 14$  kg) pre-season. Wing players were shorter compared to other players, and pivots were the heaviest. Wings had the fastest 20 m sprints, and, along with backcourt players, jumped higher, had better maximal knee isometric strength, and achieved the highest ball velocity compared to pivots and goalkeepers, respectively. There were no significant differences between playing positions in unilateral and bilateral maximal leg strength imbalances. Ball velocity was significantly correlated with height, weight, squat jump and maximal torque of extensors and flexors. Our study suggest that shooting success is largely determined by the player's height, weight, muscle strength and power, while it seems that anthropometric characteristics and physical performance are closely related to the game demands of each playing position.

**Keywords:** morphology; isokinetic; sprints; vertical jump performance; handball shooting

## 1. Introduction

Handball is an Olympic team sport [1,2], split into two periods (each 30 min long) and consisting of a high degree of body contact and predominantly aerobic activities separated by anaerobic bouts of sprints, jumps, throws, changes of directions in the offense (counterattack and attack buildup) and defense [2,3]. Therefore, competition success in elite handball is not only closely related to the technical and tactical skills of each individual or team, but also to the players' anthropometric characteristics, physical performance (e.g., maximal strength and power as measured using strength, sprinting, and jumping tests), and handball shooting performance [3–5].

To date, only a few studies evaluating the physical and physiological demands in handball matches have shown significant differences between playing positions [6–8]. Results obtained during gameplay have shown that backcourt players cover larger distances and spend less time standing and walking, and, together with pivots, have higher in-game heart rates and spend longer durations at higher intensities (>80% maximal heart rate) [7]. In contrast, wing players are faster than other playing positions, and pivots endure more body impact than other players [6]. Furthermore, similar differences between playing positions were also obtained in anthropometric characteristics [9,10] and physical performance [11–16]. Wings are the shortest, have significantly lower body mass and body mass index (BMI) than other players; pivots are the heaviest, whereas other playing positions do not differ in height [9–16]. Research comparing playing positions in sprinting (e.g., sprints on 20–30 m) and jumping performance (squat jump (SJ) and/or countermovement jumps (CMJs)) is relatively scarce, and there are some discrepancies in sprinting times and jump heights among studies [11,14–16]. Nevertheless, backcourt players and wings demonstrated the fastest sprinting times [14,15], while CMJ height was the highest in wings [14], compared to pivots and goalkeepers [15].

Isokinetic dynamometry has long been the gold standard for assessing changes to an athlete's maximal muscle strength/torque during the season [17,18] and risk of injury (measured as imbalances between agonist and antagonist muscles or bilateral differences) in different types of a team sport [19]. In the past, only a few studies have evaluated isokinetic maximal knee strength and strength imbalances in male handball players [19–21], with the majority of studies having been performed on female handball players, focusing on shoulder muscle strength, and several on knee muscle strength in relation to shoulder and knee injuries [18,22–25]. Evidence from two studies evaluating isokinetic maximal strength in male handball players has suggested no differences between dominant and nondominant lower limb knee extensor and flexor strength, as well as normal hamstring-to-quadriceps ratio on both limbs at 60°/s and 180°/s [19,20]. However, no studies in handball have investigated isokinetic maximal strength of the knee joint according to playing position. Furthermore, it also remains to be elucidated the potential role of playing position on development of muscle strength imbalances between and within legs as a product of specific game demands. Such findings would serve as excellent feedback to practitioners to focus on preventing potential injuries and to improve player performance.

Ball velocity has been recognized as one of the most important determinants of game performance [14]. Maximal ball velocity is achieved through a proximal-to-distal manner; this movement allows momentum of force to transfer from the lower limb and/or pelvis through the trunk to the throwing arm, thereby enabling higher velocities of the shot [26]. During the game, the majority of shots are performed using two shooting techniques: a three-step jump shot and a standing set shot from the ground. Both techniques use two different kinetic strategies (braking the body with lead leg in the standing set shot vs. opposed leg movement during the flight phase of the three-step jump shot) [27,28], while ball velocity in both is influenced by an optimal proximal–distal principle, trunk movement, and maximal arm rotation [26,28]. It is well established that elite players are able to maintain an optimal proximal-to-distal principle and arm movement while performing different shooting techniques [27]. Lower ball velocity has been associated with lower strength in the lower and upper limbs, leading to inefficient transfer of power from the proximal (pelvis, trunk) to distal (shooting arm) parts of the body [29]. Backcourt players and wings shoot the ball faster compared to pivots or goalkeepers [14,15,30]. For overhead throws, only inconsistent correlations have been reported between ball velocity and anthropometric characteristics or physical performance, and this is likely due to the complex nature of this movement [10,11,13,31,32]. Body height and weight were the only anthropometric characteristics significantly correlated with ball velocity of the standing shot [11] and/or three-step running shot [10,13,31], whereas two additional studies reported significant correlations with lower limb strength (1-RM half back squat) [31], standing long jump, 30 m sprint, and maximal oxygen uptake (estimated from 20 m shuttle run) [31]. Other studies have failed to detect such correlations [11,13]; therefore, additional studies are warranted to transfer these findings into training settings.

Based on the identified gaps in the knowledge of the anthropometric characteristics, maximal strength and power performance, and handball shooting performance of elite handball players, our study consisted of three aims. The first aim of the study was to provide further evidence on the isokinetic maximal strength and potential limb imbalances between playing positions in elite male handball players. The second aim was to examine the differences in anthropometric characteristics, sprinting and vertical jump performance between playing positions, and the last aim was to investigate the correlations between handball-specific performance (e.g., ball velocity) and selected anthropometric characteristics and physical performance indicators.

## 2. Materials and Methods

### 2.1. Study Design

The study was designed as a cross-sectional study of a sample of elite Kosovo handball players. Measurements were conducted two weeks before the start of a competitive season, at the end of August 2019. Testing procedures were split into three days. On the first day anthropometric characteristics (height, weight, wingspan, and thigh circumference) and body composition (skeletal muscle mass and fat mass) were measured, and familiarization with all testing procedures was conducted. On the second day, following a standardized warm-up procedure, sprinting performance (20 m sprints), vertical jump performance (CMJ and SJ), and shooting performance (shooting velocity of three-step set shot and jump shot) were assessed. Finally, during the last day measurements of unilateral isokinetic knee flexor and extensor torque at 60°/s and 180°/s were conducted after the standardized warm-up. Forty-eight hours of rest were given between the second and third testing day to minimize any potential effects of fatigue. Testing procedures were performed by experienced strength and conditioning specialists.

### 2.2. Subjects

A total of 93 elite male handball players from Kosovo's first handball league were enrolled into the study, age (mean (SD)) 22 (1) years, height 184.0 (7.83) cm, weight 84.10 (13.74) kg, and with 8 (4) years of professional playing experience. The sample consisted of 35 (37.63%) backcourt players, 26 (27.96%) wing players, 15 (16.13%) pivots, and 17 (18.28%) goalkeepers. Playing positions were determined according to registration data obtained from the Handball Federation of Kosovo. Players' adherence was consistent throughout the study, and no injuries or other health issues were reported.

Prior to enrolment into the study, we informed all participants about the aims of our study, methods and procedures, and potential testing risks. Measurements were performed at the end of the last week of the specific preparation phase for the upcoming season, with at least 48 h of rest after the last training session, and 10–14 days prior to beginning of the season. The exclusion criteria were: fewer than two years of professional playing experience, age younger than 18 years, and any recent musculoskeletal injuries (<6 months). All participants signed a written consent prior to inclusion in the study. The study design was approved by the Ethics Committee of Universi College Prishtina (document number: 488/18), while the study was conducted according to the Declaration of Helsinki guidelines for the use of human participants.

### 2.3. Procedures

#### 2.3.1. Anthropometric and Body Composition Measurement

Prior to physical performance measurements on the first testing day, anthropometric and bioimpedance measurements were obtained according to the international guidelines [33]. Body height and weight were measured while standing barefoot using a SECA 763 stadiometer with electronic scale (Seca Instruments Ltd., Hamburg, Germany) to the nearest cm and kg, respectively. The wingspan was measured using a horizontal wall-mounted scale to the nearest cm, with arms abducted at 90° from a neutral position and back facing towards the wall, and thigh circumference was measured using a tape



measure while standing at 2/3 of the distance between the lateral epicondyle of the knee and the greater trochanter on the dominant leg. Skeletal muscle mass and fat mass measurements were obtained using a Biospace Inbody 720 bioimpedance device (Inbody Co., Leicester, United Kingdom). Participants were asked to place toes and heels on the anterior and posterior electrodes of the weighting platform, and to firmly grasp the hand grip with both hands. Measurements were taken early in the morning, and participants were advised to avoid any moderate to vigorous physical activity a day before the measurement [34].

### 2.3.2. Sprint Performance Measurement

After the general 15-min warm-up (10 min running, and 5 min of whole-body dynamic mobility exercises) and an additional three repetitions of progressive acceleration from faster to sprint running, participants performed two 20 m sprints, with 3 min of rest between each exertion. Prior to testing, four photocell gates (Polifemo Radio Light, Microgate, Bolzano, Italy) were placed at the start, at 5 m, at 10 m, and at 20 m. The dominant foot (lead-off foot) [35] was placed one meter behind the first photocell. The time recording was automatically initialized when a participant crossed the first photocell gate and stopped when the participant crossed the last photocell gate at 20 m distance. Participants were instructed to sprint at least 25 m in order to reach the highest maximum sprinting speed. The fastest of the two split times on 5 m, 10 m, and 20 m distances was used in the final analysis [4]. All measurements were performed indoors.

