



UNIVERSITY OF PRISHTINA
FACULTY OF PHYSICAL EDUCATION AND SPORTS

Prishtina, December 30, 2024

INFORMATION BULLETIN

October - December 2024



THE DEAN'S SPEECH

Dear Students,
Respected Colleagues,
Honorable Representatives of the University of Prishtina, and Esteemed Partners,

Today, we gather to reflect on an extraordinary period of achievements and joint efforts that have marked our journey as a faculty. In light of our informational bulletin, I want to emphasize that these accomplishments not only testify to our dedication to education and sports but also serve as a guidepost for our bright future.

A special thanks goes to you, dear students, for your active participation in our activities, including courses in sports administration, scientific research, and international projects such as "S2ABC," "Sport as Value," and "SHAPE," where you have excelled in every endeavor.

Moreover, I proudly highlight your outstanding achievements in winning trophies in international competitions, consistently shining on the global stage with top rankings year after year. For this, we are deeply grateful, as your success represents us with dignity and strengthens the image of our faculty. You are our inspiration and the reason we continue to push the boundaries of possibilities.

To my colleagues, I would like to underline the importance of your tireless work. I commend you for the smooth running of the teaching process, your dedication to updating lectures, and your involvement in mentoring, committees, and drafting regulations and other relevant documents that have been and will remain beneficial to the Faculty of Physical Education and Sports. Additionally, I congratulate you on your excellent work in the field of scientific research, as evidenced by the noticeable increase in the number of publications in prestigious journals. This is a clear indicator of your commitment to advancing knowledge and the scientific reputation of our faculty.

Further gratitude goes to the University of Prishtina and our institutional partners, who have provided continuous support for our projects and initiatives. This strategic collaboration has played a crucial role in achieving our objectives and expanding opportunities for both students and staff.

As we move forward, allow me to encourage you to continue with the same energy and dedication. Together, we can build a future where the Faculty of Physical Education and Sports not only serves as a center of academic and professional excellence but also stands as a symbol of unity, innovation, and commitment to sporting values in our country!

I thank you all for your dedication and support. Together, let us continue to write new chapters of success!

Happy New Year 2025!



**DEAN
PROF. ASST. FLORIAN MIFTARI**

MALSOR GJONBALAJ AND FATON TISHUKAJ HAVE BEEN APPOINTED AS VICE DEANS FOR TEACHING AND SCIENCE

The new Dean of the Faculty of Physical Education and Sports, Prof. Asst. Florian Miftari, has formed his team of Vice Deans, selecting prominent academic figures who will contribute to steering and advancing the faculty towards the highest standards.

Prof. Asst. Malsor Gjonbalaj has been appointed as the Vice Dean for Teaching and Student Affairs. With extensive experience in sports and student education, particularly his recognized expertise in football and physical education, Prof. Gjonbalaj will play a vital role in enhancing students' academic experience and developing the faculty's educational programs.

Meanwhile, Prof. Asst. Faton Tishukaj has been appointed as the Vice Dean for Science and International Relations. With an outstanding international career in scientific research and a strong commitment to building global connections, Prof. Tishukaj will be instrumental in advancing the faculty's research projects and fostering new partnerships with international institutions.

With this new leadership team, the Faculty of Physical Education and Sports remains dedicated to achieving high academic standards and advancing internationalization, offering students new opportunities for personal and professional growth.

We wish the newly appointed Vice Deans great success in their mission and believe that under the guidance of this dedicated team, the Faculty will reach new heights of excellence. Read more [here](#).

The Bodies of the Faculty of Physical Education and Sports (FEFS) Have Been Constituted

