

**Table 3. Supplementary data for basic programme staff**

**List of publications MLA and APA form**

1. Halilaj, Besim, Florim Gallopeni, & Ilir Gllareva. "Pre and post competition anxiety and self-confidence in kosovo gymnasts." *European Journal of Physical Education and Sport Science* [Online], 0 (2016): n. pag. Web. 6  
<https://oapub.org/edu/index.php/ejep/article/view/45>
2. Mehmeti, Izedin, and Halilaj, Besim. "How to Increase Motivation for Physical Activity among Youth." *Sport Mont*, vol. 16, no. 1, 2018, pp. 29-32. doi: 10.26773/smj.180206  
<http://www.sportmont.ucg.ac.me/?sekcija=article&artid=1392>
3. Halilaj B, Madić D, Murseli G, Gllareva I. Does the usage of gymnastics chalk have a positive impact on handgrip strength? *Gazz Med Ital - Arch Sci Med* 2018;177:374-9. DOI: 10.23736/S0393-3660.17.03663-4  
<https://www.minervamedica.it/en/journals/gazzetta-medica-italiana/article.php?cod=R22Y2018N07A0374>
4. Halilaj, Besim, et al. "Gymnastics Skill Level and Fitness in Students Selected for Physical Education Programs." *Croatian Journal of Education*, vol. 20, br. 3, 2018, str. 825-841.  
<https://doi.org/10.15516/cje.v20i3.2985>. <https://hrcak.srce.hr/clanak/304754#>
5. Lulzim Krasniqi, Hasim Rushiti, Besim Halilaj, Ilir Gllareva. Changes in some young movement skills 12, 13, 14 years with different kinesiological treatment. 2nd Scientific conference for physical education, sport and health. 1-2 November 2019, Pristina. Microsoft Powerpoint Presetation.  
[https://drive.google.com/file/d/1u1RnaZ1b\\_tbZaNALzgrUe4zwzdPwTjxD/view](https://drive.google.com/file/d/1u1RnaZ1b_tbZaNALzgrUe4zwzdPwTjxD/view)
6. Besim Halilaj, Dejan Madić, Florim Gallopeni, Ilir Gllareva, Hasim Rushiti. Impact of motor skills in gymnastics performance. Scientific conference for physical education, sport and health. 2nd 1-2 November 2019, Pristina. Microsoft Powerpoint Presetation.  
[https://drive.google.com/file/d/1u1RnaZ1b\\_tbZaNALzgrUe4zwzdPwTjxD/view](https://drive.google.com/file/d/1u1RnaZ1b_tbZaNALzgrUe4zwzdPwTjxD/view)
7. Halilaj, . Besim ., et al.. Impact of intelligence and anthropological characteristics in gymnastics performance. 1, *Advance*, 25 Feb. 2019, doi:10.31124/advance.7756217.v1.  
<https://doi.org/10.31124/advance.7756217.v1>
8. Dujaka,. Aziz. Biomechanic analysis on the slalom turn with top skiers: Slalom of traditional skis of the carving models skis. LAP - Lambert Academic Publishing, 2017

(textbook). Jul 24, 2017 <https://www.amazon.com/Biomechanic-analysis-slalom-turn-skiers/dp/6202004320>