### 2.3.3. Vertical Jump Performance Measurement

Vertical jump performance, measured as jump height (cm), was evaluated from the CMJ and SJ using an OptoJump infrared timing system (Microgate, Bolzano, Italy). The participants first performed three trials of CMJs followed by three trials of SJs [15]. One minute of rest was given between two trials. Prior to performing both jumps, participants were instructed about the jumping technique and later performed at least two submaximal familiarization repetitions of CMJs and SJs to learn proper jumping techniques [4]. The CMJ was performed by flexing the knee to a squat position (approximately 90° of knee flexion) from an upright position and then immediately extending the hips and the knee into a vertical jump, whereas the SJ was performed by jumping to vertical from squat position (90° of knee flexion) [20]. When approaching the landing position, participants were advised to land with extended knees to avoid any measurement error resulting from prolonged flight time. Both jumps were performed with hands placed on hips and with legs straightened during the flight. The jump height was calculated from the recorded flight time ( $\text{height} = [\text{gravitational acceleration } (9.81 \text{ m/s}^2) \times \text{flight time}^2] \times 8 - 1$ ) [4], and the highest jump was used in the final analysis.

### 2.3.4. Handball Shooting Performance Measurement

Handball shooting performance was evaluated by measuring the ball velocity of a three-step set shot from the ground and the ball velocity of a three-step jump shot from the 9-m line, using the Bushnell Radar (Bushnell, Overland Park, KS, USA) with a measurement error of  $\pm 1.60$  km/h ([www.bushnellspeedster.com](http://www.bushnellspeedster.com)). The investigator measured ball velocity while standing at the 9-m line within 1 m of the participant performing the throw. After the warm-up, each participant performed one familiarization shot and two test shots of each shot type, with one minute of rest between shots [14,15].

### 2.3.5. Maximal Isokinetic Strength Measurement

Isokinetic concentric torque of knee extensors and flexors was measured using an isokinetic dynamometer Biodex Pro 4 (Biodex Medical Systems, Shirley, New York, NY, USA) at 60°/s and 180°/s according to previous guidelines and studies [18,36]. Prior to testing day, the machine was calibrated according to manufacturer guidelines, using a long shoulder attached to the axis of the apparatus, generating a standard torque of 67.8 Nm.

Prior to testing, each participant completed a standardized warm-up protocol consisting of 10 min of light jogging, followed by short dynamic stretching exercises for lower limbs, and ending with a single 8-repetition set of squat and hip thrust exercises. After the general warm-up, the participants were seated upright in the dynamometer chair with restraining belts fastened across the chest, pelvis, and leg thigh to minimize body movement or any potential compensation of synergist muscles. Later, we aligned the dynamometer axis of rotation to the participant's knee joint axis of rotation using the lateral epicondyle as the anatomic mark. Additionally, gravitation torque error was measured prior to each trial, and the starting leg was randomly selected for each participant. The range of motion was set at 80°, from 90° to 10° of knee flexion.

Prior to measuring maximal effort, each participant first performed a specific warm-up on the dynamometer consisting of 10 submaximal concentric contractions of knee flexion and extension at 60°/s. The maximal test was conducted after 2 min of rest, with participants performing five maximal concentric knee extensions and flexions. Verbal encouragement was given by the investigator during the test to ensure participants performed at their maximal effort. The maximal value out of five measurements was normalized to body weight (N/kg) and used in the final statistical analysis. In addition, bilateral differences between left and right maximal isometric torque (left leg/right leg maximal isometric torque × 100%) and unilateral hamstring-to-quadriceps maximal isometric torque (hamstring/quadriceps maximal isometric torque × 100%) [37] was calculated prior to further statistical analysis.

#### 2.4. Statistical Analysis

Categorical variables are presented as frequencies and percentages, and numeric variables are presented as means and standard deviations, unless otherwise stated. All numeric variables were firstly screened for assumptions of normality of distribution and homogeneity of variances using the Shapiro–Wilk test and the Levene's test, respectively. This was screened for the whole sample and according to each playing position. The difference between playing positions was calculated using one-way analysis of variance (ANOVA) for normally distributed variables and homogeneous variances, otherwise, the Kruskal–Wallis test was applied. When one-way ANOVA detected significant differences between playing positions, an additional post hoc analysis was performed using the Tukey's honest significance test or pairwise comparisons, depending on the dispersion of variances between playing positions. Correlations between anthropometric, physical, and handball performance were assessed using Spearman's rank correlation coefficient. All statistical analyses were performed using IBM SPSS version 21 (SPSS Inc., Armonk, New York, NY, USA), and the level of significance was set at  $p$ -value < 0.05.

### 3. Results

There were statistically significant differences for playing positions in all measured anthropometric characteristics and skeletal muscle mass and fat mass (all  $p$ -values < 0.01; Table 1). The wings were significantly shorter compared to backcourt players ( $p < 0.001$ ), pivots ( $p = 0.035$ ), and goalkeepers ( $p = 0.018$ ). Similar significant differences were obtained in weight (pivots vs. wing,  $p < 0.001$ ; wings vs. backcourt players,  $p < 0.001$ ), wingspan (wings vs. pivots,  $p < 0.001$ ; wings vs. backcourt players,  $p < 0.001$ ; wings vs. goalkeepers,  $p = 0.038$ ), and thigh circumference (wings vs. pivots,  $p < 0.001$ ; wings vs. backcourt players,  $p = 0.041$ ). Additionally, pivots were heavier than goalkeepers ( $p < 0.001$ ) and backcourt players ( $p = 0.003$ ) and had larger thigh circumference compared to goalkeepers ( $p < 0.001$ ) and backcourt players ( $p < 0.001$ ), whereas backcourt players were heavier than goalkeepers ( $p = 0.015$ ).

**Table 1.** Differences between playing positions in anthropometric characteristics and body composition.

	Backcourt Player (N = 34)	Wing (N = 26)	Pivot (N = 15)	Goalkeeper (N = 17)	<i>p</i>
Height (cm)	187 (8) <sup>1</sup>	179 (7)	185 (7) <sup>1</sup>	185 (6) <sup>1</sup>	<0.001
Weight (kg)	87 (11) <sup>1,2</sup>	75 (9)	102 (11) <sup>1,2</sup>	78 (10)	<0.001
Wingspan (cm)	190 (9) <sup>1</sup>	180 (8)	191 (9) <sup>1</sup>	186 (8) <sup>1</sup>	<0.001
Thigh circ. (cm)	60 (5) <sup>1</sup>	57 (5)	68 (5) <sup>1,2,3</sup>	58 (5)	<0.001
Skeletal muscle mass (kg)	44 (5) <sup>1,2</sup>	38 (4)	47 (5) <sup>1,2</sup>	37 (4)	<0.001
Body fat mass (kg)	12 (5)	10 (4)	23 (8) <sup>1,2,3</sup>	15 (7) <sup>1</sup>	<0.001

Cir.—circumference, <sup>1</sup>—significantly different from the wing, <sup>2</sup>—significantly different from the goalkeeper, <sup>3</sup>—significantly different from backcourt players.

Body composition measurements revealed that goalkeepers had significantly less skeletal muscle mass than backcourt players (*p* < 0.001) and pivots (*p* < 0.001), while wings had less skeletal muscle mass than backcourt players (*p* < 0.001) and pivots (*p* < 0.001). Pivots, on the other hand, had significantly more fat mass than wings (*p* < 0.001), backcourt players (*p* < 0.001) and goalkeepers (*p* = 0.005). Lastly, goalkeepers also had significantly more muscle mass than wings (*p* = 0.010).

Similar to the anthropometric characteristics, the playing positions differed in maximal isokinetic concentric extensor strength at 60°/s and 180°/s (*p* < 0.001), concentric knee flexion of the left knee at 60°/s (*p* = 0.007), and borderline significance of the right knee (*p* = 0.070) (Table 2). Pivot players displayed lower isokinetic concentric torque of knee extensors and flexors compared with wings and backcourt players at 60°/s and 180°/s, respectively, whereas backcourt players were superior compared to goalkeepers at 60°/s and 180°/s of knee flexion and extension. Additionally, wings performed better than goalkeepers at 60°/s and 180°/s of knee extension and flexion. Otherwise, no differences between playing positions were obtained in hamstring-to-quadriceps ratio (HQR) and in bilateral differences in maximal concentric torque of extensors and flexors at 60°/s and 180°/s.