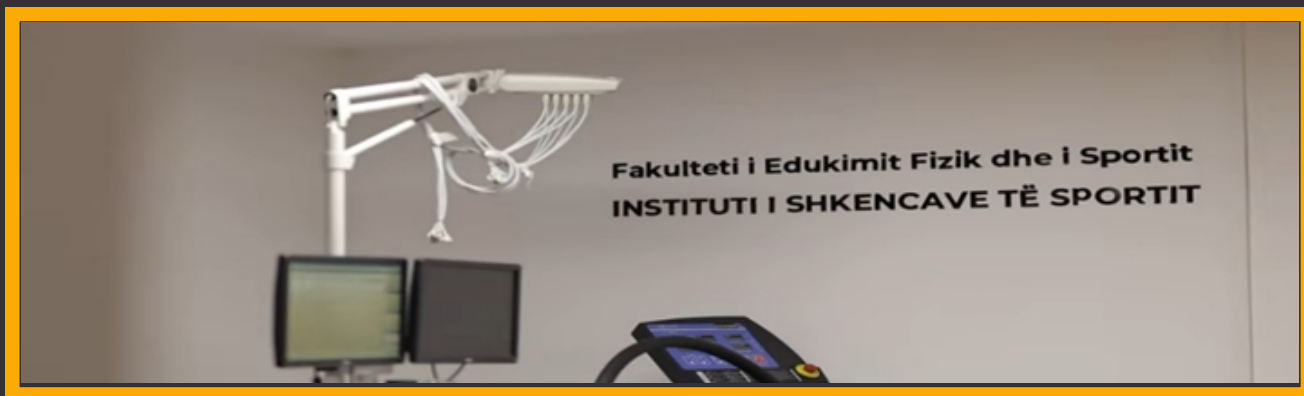
The Faculty of Physical Education and Sports has selected its governing bodies and appointed committees in accordance with the Statute of the University of Prishtina and the regulations for organization and functionality within the academic unit:

Coordinator for Academic Development
Committee for Studies
Committee for Master's Thesis Defense
Research Ethics Committee
Year Mentors Appointed
Leadership Bodies of the Institute Elected



THE FUNCTIONALIZATION OF THE INSTITUTE OF SPORTS SCIENCES: THE DIRECTOR AND SECRETARY OF THE INSTITUTE AT FEFS HAVE BEEN ELECTED

The Faculty of Physical Education and Sports is in the process of functionalizing the Institute of Sports, an important step towards advancing scientific research and professional development in the field of sports. This institute will serve as a center of excellence for scientific research, innovation, and international collaboration, offering students and staff new opportunities to contribute to the advancement of sports and health.



In order to enable the functionalization of the Institute of Sports, the Faculty of Physical Education and Sports has appointed its leaders. Prof. Asst. Bahri Gjinovci has been selected as the director of the institute, while Prof. Asst. Ilir Gllareva has been appointed as the secretary under the leadership of the Vice Dean for Science, Prof. Asst. Faton Tishukaj. This leadership team is expected to play a key role in the development and successful management of the institute. Read more [here](#).



INTERNAL REGULATIONS HAVE BEEN DRAFTED AT FEFS

The Faculty of Physical Education and Sports has developed three internal regulations:

- The Regulation for Dual Career
- The Regulation for Discipline and Safety in Skiing Courses
- The Regulation for Discipline and Safety in Mountain and Coastal Activities

1. Objective of the Dual Career Regulation

This regulation serves to create a clear and supportive framework for athletes, enabling them to effectively balance their sports commitments with education and professional development. The regulation aims to:

- Promote education and professional training, ensuring that athletes have the opportunity to develop skills for a career beyond active sports.
- Support athletes during their sports careers, providing flexibility and logistical support to meet academic and professional demands.
- Facilitate the transition after the end of an athletic career, helping athletes integrate into the job market or other areas of interest. This regulation represents a significant commitment to building a sustainable future for athletes, empowering them to succeed both in sports and in other areas of life.

2. Objective of the Regulation for Discipline and Safety in Skiing Courses

This regulation aims to ensure the smooth running of skiing courses and minimize risks during stays in the mountains. It also sets high standards of behavior and discipline expected from students throughout the course.

3. Objective of the Regulation for Discipline and Safety in Mountain and Coastal Activities

This regulation aims to ensure the smooth running of activities in mountain and coastal areas, minimizing risks and ensuring proper student behavior during these activities. It sets high standards of discipline and safety expected from students in both environments.

FEFS IS A NEW MEMBER OF THE INTERNATIONAL ORGANIZATIONS: S2ABC, ENGSO, AND ENSHE

Faculty of Physical Education and Sports – A Leader in Internationalization and Global Collaborations

The Faculty of Physical Education and Sports (FEFS) at the University of Prishtina continues to build a strong international presence by becoming a member of some of the most important international organizations in the field of sports and education. In the past year, FEFS has successfully joined prestigious organizations such as S2ABC, ENGSO (European Non-Governmental Sports Organisation), and ENSE (European Network of Sport Education), reinforcing its position as a leading institution in the region and beyond.