9. Dujaka Aziz, Sokoli Bylbyl, Correlation Between the Kinematic Parameters Situation the Free Kick of Elite Players, American Journal of Sports Science. Volume 7, Issue 3, September 2019 , pp. 103-110. doi: 10.11648/j.ajss.20190703.14  
<https://www.sciencepublishinggroup.com/journal/paperinfo?journalid=155&doi=10.11648/j.ajss.20190703.14>
10. Dujaka Aziz, Sokoli Bylbyl, The Free Kick Kinematics of Elite Football Players, International Journal of Sports Science and Physical Education. Volume 4, Issue 2, June 2019 , pp. 18-27. doi: 10.11648/j.ijsspe.20190402.11  
<https://www.sciencepublishinggroup.com/journal/paperinfo?journalid=188&doi=10.11648/j.ijsspe.20190402.11>
11. Krasniqi Sadik, Dujaka Aziz. EDUKATË FIZIKE, SPORTET DHE SHËNDETI. Tekst shkollor per klaset e VII. MASHT e Kosoves. Shtypshkronja Dugagjini. Prishtine, 2019. (textbook).  
<https://librat.net/index.php/product/edukate-fizike-sportet-dhe-shendeti-7/>
12. Kelmendi, D. S., M. Selimi, and F. Miftari. "The Impact of Kineziological Treatment of Plyometric Type in the Development of Motor and Specific Motor Skills in Handball". Journal of Education, Health and Sport, vol. 8, no. 8, July 2018, pp. 502-15,  
<https://apcz.umk.pl/JEHS/article/view/5681>.
13. KelmendiD., and SelimiM. "Physical Activities of Kosovo Youths". Asian Exercise and Sport Science Journal, Vol. 4, no. 1, Jan. 2020, pp. 33-39, doi:10.30472/aesj.v4i1.124.  
<https://journal.aesasport.com/index.php/aesa/article/view/124>
14. Spehnyak, Marijan, et al. "Body Composition in Elite Soccer Players from Youth to Senior Squad." International Journal of Environmental Research and Public Health, vol. 18, no. 9, May 2021, p. 4982. Crossref, <https://doi.org/10.3390/ijerph18094982>.
15. Miftari, Florian, Hazir Salihu, Juel Jarani, & Dhimitraq Stratoberdha. "THE PERFORMANCE OF THE CHANGES INTRODUCED IN SOME MORPHOLOGICAL AND BASIC MOTOR VARIABLES SPECIFIC TO BASKETBALL PLAYERS OF BOTH SEXES AGED 15-16 YEARS." European Journal of Physical Education and Sport Science [Online], 0 (2017): n. pag. Web. <https://oapub.org/edu/index.php/ejep/article/view/732>
16. Miftari Florian, Salihu Hazir, Selimi Musa. Presentation of valid correlations in some morphological variables and basic and specific motor skills in young people aged 13-14

years engaged in basketball. Journal of Education, Health and Sport. 2018;8(5):95-101. eISSN 2391-8306. DOI <http://dx.doi.org/10.5281/zenodo.1242579>  
<https://eric.ed.gov/?id=ED583081>

17. Sokoli, B., F. Miftari, and A. Thaqi. "Comparative Analysis of Motoric Abilities Between Two Groups of Football Referees from Kosovo". Journal of Education, Health and Sport, vol. 8, no. 8, July 2018, pp. 131-46, <https://apcz.umk.pl/JEHS/article/view/5616>.
18. Salihu, Hazir, & Miftari, Florian. (2018). The differences in motoric basic and situational motoric tests to young basketball players. Journal of Education, Health and Sport, 8(11), 311–317. <https://doi.org/10.5281/zenodo.1490531>
19. Salihu, Hazir, Koca, Afrim, Miftari, Florian, & Arifi, Fitim. (2018). Stature and Its Estimation Utilizing Arm Span Measurements of both gender Adolescents from Ferizaj Region in Kosovo. <https://doi.org/10.5281/zenodo.1467864>
20. Beqa, G., F. Miftari, B. Gjinovci, A. Elezi, and G. Elezi. "Impact of Physical Activity With Programmed Intensity in Body Composition". Journal of Education, Health and Sport, vol. 8, no. 11, Nov. 2018, pp. 416-24, <https://apcz.umk.pl/JEHS/article/view/6329>
21. Ibrahim, Gani, & Miftari, Florian. (2019). Managerial Culture in Sports Organizations in Kosovo as a Factor in the Integration in International Sports Associations. <https://doi.org/10.5281/zenodo.3473930>
22. Diellza Shaqiri Kelmendi , Florian Miftari , Murat Tekin (2021). Kinematic Analysis of the Basketball Free Throw in Preparation Phase of Elite Athletes. International Journal of Human Movement and Sports Sciences, 9(6), 1204 - 1212. DOI: 10.13189/saj.2021.090614. [https://www.hrpub.org/journals/article\\_info.php?aid=11487](https://www.hrpub.org/journals/article_info.php?aid=11487)
23. Miftari F., Selimi M., Badau D., and Kelmendi D.. "IDENTIFYING DIFFERENCES BETWEEN BASKETBALL, HANDBALL AND VOLLEYBALL PLAYERS IN INCREASING EXPLOSIVE FORCE AND AGILITY" Человек. Спорт. Медицина, vol. 21, no. 2, 2021, pp. 144-154. <https://cyberleninka.ru/article/n/identifying-differences-between-basketball-handball-and-volleyball-players-in-increasing-explosive-force-and-agility>
24. Elmazi, R., and F. Miftari. "Fundamental Motor Skills in Identifying Differences in Performance Level Between Students and Athletes Ages 10-12 Years". Quality in Sport, vol. 6, no. 4, Nov. 2020, pp. 21-29, doi:10.12775/QS.2020.023. <https://apcz.umk.pl/QS/article/view/QS.2020.023>