**Table 2.** Differences among playing positions in isokinetic concentric torque.

	Backcourt Player (N = 34)	Wing (N = 26)	Pivot (N = 15)	Goalkeeper (N = 17)	<i>p</i>
Extension left knee at 60°/s (Nm/kg)	2.80 (0.58)	2.88 (0.55)	2.23 (0.45) <sup>1,2</sup>	2.53 (0.32) <sup>1,2</sup>	<0.001
Extension right knee at 60°/s (Nm/kg)	2.86 (0.45)	2.83 (0.56)	2.30 (0.43) <sup>1,2</sup>	2.50 (0.35) <sup>2</sup>	<0.001
Extension left knee at 180°/s (Nm/kg)	1.80 (0.32)	1.85 (0.28)	1.42 (0.28) <sup>1,2</sup>	1.49 (0.29) <sup>1,2</sup>	<0.001
Extension right knee at 180°/s (Nm/kg)	1.79 (0.27)	1.73 (0.36)	1.45 (0.27) <sup>1,2</sup>	1.51 (0.24) <sup>2</sup>	<0.001
Flexion left knee at 60°/s (Nm/kg)	1.74 (0.38)	1.74 (0.38)	1.50 (0.63) <sup>1,2</sup>	1.52 (0.24) <sup>1,2</sup>	0.007
Flexion right knee at 60°/s (Nm/kg)	1.78 (0.25)	1.70 (0.39)	1.57 (0.59)	1.53 (0.39)	0.070
Flexion left knee at 180°/s (Nm/kg)	1.33 (0.29)	1.33 (0.30)	1.07 (0.34) <sup>1,2</sup>	1.11 (0.26) <sup>1,2</sup>	0.002
Flexion right knee at 180°/s (Nm/kg)	1.32 (0.25)	1.21 (0.28)	1.08 (0.34) <sup>2</sup>	1.12 (0.22) <sup>2</sup>	0.012
Bilateral ratio left–right knee extension at 60°/s (%)	98.23 (15.08)	102.36 (9.97)	95.95 (7.04)	96.95 (7.04)	0.251
Bilateral ratio left–right knee flexion at 60°/s (%)	98.50 (21.14)	103.16 (11.35)	95.17 (10.47)	102.86 (20.42)	0.059
Bilateral ratio left–right knee extension at 180°/s (%)	101.89 (19.47)	110.65 (16.02)	100.71 (13.56)	98.58 (11.86)	0.112
Bilateral ratio left–right knee flexion at 180°/s (%)	101.43 (17.55)	109.70 (19.37)	97.76 (9.74)	98.59 (13.11)	0.068
HQR left knee at 60°/s (%)	63.23 (17.97)	60.84 (11.78)	70.29 (36.66)	59.93 (6.39)	0.725
HQR right knee at 60°/s (%)	63.56 (12.52)	60.54 (11.69)	69.40 (28.23)	61.06 (12.21)	0.958
HQR left knee at 180°/s (%)	74.18 (15.22)	71.55 (11.83)	77.35 (27.68)	74.67 (13.42)	0.596
HQR right knee at 180°/s (%)	74.32 (14.73)	70.90 (12.91)	74.58 (21.80)	74.17 (10.87)	0.704

HQR—hamstring-to-quadriceps torque ratio, <sup>1</sup>—significantly different from the wing, <sup>2</sup>—significantly different from backcourt players.

Measurements of sprinting and vertical jump performance showed significant differences between playing positions (all *p*-values < 0.01; Table 3). Wing players were significantly faster than backcourt players (5 m, *p* = 0.042; 10 m, *p* = 0.001; and 20 m, *p* = 0.027), goalkeepers (5 m, *p* = 0.013; 10 m, *p* = 0.001; and 20 m, *p* = 0.001), and pivots (5 m, *p* = 0.001 and 20 m, *p* < 0.001). At the 10-m time gate, backcourt

players were significantly faster than goalkeepers ( $p < 0.001$ ). Moreover, backcourt players and wings jumped significantly higher compared to pivots (backcourt players vs. pivots: CMJ,  $p = 0.007$ , SJ,  $p = 0.027$ ; wings vs. pivots: CMJ,  $p < 0.001$ , SJ,  $p < 0.001$ ) and goalkeepers (backcourt players vs. pivots: CMJ,  $p = 0.006$ ; wings vs. goalkeepers: CMJ,  $p < 0.001$ , SJ,  $p = 0.004$ ), respectively.

**Table 3.** Differences between playing positions in sprinting, vertical jump performance, and handball shooting performance.

	Backcourt Player (N = 34)	Wing (N = 26)	Pivot (N = 15)	Goalkeeper (N = 17)	<i>p</i>
Sprint 5 m (s)	1.05 (0.08) <sup>1</sup>	1.01 (0.08)	1.11 (0.09) <sup>1</sup>	1.10 (0.12) <sup>1</sup>	0.006
Sprint 10 m (s)	1.83 (0.20) <sup>1</sup>	1.75 (0.24)	1.93 (0.30)	1.97 (0.13) <sup>1,3</sup>	0.003
Sprint 20 m (s)	3.31 (0.24) <sup>1</sup>	3.15 (0.19)	3.44 (0.22) <sup>1</sup>	3.42 (0.17) <sup>1</sup>	<0.001
SJ (cm)	30 (5)	32 (6)	25 (6) <sup>1,3</sup>	26 (4) <sup>1,3</sup>	<0.001
CMJ (cm)	34 (4)	37 (6)	29 (6) <sup>1,3</sup>	31 (5) <sup>1</sup>	<0.001
Set shot (km/h)	89 (7) <sup>1,2</sup>	84 (9) <sup>2</sup>	89 (5) <sup>2</sup>	79 (6)	<0.001
Jump shot (km/h)	88 (7) <sup>1,2</sup>	83 (9) <sup>2</sup>	87 (9) <sup>2</sup>	77 (6)	<0.001

SJ—squat jump, CMJ—countermovement jump, <sup>1</sup>—significantly different from the wing, <sup>2</sup>—significantly different from the goalkeeper, <sup>3</sup>—significantly different from backcourt players.

There were also significant differences in ball velocity among playing positions (both  $p$ -values <0.001). Post hoc analysis showed that goalkeepers shoot the ball at significantly lower velocity while shooting from ground position (all  $p$ -values < 0.01) or while performing a three-step jump shot (all  $p$ -values < 0.01).

Correlations between handball shooting performance and sprinting, jumping, and maximal strength performance are shown in Table 4. With the exception of body fat mass and thigh circumference, all other anthropometric characteristics were significantly correlated with the ball velocity of a three-step set shot and jump shot. A higher SJ was significantly correlated with the ball velocity of the set shot, and borderline significant with the ball velocity of the jump shot. Maximal isokinetic torque of knee flexors and extensors was significantly correlated with ball velocity of both shot types. Lastly, HQR at 60°/s was significantly correlated with the ball velocity of the set shot.

**Table 4.** Correlations between playing positions in sprinting, vertical jump performance, and handball shooting performance.

	Set Shot (m/s)		Jump Shot (m/s)	
	Spearman Rho	<i>p</i>	Spearman Rho	<i>p</i>
Height (cm)	0.330	0.001	0.263	0.011
Weight (kg)	0.303	0.003	0.282	0.006
Skeletal muscle mass (kg)	0.522	<0.001	0.473	<0.001
Body fat mass (kg)	−0.116	0.267	−0.083	0.428
Wingspan (cm)	0.387	<0.001	0.349	0.001
Thigh circumference (cm)	0.183	0.080	0.166	0.112
Sprint 20 (s)	0.061	0.566	−0.018	0.862
SJ (cm)	0.210	0.043	0.185	0.076
CMJ (cm)	0.128	0.221	0.057	0.585
Knee extension torque at 60°/s (Nm)	0.219	0.035	0.340	0.001
Knee extension torque at 180°/s (Nm)	0.352	0.001	0.419	<0.001
Knee flexion torque at 60°/s (Nm)	0.493	<0.001	0.465	<0.001
Knee flexion torque at 180°/s (Nm)	0.477	<0.001	0.460	<0.001
HQR at 60°/s (%)	0.317	0.002	0.171	0.101
HQR at 180°/s (%)	0.139	0.185	0.061	0.564

SJ—squat jump, CMJ—countermovement jump, HQR—hamstring-to-quadriceps torque ratio.

#### 4. Discussion

In the present study, we identified differences between playing positions in anthropometric characteristics, isometric maximal leg strength, sprinting and vertical jumping performance, and established new evidence on the relationship between anthropometry, physical performance, and ball velocity as an indicator of game performance. The most novel findings of this study were related to isokinetic performance, adding to the few reports of the isokinetic maximal strength and strength imbalances in elite male handball players that have been published to our knowledge [19–21]. Our results suggest that maximal knee flexor and extensor strength is related to playing position, whereas no differences between playing positions were observed in bilateral muscle imbalances or the ratios between knee joint agonists and antagonists.

In the previous studies of sports performance in elite handball, the investigators applied different methods to assess maximal leg strength. Most of those studies on elite male handball players used different variations of maximal squat tests to determine maximal leg strength [4,11,15,32], while (only) a small body of evidence used isokinetic testing [19,20], despite it being considered the gold standard for assessing quadriceps and hamstring maximal strength and muscle imbalances [17,18]. Most studies measuring maximal isokinetic knee strength were performed with females [18,24,38,39], likely due to higher rates of anterior cruciate ligament injuries, compared with males [40], while only two isokinetic studies included male handball players [19,20]. In the latter studies, male handball players were recognized as functionally balanced athletes, where maximal unilateral (50–69%) and bilateral (10–15%) muscle strength differences were in the normal range [19,20]. This was similarly demonstrated in our study, although there were no bilateral differences in maximal strength of flexors and extensors, or muscle imbalances between hamstrings and quadriceps on each leg at 60°/s and 180°/s. Our relative values of maximal flexion and extension torque at 60°/s and 180°/s (N/kg) were also similar to a report by Gonzalez-Rave et al. [20]. Additionally, our study also evaluated the difference between playing positions in relative maximal strength and muscle imbalances. Backcourt and wing players were the strongest in extension and flexion, independent of muscle mass at both angular velocities. These results may potentially be associated with game demands, as wings and backcourt players perform the most jumps and throws [7]. In contrast, all playing positions showed symmetrical strength (unilateral and bilateral ratios in the normal range) between legs and within each leg analysis.

Studies have suggested that anthropometric characteristics are related to playing position. In our study, wing players were the shortest, had the lowest body weight, shortest wingspan and smallest thigh circumference, while pivots had the highest body weight, skeletal muscle mass, and body fat mass content. These results were in line with previous studies [7,10,13–16] from elite and sub-elite male handball players. Despite the similar ages of players and the differences between playing positions in body weight and height, our subsample of backcourt players, pivots, and goalkeepers was generally shorter and lighter than players competing on elite German [10,14], Norwegian [15], and national teams playing in the World Championship [9]. Thus, these differences can be explained by the level of play and age. Players competing in lower leagues were generally shorter [10], independent of playing position, whereas pivots in higher leagues were heavier and had the highest body mass index [14]. Also, younger elite handball players were shorter, lighter, had lower free fat mass and body mass index values compared to elite adult players [16].