Strategic Memberships – A Foundation for New Collaborations

- S2ABC: Participation in this network provides the Faculty with opportunities to engage in innovative projects and develop new approaches to sports as a value for communities.
- ENGSO: Membership in this prestigious European organization strengthens the Faculty's commitment to promoting sports for development and social inclusion, opening doors for collaboration projects and international academic exchanges.
- ENSE: As part of this network, FEFS enhances its academic and research capacities by gaining access to the best standards and practices of higher education in sports in Europe.

With these significant steps, the Faculty of Physical Education and Sports not only affirms its values and potential but also contributes to raising the profile of the University of Prishtina as an internationally recognized center for sports sciences and sustainable development.



FEFS STUDENTS HAVE EXCELLED IN THE S2ABC COURSE

After joining S2ABC, the Sport Management course has started for the students of the Faculty of Physical Education and Sports. As part of the Erasmus Plus Capacity Building program, the course has provided an exceptional opportunity for our students to broaden their horizons in the field of sports management.

In line with the principles of International Collaboration and our commitment to improving the quality of education, this initiative is an important step toward achieving shared goals for the professional development of our students. Through training in sports management, they gain new knowledge, practical skills, and experience that will help them build their careers in the field of sports.

We are dedicated to supporting this journey of our students and ensuring a fruitful environment for their professional development. Special thanks go to all the professors, administrative staff, and Erasmus Plus program representatives for their tireless commitment and support in the realization of this project.

We are confident that this course will be an exciting and rewarding journey for all participants, and we look forward to seeing their success and achievements in the future.



THE FACULTY OF PHYSICAL EDUCATION AND SPORTS (FEFS) HAS PARTICIPATED IN TWO IMPORTANT INTERNATIONAL CONFERENCES, EMPHASIZING ITS COMMITMENT TO THE DEVELOPMENT OF SPORTS AND EDUCATION AT THE REGIONAL AND INTERNATIONAL LEVELS

At the "EAS 2024 Annual Conference" held at the Academy of Physical Education AWF Katowice, Poland, with the theme "Dual Career in Sports and University – Innovative Bridges Between Sport and Education," the Vice Dean for Science and International Relations, Prof. Asst. Faton Tishukaj, successfully presented the findings of the "Sport as Value" project. This project aims to advance grassroots sports and apply best practices in the Western Balkans and the EU, where the Faculty has played a leading role.

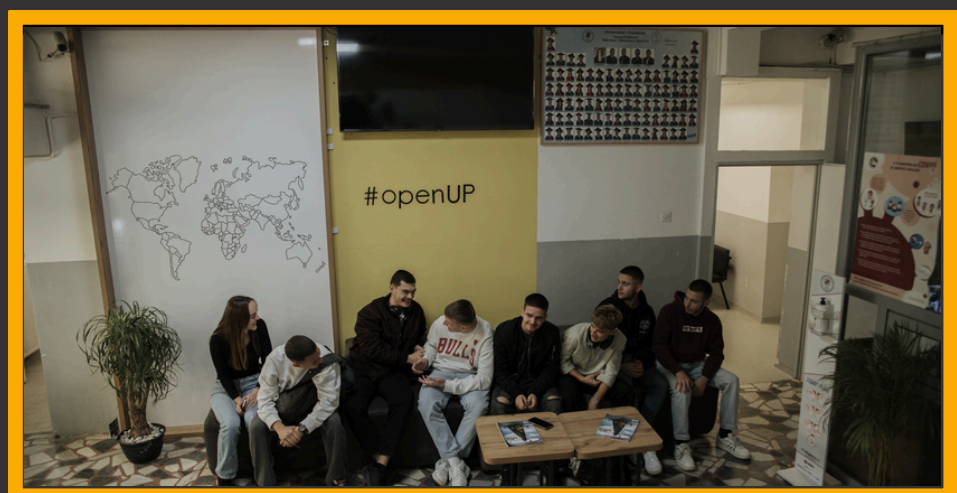
Additionally, at the "Scoring Development: Regional Cooperation and Youth Empowerment through Sport" conference organized by GIZ and RYCO in Skopje, the Faculty was recognized for incorporating the course "Sport for Development" into the bachelor's curriculum. This course aims to empower youth through sport and sustainable development. During the conference, the need for organizing a regional inter-university conference to promote sport as a tool for development and international cooperation was emphasized.

Through these participations, FEFS confirms its commitment to advancing sport and education, contributing to the empowerment of youth and social development in the region and beyond.



THE NEW BRANDING, UNIFORMS, AND SIGNAGE AT FEFS

The Faculty of Physical Education and Sports has implemented new branding, uniforms, and signage. This change will help students have easier access and orientation to classrooms, exercise halls, student service offices, academic staff consultation offices, the library, and other important areas dedicated to students.