25. Bahri Gjinovci, Kemal Idrizovic, Ognjen Uljevic, Damir Sekulic. (2017) Plyometric Training Improves Sprinting, Jumping and Throwing Capacities of High Level Female Volleyball Players Better Than Skill-Based Conditioning. *Journal of Sports Science and Medicine* (16), 527 - 535.  
<https://www.jssm.org/researchjssm-16-527.xml.xml#>
26. Idrizovic, Kemal, et al. "The Effects of 3-Month Skill Based and Plyometric Conditioning on Fitness Parameters in Junior Female Volleyball Players" *Human kinetics journals* 2018Pages: 1-11 <https://doi.org/10.1123/pes.2017-0178>  
<https://journals.humankinetics.com/doi/full/10.1123/pes.2017-0178>
27. Beqa, G., A. Elezi, F. Miftari, B. Gjinovci, and G. Elezi. "Effect of the Cardio Respirator Activity in the Frame of the Benefit in Some Biochemical Parameters". *Journal of Education, Health and Sport*, vol. 8, no. 11, Nov. 2018, pp. 425-3,  
<https://apcz.umk.pl/JEHS/article/view/6330>.
28. Factors Influencing Participation in school Based physical activity Programs among Adolescents. 15th International Scientific Conference on Transformation Processes in Sport "Sport Performance" 12 -15 Prill, 2018  
[HTTPS://WWW.RESEARCHGATE.NET/PUBLICATION/324680930\\_FACTORS\\_INFLUENCING\\_PARTICIPATION\\_IN\\_SCHOOL\\_BASED\\_PHYSICAL\\_ACTIVITY\\_PROGRAMS\\_AMONG\\_ADOLESCENTS](https://www.researchgate.net/publication/324680930_FACTORS_INFLUENCING_PARTICIPATION_IN_SCHOOL_BASED_PHYSICAL_ACTIVITY_PROGRAMS_AMONG_ADOLESCENTS)
- Bronikowski M, Laudanska-Krzeminska I, Tomczak M, Morina B. Sense of coherence, physical activity and its associations with gender and age among Kosovar adolescents: a cross-sectional study. *J Sports Med Phys Fitness* 2017;57:1023-32. DOI: 10.23736/S0022-4707.16.06394-5 <https://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y2017N07A1023#>
29. Morina, Besnik, Georgiev, Georgi, & Hadzic, Rasid. (2018). Some Indicators of Fatness and Fitness in Kosovian and Montenegro Adolescents. *International Journal of Morphology*, 36(3), 864-870. <https://dx.doi.org/10.4067/S0717-95022018000300864>
30. Morina, Besnik & Tahiraj, Enver & Bahtiri, Abedin & Elezi, Abdulla & Hadžić, Rašid. (2018). Comparative analysis of anthropometric body dimensions between primary school students from Kosovo and Montenegro, in relation to their age. Vol.7No.4. 10.30472/ijaep.v7i4.292.

<https://www.researchgate.net/publication/330204423> Comparative analysis of anthropometric body dimensions between primary school students from Kosovo and Montenegro in relation to their age/citation/download