The fastest sprint times were recorded in wing players compared to other playing positions on each of three time gates (5 m, 10 m, and 20 m). Similar variations in sprinting performance at 20 m were observed in the other two studies consisting of handball players performing in elite European leagues [14,15]. In addition to the fastest times recorded by wings, backcourt players were also faster than goalkeepers on 10-m sprints, similar to data obtained by Haugen et al. [15] (wings, 2.78 (0.08) s; backcourt players, 2.83 (0.11) s; goalkeepers, 2.94 (0.10) s). Partly contrary to our findings, one study reported significant differences between playing positions only on longer sprint distances (30 m), postulating equal starting acceleration of all playing positions, which likely contributed to the longer competitive career and a higher level of competition [14]. Moreover, sprinting performance is closely

related to the in-game demands of each playing position. Data derived from game movement analysis has shown that wing players have a higher frequency of performed sprints, with the longest duration, time, and fraction of distance covered compared to pivots and backcourt players [7].

Vertical jumping is an important movement performed during the course of the game [7]. In previous studies, the best vertical jumps were performed by the wings (39–50 cm) and backcourt players (38–47 cm), compared to pivots (35–43 cm) and goalkeepers (35–47 cm) [14,15]. Similar differences between playing positions were also obtained in our study. Nevertheless, jump performance was lower compared to data from two samples of elite European Championship players [14,15], but comparable to a similar level of play [16], thus, our results were likely influenced by the level of play and quality of the training regime.

Handball scoring efficiency is largely dependent on ball velocity. In our study, ball velocity was highest in backcourt players and lowest in wings and goalkeepers. A similar superiority was also obtained in other samples of elite players [13–15], although the maximal shooting velocities of our participants (88.94 km/h) were only comparable to one study (90.72 km/h) [14], while others performed better (94.32–96.84 km/h) [13,15]. The best shooting performance from three-step shots was reported in a sample of Tunisian national team players (99.67 km/h), although it showed no significant difference between playing positions, likely due to its small sample size ( $N = 21$ ) [11].

The kinematics of overhead shoots is a highly complex whole-body movement [26], with many studies undertaken to identify the possible determinants of shooting success [10,11,13,31,32]. Our results supported previous findings that suggest body height and mass may influence shooting velocities from a standing [11] and/or jumping position [10,13,31]. In contrast, several studies investigating the correlations between physical performance and ball velocity have been inconclusive [11,13,31,32]. Others, including our study, reported significant correlations between ball velocity and sprinting time, lower limb maximal strength, and endurance [31,32], while others failed to reach such conclusions [11,13]. Furthermore, our results also highlighted the importance of lower limb muscle mass and strength as an initiator of proximal-to-distal principal during the shot [41]. When an optimal sequence of force translation from proximal muscles of legs, pelvis, and trunk to throwing arm is achieved, the highest force production in the leg muscles can substantially contribute to higher ball velocities [27,29,32], as confirmed in our study. Similarly, recent study has suggested that jump height in the CMJ is significantly correlated with jump height while performing a jump shot in a game-based performance test [42]. During the handball game, this may present an advantage over the opponent, as the three-step jump shot is the most frequently executed shot [26]. In addition to faster ball-shooting velocity, the importance of jump height may also explain the higher frequency of jumps and shots performed during the game by backcourt players compared to pivots and goalkeepers [7]. However, as a handball shot is a complex, multi-joint movement, more research is needed to determine new potential physical performance determinants of shooting success (e.g., ball velocity).

In summary, the results of this study may further clarify several important aspects of the anthropometric and physical aspects of handball performance with special reference to playing position. Firstly, we confirmed previously reported variations between playing positions in anthropometric characteristics, sprinting, jumping, and handball shooting performance. Secondly, and most importantly, our study was one of the first to establish new evidence on the isokinetic maximal strength of lower limbs. We provided novel data for maximal torque of extensors and flexors in elite handball as well as demonstrated that male handball players are symmetrical with no significant maximal strength deficits between, and within, knee extensors and flexors. Lastly, our study also established further evidence on the potential role of various physical performance aspects in handball success as measured by ball velocity. Despite presenting novel findings on one of the largest samples in male handball performance research, some limitations must be acknowledged. Most of our sample were members of Kosovo's national handball team, but none of them played abroad in higher-ranking leagues or the European Championship league. As Kosovo is a young country with very few professional handball opportunities, our results may be affected by the playing level, training process, and relative

lack of experience of the players. Nevertheless, our data showed results comparable to other elite playing countries, e.g., Germany and Norway, therefore, we believe that strong professional handball foundations have been built in Kosovo.

## 5. Conclusions

In conclusion, our study clearly demonstrated the importance of anthropometry, jumping performance, and maximal isometric strength to handball performance. In future sports practice, more emphasis should be given to handball-specific resistance training for players to gain more muscle mass of lower (legs and pelvis) and upper limbs (shoulders and arms), which will afterwards manifest in better jumping, sprinting, and shooting performance. Special consideration must be given to resistance training of pivots and goalkeepers to improve their muscle strength and shooting performance [2], as they were outperformed by wings and backcourt players. Furthermore, we also propose the routine inclusion of isometric measurement of shoulder and knee joint maximal torques to monitor changes of maximal muscle strength during the course of the handball season and to detect potential muscle imbalances, which may contribute to higher injury incidence. In line with this, more studies on elite and sub-elite handball players should be conducted to provide new practical evidence of the importance of isokinetic testing and to further determine several important aspects of physical performance in relation to handball shooting performance.

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Univerzitet Crne Gore FAKULTET ZA SPORT I FIZIČKO VASPITANJE			
Pravna broj:		02.03.2021.	
Def. broj:	529	Def. broj:	439

UNIVERZITET CRNE GORE  
FAKULTET ZA SPORT I FIZIČKO VASPITANJE

KOMISIJI ZA DOKTORSKE STUDIJE

**Predmet: Zahtjev za ocjenu doktorske disertacije**

Molim vas da imenujete komisiju za ocjenu moj doktorske disertacije "**MORFOLOŠKI I MOTORIČKI PROFIL RUKOMETASA KOSOVA PREMA POZICIJAMA U IGRI**"

Uz molbu prilažem sledeću dokumentaciju:

- Pisanu saglasnost mentora da rad zadovoljava kriterijume doktorske disertacije,
- Primjerak doktorske disertacije u štampanoj formi,
- CD sa cjelokupnim sadržajem doktorske disertacije u PDF/A formatu,
- Fotokopiju objavljenog rada tematski vezanog za doktorsku disertaciju,
- Potpisanu izjavu, datu kao prilog 1 Upustva za oblikovanje doktorske disertacije
- Biografiju
- Bibliografija

*Nikšić*

04.02.2021

Kandidat:

Jeton Havolli

02.03.2021			
439/1			



**UNIVERZITET CRNE GORE**  
**FAKULTET ZA SPORT I FIZIČKO VASPITANJE**

**PISMENA SAGLASNOST**

Saglasni smo da doktorski rad "*MORFOLOŠKI I MOTORIČKI PROFIL RUKOMETASA KOSOVA PREMA POZICIJAMA U IGRI*", kandidata Jeton Havolli, krene u dalju proceduru, odnosno da se imenuje Komisija za pregled i ocjenu doktorske disertacije, budući da sadrži sve elemente propisane za dalju proceduru.

Takođe naglasili bismo da je kandidat, u publikovanom radu koji je objavio u časopisu indeskiranom u SCIE i SSCI indeksnim bazama, a koristio rezultate iz doktorske disertacije na adekvatan način, odnosno u navedenom radu su prezentovani djelovi doktorske disertacije kako nalažu pravila doktorskih studija.

Referenca za publikovani rad u Science Citation Index Expanded (SCIE) Social Science Citation Index (SSCI)

**Havolli J., Bahtiri A., Kambic T., Idrizovic K., Bijelica D., Pori P. (2020)** Anthropometric Characteristics, Maximal Isokinetic Strength and Selected Handball Power Indicators Are Specific to Playing Positions in Elite Kosovan Handball Players, applied science 10(19), 6774;

**applied science**

2020. godine

On-line <https://doi.org/10.3390/app10196774>

<https://www.mdpi.com/2076-3417/10/19/6774>

S poštovanjem,

Nikšić, 04.02.2021

Mentor:

Doc.Dr. Primož Pori

## BIOGRAFIJA

Mr. Jeton (Muharrem) Havolli rođen je 03.08.1978. godine u Prištini, Kosovo.

Osnovnu školu i Gimnaziju "Aleksander Xhuvani" završio je u Podujevo.

Diplomirao je na Fakultetu za fizičku kulturu u Prištini 2005. godine.

Magistarski rad pod naslovom: "Praćenje nekih parametara snaga tijekom sezone kod rukometašice" obranio je 2012. Godine

Doktorske studije na Fakultetu za sport i fizičko vaspitanje na Universitet Crne Gore upisao je 2014. godine.

U periodu 2004-2006, radio je kao profesor fizičko vaspitanja u osnovnij školi 'Zenel Hajdini' u Podujevo. Od 2006. Radi kao profesor fizičko vaspitanja u srednjoj školi 'Isa Boletini' Podujvo. U peridu 2005-20012. Godine angažovan kao asisten u praktičnoj nastavi na Koledž Universi na predmetu Rukomet.

U peridou 1993-2011 igra rukomet u RK 'Llapi' bio je trener rukometno ekipa 'Llapi' od 2013-2018. Bio je reprezentativac Kosova od 1996-2004. Do 2011. Godine bio je trener rukomtaša juniorske reprezentacije Kosova. Od 2020 je trener RK 'Priština' (ženski).