STUDENT ACTIVITIES HAVE BEEN CONTINUOUSLY PROMOTED ON SOCIAL MEDIA PLATFORMS

A typical day at the Faculty of Physical Education and Sports.

Our students are always engaged and dedicated, attending lectures and practical activities with passion and commitment.

Their success is our priority!



THE ACTIVITY WITH SCHOOLS UNDER THE SHAPE PROJECT – SPORTS WEEK, WAS SUCCESSFULLY HELD UNDER THE LEADERSHIP OF THE VICE DEAN, PROF. ASST. MALSOR GJONBALAJ

The Faculty of Physical Education and Sports (FEFS), in collaboration with the "Faik Konica" Primary and Lower Secondary School, organized sports activities with the 4th-grade students of this school.

The activities took place today as part of the "West Balkan Week of Sport," which is being held as part of the SHAPE project, in which the University of Prishtina "Hasan Prishtina" FEFS is a partner.

The activities of this week aim to promote physical education and sports, as well as the true values of sports, to raise awareness among citizens of all ages about the importance of sport for their health and well-being.

The Faculty of Physical Education and Sports (FEFS) will continue to be an active promoter of physical education and sports through various collaborative activities with educational institutions and the broader community. In the future, FEFS aims to expand these initiatives to strengthen sports culture and inspire youth to lead a healthy and active life.

Through such engagements, the Faculty will continue to contribute to creating an inclusive and educational sports environment, supporting the development of true sporting values in society.



THE WATER SUPPLY ISSUE AT FEFS HAS BEEN RESOLVED

With the support of KRU Prishtina, the Faculty of Physical Education and Sports has resolved the water supply issue. This improvement in water supply capacity is of great importance for our students and staff, ensuring a cleaner and more suitable environment for the development of academic and sports activities.

Additionally, the faculty management has demonstrated a strong commitment to improving infrastructure and providing optimal conditions for all academic and training processes. Through a proactive approach, other measures have been implemented, such as the maintenance of sports facilities and investment in new modern training equipment, ensuring an environment suitable for the successful development of our students.



IMPORTANT MEETINGS HAVE BEEN HELD WITH RELEVANT INSTITUTIONS

FEFS has held important meetings with relevant institutions, including the Ministry of Culture, Youth, and Sports, the Kosovo Olympic Committee, embassy representatives, and many other organizations. These meetings aimed to build bridges of cooperation and exchange ideas for projects and initiatives that will contribute to the development of sports and physical education in the country. The joint commitment of these institutions and the faculty seeks to promote the growth of quality education, advance scientific research, and promote the values of sport as a tool for social and professional development.



THE PARTICIPATION OF THE FEFS MANAGEMENT IN THE 17TH ENSE FORUM, HELD ON NOVEMBER 1ST AND 2ND, 2024, IN TIRANA.

The Faculty of Physical Education and Sports has become a member of a prestigious organization such as the European Network of Sport Education (ENSE).

The management of FEFS participated in the 17th ENSE Forum, held on November 1st-2nd in Tirana. ENSE is an organization aimed at creating opportunities for learning, skills, competencies, and qualifications in all environments for individuals or organizations that lead, develop, and support sports activities.

ENSE seeks to achieve this by working on pan-European projects, creating innovative educational materials, linking organizations working in the field of sport education, and advocating for effective policies at the European level.

In this regard, our faculty plays an important role in preparing future professionals in the field of physical education, sports, and public health in the Republic of Kosovo.

By becoming part of an international network such as ENSE, we can benefit from the exchange of best practices and from enhanced collaborations with prestigious institutions across Europe.

Through this membership, we will have access to advanced programs, training, and new resources that will improve the quality of our curricula in physical education and sport. Students and academic staff will benefit from international exchange opportunities and joint research projects, expanding their experiences and professional capacities.

Additionally, FEFS's participation in ENSE will enable contribution to European discussions on sports policies and physical education, bringing the voice of Kosovo to the international stage.

FEFS remains committed to providing ideal conditions for education, professional work, and national and international collaboration.



FEFS IS ALSO ACTIVE IN THE 6TH FORUM OF "SPORTIVE ROUNDTABLES"

The Dean of FEFS, Prof. Asst. Dr. Florian Miftari, and the Secretary, Dr. Gani Ibrahimi, participated in the 6th "Sportive Roundtable" platform organized by the Ministry of Culture, Youth, and Sports (MKRS) and the Kosovo Olympic Committee (KOK).