31. Brestovci, S. B., B. Morina, and M. Berisha. "Urban-Rural Differences of Free Activities in Children of Age 11-14". *Journal of Education, Health and Sport*, vol. 10, no. 3, Mar. 2020, pp. 42-56, doi:10.12775/JEHS.2020.10.03.004.  
<https://apcz.umk.pl/JEHS/article/view/JEHS.2020.10.03.004>
32. Morina, Besnik, Florian Miftari, and Dana Badau. "Fitness Level Differences between Students in Kosovo and Montenegro." *Education Sciences* 11.3 (2021): 140. Available: <http://dx.doi.org/10.3390/educsci11030140>.
33. bajcinca- brestovci, Shqipe & Morina, Besnik & Gontarev, Seryozha. (2021). Gender differences in social cognitive factors and physical activity of Kosovo college students. *Journal of Physical Education and Sport*. 21. 2165-2172. 10.7752/jpes.2021.s3276.  
<https://efsupit.ro/images/stories/iulie2021/Art%20276.pdf>
34. Berisha, Ajvaz, Berisha, Kushtrim, & Koca, Afrim. (2019). Body weight and body height assessment in female high school seniors. <https://doi.org/10.5281/zenodo.2621091>
35. Berisha, A., A. Koca, and K. Berisha. "The Differences in Some Motor Skills Among Students Involved in Karate and Football". *Pedagogy and Psychology of Sport*, vol. 5, no. 2, Feb. 2019, pp. 11-20, doi:10.12775/PPS.2015.05.02.012.  
[https://apcz.umk.pl/PPS/article/view/PPS.2015.05.02.012%23~:text=The%20changes%20obtained%20from%20the,footballers%20\(p%20%3C0.001\).](https://apcz.umk.pl/PPS/article/view/PPS.2015.05.02.012%23~:text=The%20changes%20obtained%20from%20the,footballers%20(p%20%3C0.001).)
36. Berisha, A., A. Koca, and K. Berisha. "Application of Taxonomy Analysis in Selection of Young Sportsman in Karate and Football". *Journal of Education, Health and Sport*, vol. 9, no. 2, Feb. 2019, pp. 21-29, <https://apcz.umk.pl/JEHS/article/view/6547>.
37. Gjonbalaj, Malsor, Georgiev, Georgi, & Bjelica, Dusko. (2018). Differences in Anthropometric Characteristics, Somatotype Components, and Functional Abilities Among Young Elite Kosovo Soccer Players Based on Team Position. *International Journal of Morphology*, 36(1), 41-47. <https://dx.doi.org/10.4067/S0717-95022018000100041>
38. Berisha, Ajvaz, Berisha, Kushtrim, & Koca, Afrim. (2019). Body weight and body height assessment in female high school seniors. <https://doi.org/10.5281/zenodo.2621091>
39. Berisha, A., A. Koca, and K. Berisha. "The Differences in Some Motor Skills Among Students Involved in Karate and Football". *Pedagogy and Psychology of Sport*, vol. 5, no.

2, Feb. 2019, pp. 11-20, doi:10.12775/PPS.2015.05.02.012.

[https://apcz.umk.pl/PPS/article/view/PPS.2015.05.02.012%23::~:~:text=The%20changes%20obtained%20from%20the,footballers%20\(p%20%3C0.001\).](https://apcz.umk.pl/PPS/article/view/PPS.2015.05.02.012%23::~:~:text=The%20changes%20obtained%20from%20the,footballers%20(p%20%3C0.001).)

40. Berisha, A., A. Koca, and K. Berisha. "Application of Taxonomy Analysis in Selection of Young Sportsman in Karate and Football". Journal of Education, Health and Sport, vol. 9, no. 2, Feb. 2019, pp. 21-29, <https://apcz.umk.pl/JEHS/article/view/6547>
41. Koca, A., A. Berisha, and E. Koci. "Definition of Latent Antropometric Actors of the Handball Players from the Super League of Kosovo". Journal of Education, Health and Sport, vol. 8, no. 12, Dec. 2018, pp. 623-32, <https://apcz.umk.pl/JEHS/article/view/6420>.
42. Murat Nikoqeviç, Hasim Rushiti, Bujar Turjaka. Impact of physical activity on the cardiovascular system. 2nd Scientific conference for physical education, sport and health. 1-2 November 2019, Pristina. Microsoft Powerpoint Presetation. [https://drive.google.com/file/d/1u1RnaZ1b\\_tbZaNALzgrUe4zwzdPwTjxD/view](https://drive.google.com/file/d/1u1RnaZ1b_tbZaNALzgrUe4zwzdPwTjxD/view)
43. Arbëresha Turjaka, Bujar Zatriqi, Bujar Turjaka. Body mass index of 12 years old children from urban and rural areas. 2nd Scientific conference for physical education, sport and health. 1-2 November 2019, Pristina. Microsoft Powerpoint Presetation. [https://drive.google.com/file/d/1u1RnaZ1b\\_tbZaNALzgrUe4zwzdPwTjxD/view](https://drive.google.com/file/d/1u1RnaZ1b_tbZaNALzgrUe4zwzdPwTjxD/view)
44. Salihu, Hazir, & Dardan Dehari. "SPECIFICITIES PRESENTED IN SOME BASIC AND SPECIFIC MOTOR SKILLS OF VARIABLES TO YOUNG BASKETBALL PLAYERS." European Journal of Physical Education and Sport Science [Online], 0 (2016): n. pag. Web. <https://oapub.org/edu/index.php/ejep/article/view/121>
45. Elshani, Qazim, & Hazir Salihu. "RATING CHANGES INTRODUCED IN SOME CHARACTERISTIC MORPHOLOGICAL AND BASIC-SPECIFIC MOTOR SKILLS TO YOUNG ACTIVE AND INACTIVE BASKETBALL PLAYERS." European Journal of Physical Education and Sport Science [Online], 0 (2016): n. pag. Web. <https://oapub.org/edu/index.php/ejep/article/view/194/0>
46. Miftari, Florian, Juel Jarani, Dhimitraq Stratoberdha, & Hazir Salihu. "A COMPARISON OF THE ANTHROPOMETRIC PARAMETERS BETWEEN BASKETBALL PLAYERS, HANDBALL PLAYERS AND VOLLEYBALL PLAYERS." European Journal of Physical Education and Sport