Govori albanski, crnogorski I engleski jezik

## UNIVERSITET CRNE GORE

### Fakultet za sport i fizičko vaspitanje

Mr. Jeton Havolli

## AKADEMSKA BIBLIOGRAFIJA

### Objavljeni radovi u međunarodnim časopisima

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## **KO-AUTOR KNIGE**

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Број: 08-229  
Датум, 29.01.2015 г.

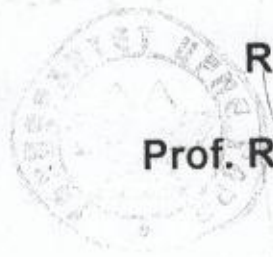
Ref: Црна Гора  
UNIVERSITET CRNE GORE  
Date: ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ  
02.02.2015.

Орг. јед.	Број	Прилог	Вриједност
	95		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju (Službeni list Crne Gore br. 44/14) i člana 18 stav 1 tačka 3 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 29. januara 2015. godine, donio je

## ODLUKU O IZBORU U ZVANJE

Dr **DUŠKO BJELICA** bira se u akademsko zvanje **redovni profesor Univerziteta Crne Gore** za predmete: Teorijske osnove fizičke kulture, na osnovnom akademskom studijskom programu Fizička kultura i nematičnim fakultetima, Teorijske osnove tjelesnog i zdravstvenog obrazovanja, Fudbal - tehnika, metodika, Fudbal - taktika, na osnovnom akademskom studijskom programu Fizička kultura, Teorija fizičkog vaspitanja i osnove školskog sporta, Teorije sportskog treninga, na postdiplomskom specijalističkom akademskom studijskom programu Fizička kultura na **Fakultetu za sport i fizičko vaspitanje** i Teorija igre, na postdiplomskom primijenjenom specijalističkom studijskom programu Predškolsko vaspitanje na Filozofskom fakultetu.



REKTOR

Prof. Radmila Vojvodić



## IZVOD IZ BIOGRAFIJE - prof. dr Duška Bjelice

Prof. dr Duško Bjelica je redovni profesor Univerziteta Crne Gore iz oblasti sportskih nauka.

Rođen je 1963. godine u Podgorici, gdje je završio osnovnu i srednju ekonomsku školu - smjer fizičko vaspitanje. Nastavnički fakultet, smjer fizičko vaspitanje, završio je na Nastavničkom fakultetu Univerziteta „Veljko Vlahović“ u Nikšiću, nakon čega je diplomu profesora fizičke kulture i višeg fudbalskog trenera stekao na Fakultetu fizičke kulture Univerziteta u Novom Sadu. Magistrirao je na Fakultetu fizičke kulture Univerziteta „Sv. Kiril i Metodije“ u Skoplju. Zvanje doktora nauka iz oblasti fizičke kulture stekao na Fakultetu sporta i fizičkog vaspitanja državnog Univerziteta u Beogradu 2003. godine.

Profesor Bjelica bio je predsjednik i član Savjeta za sport Crne Gore. Bio je i član Savjeta za visoko obrazovanje Crne Gore. Bio je predsjednik Upravnog odbora Univerziteta Crne Gore. Sada je član UOUCG.

Od 2005. godine radi na Univerzitetu Crne Gore, na Filozofskom fakultetu u Nikšiću, gdje je od 2003. godine predavao i kao saradnik. Bio je i rukovodilac studijskih programa fizička kultura, sportski treneri i sportski novinari, kao i specijalističkih, master i doktorskih studija fizičke kulture. Odlukom Senata iz 2005. godine izabran je u zvanje docenta, a odlukom istog univerzitetskog tijela iz 2010. godine u zvanje vanrednog profesora. U zvanje redovnog profesora izabran je u januaru 2015. godine.

Profesor Bjelica je bio član Matične komisije za osnivanje Fakulteta za sport i fizičko vaspitanje UCG i predsjednik Komisije za pisanje elaborata za osnivanje istog. Nalazi se na listi međunarodnih eksperata za akreditacije ustanova visokog obrazovanja i osnivanja studijskih programa. Bio je dekan Fakulteta za sport i fizičko vaspitanje Univerziteta Crne Gore iz Nikšića. Član je Senata Univerziteta Crne Gore. Biran je i za člana Odbora za doktorske studije UCG. Kao univerzitetski profesor predavanja je držao na fakultetima za sport i fizičko vaspitanje univerziteta u Beogradu, Nišu, Novom Pazaru, Novom Sadu, Mostaru, Ljubljani, Tuzli i Sarajevu.

Prof. Bjelica je bio aktivni fudbaler i fudbalski trener. Takođe, više od 12 godina, još iz srednoškolskih dana bio je dopisnik Jugoslovenskog sportskog lista Sport iz Beograda za Crnu Goru u kojem je objavio oko 2350 članaka. Sarađivao je kao učenik i student i sa Pobjedom, Titogradskom tribinom, časopisom Karate ring. Bio je član Predsjedništva i član Skupštine Crnogorskog olimpijskog komiteta.

Uređuje međunarodni časopis Montenegrin Journal of Sports Science and Medicine. Glavni je urednik časopisa Sport Mont. Član je redakcije više naučnih internacionalnih časopisa van Crne Gore. U dva mandata je bio član Skupštine Fudbalskog saveza Jugoslavije i član Skupštine FSCG. Dugi niz godina je bio generalni sekretar FSCG. Jedan je od osnivača Otvorene međunarodne zabavne fudbalske škole u Crnoj Gori sa sjedištem u Danskoj (Kopenhagen).

Dobitnik je ugledne nagrade sportskog komiteta Huan Antonio Smaran u Barseloni 2007.godine lično od počasnog predsjednika MOK-a.

Proglašavan je i za najboljeg sportskog radnika u Podgorici , za najboljeg pedagoga fizičke kulture u Nikšiću, a od Fakulteta za sport i fizičko vaspitanje iz Sarajeva, Novog Sada, Nikšića i Mostara dobitnik je ustanovljenih nagrada za naučni doprinos od međunarodnog značaja. Više puta je nagrađivan i od USNCG. Dobitnik je Priznanja i od Olimpijskog komiteta BiH. Učesnik je brojnih međunarodnih naučnih kongresa i konferencija širom svijeta a na nekim je imao zapaženih i plenarnih izlaganja koja su javno publikovana. Bio je i predsjednik Crnogorske sportske akademije iz Podgorice, stručne i naučne sportske organizacije. Predsjednik je Međunarodne naučne konferencije CSA.

Naučna interesovanja u okviru sportskih nauka prof. Bjelice su : teorija fizičke kulture , teorija igre , teorija fizičkog vaspitanja i školski sport, sportski trening , tjelesno I zdravstveno obrazovanje , fudbalski sport.

Prof. dr Duško Bjelica je do sada, kao autor i koautor, objavio preko 450 radova u međunarodnim časopisima i na konferencijama, kao i 74 knjige - naučnih i stručnih monografija i udžbenika.

Objavljeni radovi i udžbenici nalaze se u svim svjetskim citatnim bazama .

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Datum: 30.12.2016  
Štev.: 20/2016-hab

Na podlagi določil Zakona o visokem šolstvu (ZViS-UPB7; Uradno prečiščeno besedilo, Ur. l. RS 32/2012 in spremembe in dopolnitve), Statuta Univerze v Ljubljani z dne 21.12.2004 (Ur. l. RS 8/2005 in spremembe, dopolnitve ter popravki), Meril za volitve v nazive visokošolskih učiteljev, znanstvenih delavcev ter sodelavcev Univerze v Ljubljani z dne, 25.10.2011 (in spremembe z dne, 24.4.2012, 21.10.2014, 30.06.2015, 27.9.2016 in 18.10.2016; v nadaljevanju: Merila) ter na podlagi sklepa Senata Fakultete za šport, sprejetega na 33. redni seji dne, 13.12.2016, izdajam

### ODLOČBO O PONOVI IZVOLITVI V NAZIV

**Dr. PRIMOŽ PORI, prof. šp. vzg.,** roj. 14.01.1974, stanujoč: Poljanska cesta 46a, 1000 LJUBLJANA,

je ponovno izvoljen v naziv

**DOCENT in hkrati ZNANSTVENI SODELAVEC** za področje ZNANOST O ŠPORTU – KINEZILOGIJA  
za dobo petih let, to je do vključno 12.12.2021.

#### Obrazložitev:

Kandidat dr. Primož PORI, prof. šp. vzg., je dne 05.09.2016 podal pisno vlogo z dokumentacijo za pričetek postopka za ponovno izvolitev v naziv docenta za področje Znanost o športu – kineziologija.

V skladu z Zakonom o visokem šolstvu, Statutom Univerze v Ljubljani, Merili in Pravili o organizaciji in delovanju Fakultete za šport je Senat Fakultete za šport na 33. redni seji dne, 13.12.2016, ponovno tretjič (3.) izvolil dr. Primoža Porija, prof. šp. vzg., v naziv naveden v izreku te odločbe za dobo petih let.

S tem je sklep utemeljen.

#### PRAVNI POUK:

Proti odločitvi Senata Fakultete za šport se lahko kandidat/ka v roku 15 dni od prejema te odločbe pritoži na Senat Univerze v Ljubljani.

#### PREJMEJO:

- Dr. Primož Pori
- UL
- Arhiv



DEKAN  
Prof. dr. Milan ŽVAN

26.1.2017

# Primož Pori

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Address: Poljanska cesta 46, 1000, Ljubljana, Slovenia

| Citizen of Slovenia



## PERSONAL

I have dedicated my career to the advancement of the understanding and application of sport science, health and coaching support of top level and recreational athletes. This understanding is based on ongoing academic and applied research in both the clinical and sport environment. I believe the future of the profession lies in the quality of the practitioner which is dependant on the training and ongoing support they receive. Through this work I have had the opportunity to gain and contribute extensive teaching and consultancy experiences.