At this roundtable, discussions were held on the latest developments of the Law, which benefits the entire sports community in the Republic of Kosovo.

Some of the topics addressed included necessary statutory changes for sports organizations, the duties and responsibilities of federations, and the procedure for permitting their activities, the status and registration of sports clubs, licensing of coaches, instructors, and sports agents, athlete care, and contractual obligations toward athletes.

There was also a discussion on the development of sports at all levels and international competitions, procedures for registering sports schools, fitness centers, and sports centers, the new sports financing system, and its connection with performance and auditing transparency.



FEFS STUDENTS PARTICIPATED IN THE 7TH CONFERENCE ON "GENDER EQUALITY AND DIVERSITY"

The Kosovo Olympic Committee (KOK), through the "Women and Sport" commission, organized the 7th edition of the conference "Gender Equality and Diversity," which this year focused on the theme "Equal Play – Women in Leadership." The goal of the conference was to promote and encourage the growth and inclusion of girls and women in sports, as well as in various other fields.

The conference was held at the National Library "Pjetër Bogdani" and was attended by numerous representatives from sports federations, the Ministry of Culture, Youth, and Sports (MKRS), members of the Kosovo Assembly, the Municipality of Pristina, the Faculty of Physical Education and Sport, students, and others.

Panelists from the business sector discussed best practices related to gender equality, which can also contribute to the sports field. Meanwhile, the sports community focused on the role and empowerment of women and girls in sports.



A SIGNIFICANT MEETING WAS HELD BETWEEN THE ADVISORY BODY, THE ACADEMIC STAFF, AND THE STUDENT REPRESENTATIVES OF FEFS

A significant meeting was held today at the Faculty of Physical Education and Sports, bringing together the Faculty's Advisory Body, academic staff, and student representatives. The meeting was highly productive, focusing on advancing student interests and linking them with the sports industry and relevant institutions. Among the key topics discussed were:

1. Development of new study programs – The need to design programs that address industry demands and better prepare students for the labor market, particularly in the field of sports management and administration.
2. Projects in student education and professional development – Ideas and initiatives were presented that will increase student involvement in practical activities.
3. Study visits and collaborations – The Advisory Body and faculty management agreed on concrete steps for organizing study visits to institutions and organizations such as:
 - The Kosovo Olympic Committee
 - Ministry of Culture, Youth, and Sports
 - Sports federations
 - Sports clubs and other organizations with an impact on the sports industry.
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The meeting was enriched by the participation of prominent figures, including:

- Mr. Blerand Stavileci, Chairman of the FEFS Advisory Body
- Mr. Ibër Alaj, Director at the Ministry of Culture, Youth, and Sports
- Mr. Labinot Salihu, Director at KUSAS
- Mr. Granit Rugova, Director of Program Development at the Kosovo Basketball Federation

Also participating were the FEFS management, academic staff, and students, who contributed valuable discussions and innovative ideas for the future. This meeting marks an important step toward strengthening the collaboration between the faculty, industry, and sports institutions, with the aim of providing concrete development opportunities for our students.





THE PARTICIPATION OF FEFS IN THE CONFERENCE "SPORTS AS VALUE" ORGANIZED BY KOK

The management and students of the Faculty of Physical Education and Sports (FEFS) participated in the final conference of the project "Sports as Value," organized by the Olympic Committee of Kosovo. This project, focused on promoting grassroots sports as a social value, included in-depth research on the current state and strategic planning of grassroots sports in the countries of the region.

FEFS played a key role in this initiative, contributing with expertise and important scientific analyses that help in the development of sports policies in the region. The Faculty remains committed to working even more in this direction, strengthening efforts to advance education and sports in Kosovo, as well as supporting the development of sports as a tool for improving quality of life and promoting social values.



FEFS STUDENTS REACH THE SUMMIT OF MOUNT LUBOTENI

A group of students from the Faculty of Physical Education and Sports, passionate about mountaineering, organized an initiative to climb Mount Luboten in winter conditions, at an altitude of 2,498 meters above sea level. This activity was supported by Professor Besim Halilaj.

Facing subzero temperatures, challenging terrain, and strong winds, the group successfully reached the summit, using assistance equipment and under the guidance of professional climbers. During this challenging adventure, the team experienced an extraordinary journey, operating with the spirit of cooperation: "All for one, one for all."