Science [Online], 0 (2017): n. pag. Web.  
<https://oapub.org/edu/index.php/ejep/article/view/1123>

47. Miftari, Florian et al. "Presentation of Valid Correlations in Some Morphological Variables and Basic and Specific Motor Skills in Young People Aged 13-14 Years Engaged in Basketball." (2018). <https://www.semanticscholar.org/paper/Presentation-of-Valid-Correlations-in-Some-and-and-Miftari-Salihu/cbca17235c0cf1f0c7e11ded6b6c93b7b37fc5b9>
48. Elshani, Q. & Salihu, Hazir. (2018). Influence of corelations in some morphological variables and basic and specific movable of young basketball players. Sport Science. 11. 7-10.  
[https://www.researchgate.net/publication/330344462\\_Influence\\_of\\_corelations\\_in\\_so\\_me\\_morphological\\_variables\\_and\\_basic\\_and\\_specific\\_movable\\_of\\_young\\_basketball\\_p\\_layers](https://www.researchgate.net/publication/330344462_Influence_of_corelations_in_so_me_morphological_variables_and_basic_and_specific_movable_of_young_basketball_p_layers)
49. Salihu, Hazir & Elshani, Q.. (2018). Valid performances in some morphological and motoric variables, basic and specific to 12-13 year old girls. Sport Science. 11. 11-14.  
[https://www.researchgate.net/publication/330344766\\_Valid\\_performances\\_in\\_some\\_morphological\\_and\\_motoric\\_variables\\_basic\\_and\\_specific\\_to\\_12-13\\_year\\_old\\_girls](https://www.researchgate.net/publication/330344766_Valid_performances_in_some_morphological_and_motoric_variables_basic_and_specific_to_12-13_year_old_girls)
50. Miftari, Florian, Juel Jarani, Dhimitraq Stratoberdha, & Hazir Salihu. "A COMPARISON OF THE ANTHROPOMETRIC PARAMETERS BETWEEN BASKETBALL PLAYERS, HANDBALL PLAYERS AND VOLLEYBALL PLAYERS." European Journal of Physical Education and Sport Science [Online], 0 (2017): n. pag. Web.  
<https://oapub.org/edu/index.php/ejep/article/view/1123>
51. alihu, Hazir, & Miftari, Florian. (2018). The differences in motoric basic and situational motoric tests to young basketball players. Journal of Education, Health and Sport, 8(11), 311–317. <https://doi.org/10.5281/zenodo.1490531>
52. Gllareva, Ilir et al. "Anthropometric and Motor Competence Classifiers of Swimming Ability in Preschool Children-A Pilot Study." International journal of environmental research and public health vol. 17,17 6331. 31 Aug. 2020, doi:10.3390/ijerph17176331  
<https://pubmed.ncbi.nlm.nih.gov/32878111/>
53. Shalaj, Ismet et al. "Potential prognostic factors for hamstring muscle injury in elite male soccer players: A prospective study." PloS one vol. 15,11 e0241127. 9 Nov. 2020, doi:10.1371/journal.pone.0241127 <https://pubmed.ncbi.nlm.nih.gov/33166289/>