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## EDUCATION

- 2001-2003                    **Doctoral degree (PhD)** in Sport Science - Kinesiology (29.9.2003)  
**UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia**
- 1998-2001                    **Master of Science (MSc)** in Sport Science - Kinesiology (7.7.2001)  
**UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia**
- 1993-1998                    **Bachelor of Science (BSc)** in Sport & Conditioning, **PE teacher**  
**UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia**

## ACADEMIC QUALIFICATION

- 1999-2003                    **Assistant**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia  
2003-2007                    **Assistant with a PhD**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia  
2007- now                    **Assistant Professor**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia

## CERTIFICATES

- Swimming instructor (1995)
- Nordic Ski instructor (1995)
- Scuba diver (UDI, 2005)
- Swimming instructor (1995)
- Team Handball coach (Slovenian Handball Federation, 1998)
- Team Handball Master coach EHF (Vienna 2013)
- Personal Fitness trainer (Slovenian Fitness Association, 2006)
- Strength & Conditioning coach (Slovenian S&C Association, 2010)

## MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS AND ORGANIZATIONS

- Member of Slovenian Team Handball coaches Association since 1997
  - Vice president of Slovenian Handball coaches Association since 2005
  - Member of Slovenian Fitness Association since 2009
  - Member of European Handball Teacher Association (EHF) since 2011
  - Member of the Slovenian Association of PE teachers since 1999
- 

## PROFFESIONAL EXPERIENCE

- Oct 2016- now                    **Assistant Professor**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia  
(Practical and Theoretical Lecture areas: Team handball, Fitness and Health, Cronic diseases & Exercise, Sport injuries & Execise)
- Oct 2014- June 2016                    **Al Attar Physical Medicine Rehabilitation and Sports Medicine Clinic, Doha Qatar**  
(Head of Sport Science Department)
- Oct 2007- Sept 2014                    **Assistant Professor**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia  
(Practical and Theoretical Lecture areas: Team handball, Fitness and Health)
- Jan 1999- Sept 2007                    **Assistant**, UNIVERSITY of Ljubljana, Faculty of SPORT, Slovenia  
(Practical Lecture areas: Team handball)

## TEAM HANDBALL COACHING EXPERIENCE

- Coach of youth handball teams (1997-2003)**
- Assistant coach of men youth national team in the (2002-2003)**
- Assistant coach of RK Krim Eta Malizia woman handball team in the (2003-2004)**
- Assistant coach of A National Women handball (2004 – 2007)**
- First coach of Slovenian woman A national team (2008 – 2009)**
- First coach in Slovenian 1<sup>st</sup> Handball league (2004-2008)**

## STRENGTH & CONDITIONING COACHING EXPERIENCE

- Strength&Conditioning coach of Prule 1967 (2002-2003)**
- Strength&Conditioning coach of Slovenian A National Man Handball Team (2012-now)**
- Strength&Conditioning coach of Slovenian A National Woman Handball Team (2016-now)**

## TEACHING, RESEARCHING AND OTHER PROFESSIONAL EXPERIENCE

1. Education seminars under Slovenia handball Association (level 1,2,3) (delivering over 40 lectures)
2. The licensing seminars of Slovenia Handball Association (over 20 lectures)
3. ESS seminars (over 10 seminars)
4. Education seminars for Lesure Time instructors and coaches (SUS) (over 15 lectures)
5. Educations for Fitness personal instructors and trainer (SLO Fitness Association) (over 10 lectures)
6. 41 times First Author, Co-Author or leading Author of Original scientific articles and review articles
7. 32 times First Author, Co-Author or leading Author of Professionals articles
8. 26 times Active participation on Scientific or Professionals conferences organised in Slovenia and abroad
9. 65 Published Scientific or Professional conference contribution
10. 7 Independent Scientific or Professionals component part or a chapter in a monograph
11. 11 Reviewed University, Higher education or Higher vocational education textbook and other educational material
12. 56 times Supervisor for Undergraduate Theses
13. 24 times Co-Supervisor for Undergraduate Theses
14. 81 times a Referee od Undergraduate Thesis

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Primož Pori

Personal bibliography for the period 1998-2017

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## ARTICLES AND OTHER COMPONENT PARTS

### 1.01 Original scientific article

1. ŠTIRN, Igor, CARRUTHERS, Jamie, ŠIBILA, Marko, PORI, Primož. Frequent immediate knowledge of results enhances the increase of throwing velocity in overarm handball performance. *Journal of Human Kinetics*, ISSN 1640-5544, 2017, vol. 56, str. 197-205, tabele, graf. prikazi. <http://www.johk.pl/files/10078-56-2017-v56-2017-20.pdf>, [http://johk.pl/volume\\_55.html](http://johk.pl/volume_55.html), doi: 10.1515/hukin-2017-0037. [COBISS.SI-ID 5094833], [JCR, SNIP]
2. PORI, Maja, JOŠT, Bojan, HOSTA, Milan, PORI, Primož. Why do we follow sporting events? = Zašto pratimo sportska događanja?. *Collegium antropologicum*, ISSN 0350-6134, 2009, vol. 33, no. 4, str. 1065-1070, tabele. [COBISS.SI-ID 3718577], [JCR, SNIP]
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## SECONDARY AUTHORSHIP

### Supervisor for Master's Theses (Bologna study programme)

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Број: 08-1419  
Датум, 28.05.2015 г.

УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ  
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Ref: 12.06.2015

Date: \_\_\_\_\_

Број	Прилог	Вриједност
<u>046</u>		

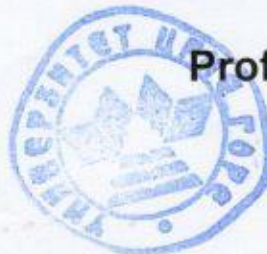
Na osnovu člana 72 stav 2 Zakóna o visokom obrazovanju (Službeni list Crne Gore br. 44/14) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore, na sjednici održanoj 28. maja 2015. godine, donio je

**ODLUKU  
O IZBORU U ZVANJE**

**Dr KEMAL IDRIZOVIĆ** bira se u akademsko zvanje **redovni profesor Univerziteta Crne Gore** za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje.

**REKTOR**

**Prof. Radmila Vojvodić**



## BIOGRAFIJA

U zvanje redovnog profesora Univerziteta Crne Gore za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje u Nikšiću izabran sam odlukom Senata Univerziteta Crne Gore, broj: 08-1419, u Podgorici 28. 05. 2015. godine.

Rođen sam 12. avgusta 1970. godine u Nikšiću. Osnovnu školu sam završio u rodnom gradu 1984. godine. U toku osnovne škole dva puta sam biran za učenika godine i nosilac sam diplome "Luča".

Srednju Mašinsko tehničku školu sam završio u Sarajevu 1988. godine, a u istom gradu sam u periodu od 1989. do 1992. godine odslušao prve tri godine Fakulteta za fizičku kulturu. Bio sam najuspješniji student prve godine.

Na Filozofskom fakultetu u Nikšiću 3. novembra 1992. godine stičem diplomu nastavnika fizičkog vaspitanja, a 5. maja 1995. godine diplomu nastavnika razredne nastave. U Prištini na Fakultetu za fizičku kulturu 24. juna 1998. godine diplomiram sa ocjenom 10 i postajem profesor fizičke kulture.

Poslijediplomske studije upisujem na Fakultetu fizičke kulture u Novom Sadu školske 1999/2000. godine i završavam ih kao prvi u generaciji 15. jula 2002. godine odbranivši magistarsku tezu «Relacije motoričkih sposobnosti i morfoloških karakteristika sa sprinterskom brzinom kod učenica srednje škole». Na istom fakultetu sam 29. 10. 2004. godine odbranio doktorsku disertaciju «Struktura i relacije motoričkih sposobnosti i morfoloških karakteristika sa brzinom i eksplozivnom snagom školske omladine».

U dva navrata sam, februar 2006. i februar 2008. godine, studijski boravio na Kineziološkom fakultetu u Zagrebu sa ciljem specijalističkog usavršavanja iz oblasti kondicionog treninga.

Specijalističko usavršavanje sam nastavio i u narednom periodu kroz studijske boravke u:

- Dublinu (Republika Irska) septembar mjesec 2010. godine,
- Madridu (Španija) novembar mjesec 2011. godine,
- Istanbulu (Turska) avgust mjesec 2013. godine i u
- Amsterdamu (Holandija), novembar mjesec 2013. godine.

Stalni radni odnos sam zasnovao 23. oktobra 1995. godine u Osnovnoj školi „Savo Pejanović“ u Podgorici.

Kao saradnik stipendista Univerziteta Crne Gore od 6. marta 2001. godine počinjem da radim na Filozofskom fakultetu u Nikšiću i to na Odsjeku za fizičku kulturu. U zvanje asistenta sam biran 23. septembra 2003. godine. U početku sam izvodio vježbe samo na predmetu Osnovi antropomotorike, dok sam u školskoj 2002/2003. godini osim iz predmeta Osnovi antropomotorike izvodio vježbe i iz predmeta Plivanje i Logorovanje, a u 2003/2004. i iz predmeta Skijanje. Od početka školske 2004/2005. godine na osnovu Odluke Univerziteta Crne Gore i Studijskog programa za fizičku kulturu Filozofskog fakulteta, pored vježbi započinjem izvoditi i predavanja za predmet Osnovi antropomotorike, a u ljetnjem semestru i za predmet Metodika antropomotorike.

Odlukom Senata Univerziteta Crne Gore, broj 01-1167, u Podgorici 26. 05. 2005. godine, izabran sam u akademsko zvanje docent Univerziteta Crne Gore za predmete: Osnovi antropomotorike i Metodika antropomotorike na Studijskom programu fizička kultura na Filozofskom fakultetu u Nikšiću.