Enjoy the views from this successful expedition to Mount Luboten.

FEFS students, November 24, 2024.



FINAL PREPARATIONS FOR PUTTING THE INSTITUTE INTO SERVICE

Dear students, academic staff, coaches, and experts in sports sciences, sports community, athletes, sports organizations, and health and wellness enthusiasts, get ready for a new chapter at the Institute of Sports Sciences at the Faculty of Physical Education and Sports!

From science to practice, toward excellence – our Institute is being built as a powerful bridge between knowledge and action to foster your academic, professional, and social advancement. By bringing together students, academic staff, local and international experts, athletes, sports organizations, the industry, and the broader community, our goal is to create a platform that not only empowers education and training but also promotes knowledge, innovation, and scientific research in sports and wellness.

With modern equipment, expertise, and advanced programs, the Institute will be a space where the passion for sports meets science and best practices, contributing to community development and personal achievements.

Something amazing awaits you – stay ready for a journey into a bright future!



THE PARTICIPATION OF VICE-DEANS IN THE "BEACTIVE" FORUM

Vice-deans Prof. Ass. Malsor Gjonbalaj and Faton Tishukaj participated in the #BeActive forum organized by MKRS. This forum promoted the importance of physical activity and a healthy lifestyle, bringing together key actors from the fields of education and sports. The Faculty of Physical Education and Sports (FEFS) presented the SHAPE project, in which it is a partner in a consortium with local and international partners. As part of the #BeActive platform and the Balkan Week of Sport, FEFS organized various activities aimed at promoting an active lifestyle and community involvement. During the forum, the importance of the ongoing collaboration between institutions was emphasized, and ideas were discussed to strengthen cohesion in the future, as well as to implement projects that contribute to a healthier and more active society.



FEFS RESEARCH CONTINUES

STATUS OF GROWTH AND DEVELOPMENT OF CHILDREN IN LOWER PRIMARY CYCLE IN SEVEN REGIONS OF KOSOVO

Dr. Hasim Rushiti, Prof. Asst. Dr. Besim Halilaj, Prof. Asst. Ilir Gllareva

Dr. Bujar Turjaka, Prof. Asst. Besnik Morina, MA. Ard Kryeziu

RESEARCH OBJECTIVE

The objective of this research is to determine the current status of the growth and physical development of children, including measurements of basic anthropometric characteristics and general movement abilities of students in the lower primary cycle, including students from first to fifth grade, aged 6 to 10 years, from both genders, in urban and rural areas. It also aims to compare these results with child growth standards according to the World Health Organization (WHO) and certain tests from the Youth Fitness Test Norms (YFTN).

SAMPLE OF THE STUDY PARTICIPANTS

This study includes approximately 3,000 students, both girls and boys, aged 6 to 10 years, attending the lower primary cycle from first to fifth grade in Primary Schools in seven regions of the Republic of Kosovo. According to official statistical data from the Ministry of Education, Science, Technology, and Innovation (MASHT) for the 2022-23 academic year, the total number of primary school students is 118,943, of which 57,752 are girls and 61,191 are boys. For more details, [click here](#).

This means that more than 1,071 students were needed for a reliability level of 99.9%, with the real value falling within $\pm 5\%$ of the test value.

Attached, you will find some of the field measurements that were conducted by professors and students of FEFS during the period from March to June 2024.



A NEW PROJECT HAS BEGUN, LED BY PROF. ASST. BESNIK MORINA

"DIFFERENCES IN THE PREVALENCE OF OVERWEIGHT AND OBESITY AND THE LEVEL OF MOTOR SKILLS IN PRIMARY SCHOOL STUDENTS FROM URBAN AND RURAL AREAS OF THE REPUBLIC OF KOSOVO"

The aim of the project is to determine whether there is a statistically significant difference in the prevalence of overweight and obesity, as well as in the level of motor skills of primary school students, aged 7-11 years, in relation to age, gender, and urban or rural areas of Kosovo.



WORKSHOP WITH MKRS

As part of the ongoing collaboration between FEFS and MKRS, the first meeting of the working groups was held with the aim of establishing common points for official cooperation in the coming years. The collaboration aims to deepen and formalize the partnership through a memorandum of cooperation, as well as to define joint actions and initiatives for the development of physical education and sports, as well as the preservation of health and overall well-being of the citizens of our country.




THE BEST FEFS STUDENTS OVER THE YEARS IN INTERNATIONAL COMPETITIONS, THE TRADITION CONTINUES



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