54. Gjaka, Masar et al. "The Effect of COVID-19 Lockdown Measures on Physical Activity Levels and Sedentary Behaviour in a Relatively Young Population Living in Kosovo." *Journal of Clinical Medicine* 10.4 (2021): 763. Available: <http://dx.doi.org/10.3390/jcm10040763>.
55. Tishukaj, Faton et al. "Lower Limb Force And Power Production And Its Relation To Body Composition In 14- To 15-year-old Adolescents." *Journal is not defined within the JOURNAL database*. (2020): n. pag. <https://www.semanticscholar.org/paper/Lower-Limb-Force-And-Power-Production-And-Its-To-In-Tishukaj-Shalaj/dc85f3a7045fc1d886a04d18a3e78565b7e5c777>
56. Kaltrina Feka, Masar Gjaka, Faton Tishukaj, Antonino Bianco. (2021) Is dieting a solution during pandemic for weight control? *Acta Medica Mediterranea* ; 37(2):1269-1270, 2021. ID: covidwho-1215809 <https://pesquisa.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/pt/covidwho-1215809>
57. Gjaka, Masar et al. "The Effect of COVID-19 Lockdown Measures on Physical Activity Levels and Sedentary Behaviour in a Relatively Young Population Living in Kosovo." *Journal of clinical medicine* vol. 10,4 763. 14 Feb. 2021, doi:10.3390/jcm10040763 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7918337/citedby/>
58. Brestovci, S. B., B. Morina, and M. Berisha. "Urban-Rural Differences of Free Activities in Children of Age 11-14". *Journal of Education, Health and Sport*, vol. 10, no. 3, Mar. 2020, pp. 42-56, doi:10.12775/JEHS.2020.10.03.004. <https://apcz.umk.pl/JEHS/article/view/JEHS.2020.10.03.004>
59. Iezi, Abdulla & Myrtaj, Nazim & Rashiti, Naser. (2016). THE EFFECT OF ADDITIONAL AEROBIC TRAINING IN THE DEVELOPMENT OF SOME MOTOR SKILLS IN HANDBALL. 5. 87-90. [https://www.researchgate.net/publication/330425270\\_THE\\_EFFECT\\_OF\\_ADDITIONAL\\_AEROBIC\\_TRAINING\\_IN\\_THE\\_DEVELOPMENT\\_OF\\_SOME\\_MOTOR\\_SKILLS\\_IN\\_HANDBALL/citation/download](https://www.researchgate.net/publication/330425270_THE_EFFECT_OF_ADDITIONAL_AEROBIC_TRAINING_IN_THE_DEVELOPMENT_OF_SOME_MOTOR_SKILLS_IN_HANDBALL/citation/download)
60. Ramadani, L., G. Heta, L. Bekolli, N. Rashiti, Q. Ramabaja, and A. Millaku. "The Impact Of Short Run Distances To The Final Results Of The Decathlon At The 2019 Athletic World Championships". *Journal of Education, Health and Sport*, vol. 9, no. 12, Dec. 2019, pp. 101-9, doi:10.12775/JEHS.2019.09.12.011. <https://apcz.umk.pl/JEHS/article/view/JEHS.2019.09.12.011>



61. Heta, G., L. Bekolli, L. Ramadani, Q. Ramabaja, and N. Rashiti. "Difference Between Midfield and Forward Football Players in Active and Passive Body Mass Index As Well As in the Aerobic Capacity". *Journal of Education, Health and Sport*, vol. 10, no. 2, Feb. 2020, pp. 60-65, doi:10.12775/JEHS.2020.10.02.007.  
<https://apcz.umk.pl/JEHS/article/view/JEHS.2020.10.02.007>
62. Heta, G., L. Ramadani, N. Rashiti, L. Bekolli, and E. Shabani. "Application of Bioelectric Impedance in the Assessment of Body Components to Active and Pasiv Athletes". *Journal of Education, Health and Sport*, vol. 10, no. 2, Feb. 2020, pp. 133-9, doi:10.12775/JEHS.2020.10.02.018.  
<https://apcz.umk.pl/JEHS/article/view/JEHS.2020.10.02.018>
63. Beqa Ahmeti, Gentiana et al. "Endurance Training vs. Circuit Resistance Training: Effects on Lipid Profile and Anthropometric/Body Composition Status in Healthy Young Adult Women." *International Journal of Environmental Research and Public Health* 17.4 (2020): 1222. Available: <http://dx.doi.org/10.3390/ijerph17041222>.
64. Idrizovic, Kemal et al. "Indices of Cardiovascular Health, Body Composition and Aerobic Endurance in Young Women; Differential Effects of Two Endurance-Based Training Modalities." *Healthcare* 9.4 (2021): 449. Available: <http://dx.doi.org/10.3390/healthcare9040449>.
65. Versic, Sime et al. "Differential Effects of Resistance- and Endurance-Based Exercise Programs on Muscular Fitness, Body Composition, and Cardiovascular Variables in Young Adult Women: Contextualizing the Efficacy of Self-Selected Exercise Modalities." *Medicina* 57.7 (2021): 654. Available: <http://dx.doi.org/10.3390/medicina57070654>.