Odlukom Senata Univerziteta Crne Gore, broj: 08-710, u Podgorici 29. 04. 2010. godine, izabran sam u akademsko zvanje vanredni profesor Univerziteta Crne Gore za predmete: Osnovi antropomotorike, Metodika antropomotorike, Atletika I i Atletika II na Fakultetu za sport i fizičko vaspitanje u Nikšiću.

Oženjen sam i otac sam dvoje djece.

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#### **Istraživački projekti**

1. Senior research Associate in the scientific project entitled: „Sublingual Nucleotides and Immune Response to exercise“, project identifier no. 175-03/10. Project is partially supported by HIT Southern Pty Ltd, Denistone, Australia (Grant No. SO-11-752) from 2012 to 2013.
2. Research Associate in the scientific project entitled: „Guanidinoacetic Acid (GAA) Administration in Physically Active Men and Women“ which is registered via database Clinical Trials, a service of the US National Institutes of Health (Study Identifier No: NCT01133899). Project is partially funded by AlzChem, Trostberg, Germany (Grant No. AN\_85E\_S09) from 2010 to 2012.

3. Učesnik u Istraživačkom projektu „Incidencija, faktori rizika i protektivni faktori ozljeđivanja kod nogometnih sudaca“, Kineziološki fakultet, Sveučilišta u Splitu.

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### **Uvodno, objavljeno plenarno predavanje**

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Црна Гора  
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ  
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено: <u>03.06.2017</u>			
Org. јед.	Број	Прилог	Вриједност
	<u>1197</u>		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br. 44/14, 47/15,40/16) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore na sjednici održanoj 02.juna 2017.godine, donio je

## **ODLUKU O IZBORU U ZVANJE**

**Dr Milovan Ljubojević bira se u akademsko zvanje docent Univerziteta Crne Gore za oblast Sportske nauke - Košarka i fizičko vaspitanje na Fakultetu za sport i fizičko vaspitanje i na nematičnim fakultetima, na period od pet godina.**



**REKTOR**

**Prof. Radmila Vojvodić**

## BIOGRAFIJA

Milovan (Milomira) Ljubojević je rođen 13.02.1981. godine u Pljevljima. Osnovnu školu i gimnaziju završio je u Danilovgradu. Filozofski fakultet u Nikšiću – odsjek za fizičku kulturu završio je 2005. godine, kao student generacije. Na fakultetu sporta i fizičkog vaspitanja Univerziteta u Beogradu završio je magistarske studije i 2011.godine odbranio magistarsku tezu pod naslovom »Efekti nastavnog predmeta – Sport za sportiste (košarka) na morfološke karakteristike i motoričke sposobnosti učenika VIII razreda osnovne škole“. Na istom fakultetu je 2014. godine odbranio doktorsku disertaciju pod naslovom „Obrazovni efekti izbornih sportova u nastavi fizičkog vaspitanja“.

Bavio se uspješno karateom i fudbalom. Bio je prvotimac FK Iskra iz Danilovgrada.

Odmah po završetku studija počinje da radi kao profesor fizičkog vaspitanja u gimnaziji „Petar I Petrović Njegoš“ u Danilovgradu.

Iste godine je angažovan kao kondicioni trener seniorske ekipe KK Danilovgrad (prva liga).

Poslije jedne sezone, postaje kondicioni trener u ŽKK Budućnost iz Podgorice, koja osvaja prvenstvo i kup Crne Gore, i uspješno učestvuje u Jadranskoj ligi i evropskom takmičenju - FIBA kup. Nakon tri uspješne sezone prelazi u KK Podgorica, gdje je brinuo o fizičkoj pripremi i pravilnom razvoju mladih talentovanih igrača iz Crne Gore.

Takođe, radio je tri sezone, od 2012-2015 godine kao kondicioni trener u KK Budućnost Voli, sa kojim je učestvovao u regionalnoj ligi, ali i Evrokupu.

Trenutno je angažovan u ŽKK Budućnot Bemax, sa kojim ima osvojene 3 titule prvaka Regionalne WABA lige.

Bio je član stručnog štaba ženske mlade reprezentacije Crne Gore koja je osvojila zlatnu medalju 2007. godine na Evropskom B prvenstvu u Litvaniji.

Bio je dio stručnog štaba (kao kondicioni trener) juniorske reprezentacije Crne Gore sa kojom je osvojio bronzanu medalju na Evropskom B prvenstvu u Izraelu 2010. godine.

Bio je član stručnog štaba mlade košarkaške reprezentacije Crne Gore od 2017-2019. godine, sa kojom je učestvovao na evropskim prvenstvima u Grčkoj 2017.godine, U Njemačkoj 2018. godine, i u Izraelu, 2019. godine.

Bio je član stručnog štaba košarkaške seniorske B reprezentacije Crne Gore koja je osvojila prestižni turnir „Četiri nacije“ u Kini.

Bio je član stručnog štaba seniorske košarkaške reprezentacije Crne Gore koja je učestvovala na Svjetskom prvenstvu u Kini, 2019. godine.

Trenutno je član stručnog štaba seniorske košarkaške reprezentacije Crne Gore.

Uporedo sa radom u praksi, bavio se naučno-istraživačkim, ali i pedagoškim radom. Rezultat toga su brojni naučni radovi koje je objavio kao autor ili koautor u zemlji i inostranstvu, kao i magistarska teza i doktorska disertacija koje su uspješno odbranjene. Takođe, učesnik je mnogih naučnih konferencija i skupova u zemlji i regionu. Takođe, recenzent je u jednom međunarodnom časopisu. Bio je nosilac projekta i jedan od predavača na seminaru za profesore fizičkog vaspitanja koji je organizovan 2016/2017. godine od strane Zavoda za školstvo Crne Gore.

U pedagoškom smislu, ostvarivao se radeći u Gimnaziji „Petar I Petrović Njegoš“ u Danilovgradu, a zatim kao saradnik na Fakultetu za sport i fizičko vaspitanje u Nikšiću, Univerziteta Crne Gore, od 2015. godine, na predmetima: Istorija fizičke kulture, Plesovi, Teorijske osnove fizičke kulture, Ritmička gimnastika, Plivanje i vaterpolo 2, Teorijske osnove tjelesnog i zdravstvenog obrazovanja, Košarka – taktika, Taktika i strategija izabranog sporta – košarka.

Trenutno je docent na Univerzitetu Crne Gore, na Fakultetu za sport i fizičko vaspitanje u Nikšiću, i vrši funkciju šefa studijskih programa.

## ***Bibliografija Milovan Ljubojević***

### **Objavljeni radovi u časopisima indeksiranim u međunarodnim bazama**

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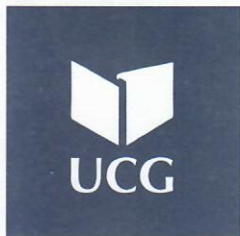
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### **2.3. Objavljeni radovi u časopisima od nacionalnog značaja**

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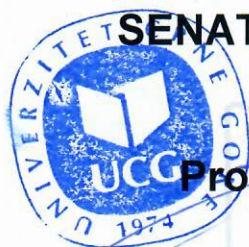
Центар за истраживање  
УНИВЕРЗИТЕТ ЦРНЕ ГОРЕ  
ФАКУЛТЕТ ЗА СПОРТ И ФИЗИЧКО ВАСПИТАЊЕ

Примљено: <u>24.07.2020.</u>			
Орг. јед.	Број	Прилог	Вриједност
	<u>1585</u>		

Na osnovu člana 72 stav 2 Zakona o visokom obrazovanju („Službeni list Crne Gore“ br 44/14, 47/15, 40/16, 42/17, 71/17, 55/18, 3/19, 17/19, 47/19 i 72/19) i člana 32 stav 1 tačka 9 Statuta Univerziteta Crne Gore, Senat Univerziteta Crne Gore na sjednici održanoj 21.07.2020. godine, donio je

## ODLUKU O IZBORU U ZVANJE

**Dr Jovan Gardašević** bira se u akademsko zvanje docent Univerziteta Crne Gore za **oblast Sportske nauke**, na Fakultetu za sport i fizičko vaspitanje Univerziteta Crne Gore, na period od pet godina.



**SENAT UNIVERZITETA CRNE GORE  
PREDSJEDNIK**

**Prof. dr Danilo Nikolić, rektor**

## **BIOGRAFIJA**

### **IME I PREZIME: Jovan Gardašević**

Zovem se Jovan (Vojina) Gardašević i državljanin sam Crne Gore sa stalnim prebivalištem u Nikšiću. Rođen sam 24. maja 1973. godine u Nikšiću.

Osnovnu i srednju školu završio sam u Nikšiću sa diplomom „Luča“ za postignut odličan uspjeh u svim razredima. Završio sam Fakultet fizičke kulture u Novom Sadu, gdje sam odbranio diplomski rad sa ocjenom deset pod mentorstvom prof. dr Radivoja Radosava na temu „Razvoj brzinske izdržljivosti kod fudbalera“ i time stekao dva zvanja – Profesor fizičke kulture i Diplomirani trener fudbala.

Magistrirao sam prvi u svojoj klasi na Fakultetu za sport i fizičko vaspitanje u Nikšiću, a time i prvi javno odbranio magistarsku tezu na ovom fakultetu pod mentorstvom prof. dr Duška Bjelice i pred međunarodnom komisijom na temu “Efekti programiranog rada u pripremnom periodu na transformaciju bazično-motoričkih i situaciono-motoričkih sposobnosti kod fudbalera kadetskog uzrasta”, i zavrijedio najveću ocjenu A. Odbranio sam doktorsku disertaciju “Senzomotorne performanse dominantne i nedominantne ruke kod vrhunskih sportista” u junu mjesecu 2019. godine na Fakultetu za sport i fizičko vaspitanje u Nikšiću.

Posjedujem i UEFA (Union of European Football Associations) „A“ trenersku licencu, zvanje koje izdaje trenerska škola Fudbalskog saveza Crne Gore.

### **PODACI O RADNIM MJESTIMA**

Od 2000. do 2006. godine sam bio radno angažovan u JUOŠ „Dušan Đukanović“ u Nikšiću, kao profesor fizičkog vaspitanja, nakon čega prelazim na isto radno mjesto u JUOŠ „Luka Simonović“ u Nikšiću. U ovoj školi ostajem do 2015. godine. Bio sam tri puta mentor nastavnicima-pripravnicima fizičkog vaspitanja.

Od 2000. do 2010. godine sam bio instruktor skijanja u tradicionalnoj školi skijanja koju organizuje Sekretarijat za sport i fizičku kulturu opštine Nikšić.

Od 2010. do 2015. godine na Fakultetu za sport i fizičko vaspitanje u Nikšiću sam bio angažovan kao spoljni saradnik u nastavi, na osnovnom akademskom studijskom programu

Fizička kultura na predmetima: Fudbal-tehnika i metodika, Fudbal-taktika; na osnovnom primijenjenom studijskom programu Sportski treneri na predmetima: Teorija, tehnika i metodika izabranog sporta-fudbal, Taktika i strategija izabranog sporta-fudbal, Tehničko taktičke vježbe u izabranom sportu-fudbal, Trenažni proces i trenažna praksa pionira u izabranom sportu-fudbal, Tehničko taktička priprema izabranog sporta-fudbal, Trenažni proces i trenažna praksa kadeta u izabranom sportu-fudbal, Trenažni proces i trenažna praksa omladinaca u izabranom sportu-fudbal, Pravila i suđenje u izabranom sportu-fudbal, Trenažni proces i trenažna praksa seniora u izabranom sportu-fudbal; na osnovnom primijenjenom studijskom programu Sportsko novinarstvo na predmetu: Teorija i pravila fudbala.

U februaru 2015. godine iz JUOŠ „Luka Simonović“ prelazim angažmanom sa punim radnim vremenom na Fakultet za sport i fizičko vaspitanje u Nikšiću na mjesto saradnika u nastavi, na osnovnom akademskom studijskom program Fizička kultura na predmetima: Teorijske osnove fizičke kulture, Metodika antropomotorike, Fudbal-tehnika i metodika, Fudbal-taktika, Logorovanje i aktivnosti u prirodi, Plivanje i vaterpolo II; na akademskom specijalističkom postdiplomskom studiju Fizičke kulture na predmetima: Teorija fizičkog vaspitanja i osnove školskog sporta, Teorija sportskog treninga; na osnovnom primijenjenom studijskom program Sportski treneri na predmetima: Teorija, tehnika i metodika izabranog sporta-fudbal, Taktika i strategija izabranog sporta-fudbal, Tehničko taktičke vježbe u izabranom sportu-fudbal, Trenažni proces i trenažna praksa pionira u izabranom sportu-fudbal, Tehničko taktička priprema izabranog sporta-fudbal, Trenažni proces i trenažna praksa kadeta u izabranom sportu-fudbal, Trenažni proces i trenažna praksa omladinaca u izabranom sportu-fudbal, Pravila i suđenje u izabranom sportu-fudbal, Trenažni proces i trenažna praksa seniora u izabranom sportu-fudbal; na osnovnom primijenjenom studijskom programu Sportsko novinarstvo na predmetu: Teorija i pravila fudbala; na specijalističkom studijskom programu Predškolsko vaspitanje na Filozofskom fakultetu u Nikšiću na predmetu: Teorija igre; na studijskom programu Obrazovanje učitelja na Filozofskom fakultetu u Nikšiću na predmetu: Metodika nastave fizičkog vaspitanja.

Odlukom Dekana Fakulteta za sport i fizičko vaspitanje doc. dr Steva Popovića septembra 2015. sam postavljen na mjesto sekretara svih studijskih programa na ovom fakultetu i tu sam funkciju obavljao godinu dana. Član sam Vijeća Fakulteta za sport i fizičko vaspitanje kao predstavnik svih saradnika u nastavi. Od 2016. godine sam dobio mandat na 3 godine od svih saradnika Univerziteta Crne Gore da budem njihov predstavnik u Senatu UCG. Trenutno

sam u drugom mandatu na istoj funkciji na kojoj sam izabran po drugi put od strane svih saradnika Univerziteta Crne Gore u aprilu 2019. Od 2019. Godine sam predsjednik uređivačke komisije Fakulteta za sport I fizičko vaspitanje iz Nikšića.

Obavljao sam poslove tehničkog sekretara naučnog časopisa Sport Mont koji objavljuje Crnogorska sportska akademija u saradnji sa Fakultetom za sport i fizičko vaspitanje iz Nikšića. Sada sam u istom časopisu na mjestu sekretara uredničkog odbora (Managing editor). Od 2019. član sam Uredničkog odbora časopisa Annals of Applied Sport Science koji se nalazi u bazi Web of Science (ESCI).

Jedan sam od članova lidera FIEP (Fédération Internationale d'Education Physique), jedne od najvećih svjetskih organizacija iz oblasti fizičkog i sportskog obrazovanja.

Aktivno sam se bavio sportom dugi niz godina. Igrao sam fudbal za sve selekcije FK "Sutjeska-Nikšić" Nikšić, dvije godine za seniorski sastav FK „Čelik“ iz Nikšića i jednu godinu za FK „Vrbasa“ iz Vrbasa.

Od 2000. do 2011. godine kontinuirano sam radio kao trener u Fudbalskom klubu "Sutjeska-Nikšić" Nikšić, sa svim selekcijama kluba. Dva puta sam bio Lider trenera na Danskoj školi fudbala.

U mjesecu decembru 2011. godine, sa trenerske pozicije prelazim na mjesto Sportskog direktora Kluba, da bi u septembru 2012. godine bio izabran za Izvršnog direktora Kluba, na funkciju na kojoj sam se zadržao do septembra 2014. godine. Trenutno sam na poziciji Savjetnika za sportska pitanja i pitanja transfera u FK "Sutjeska-Nikšić" Nikšić

U tradicionalnoj anketi „Novinari biraju najbolje“, 2012. godine sam proglašen za najboljeg sportskog radnika Nikšića.

Četiri godine sam bio prvi trener u stručnom štabu seniorskog pogona FK „Sutjeska-Nikšić“ Nikšić u Prvoj saveznoj ligi Jugoslavije, a kasnije Srbije i Crne Gore. Sedam godina sam radio kao trener kadetskih i omladinskih selekcija u klubu. Sa seniorskom ekipom FK „Sutjeska-Nikšić“ Nikšić, u stručnom štabu gdje sam bio prvi trener, klub je ostvario plasman na 4. mjesto u Prvoj fudbalskoj ligi Srbije i Crne Gore i plasirao se po prvi put u svojoj istoriji u neko međunarodno takmičenje, u Inertoto kup.

Vodeći kadetske ekipe FK „Sutjeska-Nikšić“ Nikšić dva puta sam bio prvak Crne Gore, jednom viceprvak Jugoslavije, jednom prvak Srednje regije Crne Gore i jednom viceprvak Crne Gore. Kao trener sam i osvajač Kupa srednje regije Crne Gore u kadetskom uzrastu. Sa omladinskom ekipom sam bio prvak Crne Gore i osvajač Kupa srednje regije Crne Gore.

Sa kadetskom i omladinskom ekipom FK „Sutjeska-Nikšić“ Nikšić osvojio sam veliki međunarodni turnir u Italiji „Galipoli kup“.

U dvogodišnjem mandatu sam bio član Stručnog odbora Fudbalskog saveza Crne Gore, najvećeg stručnog tijela u ovom savezu. Proveo sam sedam dana, 2010. godine na stručnom usavršavanju u Dublinu (Republika Irska), pod pokroviteljstvom Fudbalskog saveza Crne Gore.

U mandatu u kojem sam obavljao funkciju Sportskog direktora kluba, omladinska ekipa FK “Sutjeska-Nikšić” Nikšić osvaja duplu krunu, prvenstvo Crne Gore i Kup.

U mandatu u kojem sam obavljao funkciju Izvršnog direktora kluba seniorska ekipa postiže najbolje rezultate u svojoj istoriji, dva puta uzastopno osvaja prvenstvo Crne Gore, čime postaje jedina ekipa u Crnoj Gori koja dva puta uzastopno osvaja titulu prvaka. Omladinska ekipa opet osvaja duplu krunu, prvenstvo i Kup. Kao Izvršni direktor FK “Sutjeska-Nikšić” Nikšić dva puta učestvujem u kvalifikacijama za najprestižnije fudbalsko takmičenje u Evropi, Ligu šampiona.

Vodeći fudbalsku ekipu Fakulteta za sport i fizičko vaspitanje iz Nikšića 2 puta sam bio univerzitetski prvak Crne Gore, i viceprvak na međunarodnom univerzitetskom prvenstvu u Ajndhovenu (Holandija) koje se računa kao nezvanično univerzitetsko prvenstvo Evrope u malom fudbalu.

Sa školskom fudbalskom ekipom JUOŠ „Luka Simonović“ 3 puta sam osvajao prvo mjesto na opštinskom prvenstvu Nikšića i 2 puta prvo mjesto u srednjoj regiji Crne Gore.

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## 2. RADOVI NA NAUČNIM SKUPOVIMA

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### **3. MAGISTARSKA TEZA**

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