



**UBT College**

**STRATEGIC RESEARCH PLAN**

**Faculty of Sport Sciences and Movement**

**Bachelor program - Sport Sciences and Movement**

**Master program – Health and Physical Activity**

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## 1. INTRODUCTION

The Strategic Research Plan (SRP) contains forward-looking research priorities that will provide UBT with the greatest likelihood of success in ensuring continued leadership in health, prevention and athletic performance research over the coming decade. The overarching goal is to achieve a high level of research excellence in selected areas, while training the next generation of health researchers in a highly competitive and inter-disciplinary research environment. The SRP is anchored on a renewed focus on translating science from research results into improved clinical practice, better health outcomes and enhanced economic activity

The plan acknowledges that future research at UBT should not only focus on promoting and improving health over the course of life, but should also aim to improve athletic performance.

To optimize research activity, the plan proposes several timely cross-cutting priorities that aim to not only significantly advance knowledge but to apply an active program of engagement and translational science to improve overall health, athletic performance in the abovementioned areas.

## 2. RESEARCH PLAN

The UBT is a scholarly community that serves the larger community by advancing, sharing and applying knowledge, and by facilitating the development of thoughtful, creative, adaptable, contributing citizens. As part of an established and highly successful research-led University, in the field of research, UBT Faculty of Sport and Movement Science aims to become the leading research institution for Kosovo, based on a sound expertise in applied multidisciplinary research in general, and in Sport and Movement Science in particular. The faculty's research objectives are in line with the general strategic objectives of UBT, which are below:

- ✓ Continue to provide a dynamic and challenging intellectually rigorous educational programs that respond to the needs of learners in a complex region and global community
- ✓ Promote and sustain a teaching-learning environment that emphasizes the importance of the partnership between faculty and students and cultivates each student's sense of personal responsibility to undertake the work necessary to take full advantage of educational experiences.

- ✓ Promote and support teaching excellence and the scholarship of teaching among faculty.
- ✓ Expand information, knowledge, and data resources.

## 2.1. Research Mission of the Faculty of Sport and Movement Science

To contribute to the advancement of the country in research and education in line with European standards, and form qualified professionals able to respond to social needs in the different areas of technology, socioeconomic development, human and health studies, medicine and prevention, and athletic performance.

### Vision

- To become a recognized for innovative education, research and highly qualified sport professionals nationally, regionally and at European level.

## 2.2. Key Strategic Research Goals

The biomedical, health and sport performance research strategic goal is:

- To enhance health and athletic performance through research and innovation;
- To be internationally renowned for our world class activities in a number of strategically important centers of excellence, whilst simultaneously demonstrating excellence across a broader range of disciplinary areas;
- To be recognized internally and externally for the provision of outstanding research leadership, infrastructure, facilities, and support, and be admired for our creativity in developing and supporting new talent and initiatives;
- To substantially increase our share of external research grant income, in order to provide a sustainable funding base for our research;
- To attract increasing numbers of high-quality postgraduate research students, and provide them with a stimulating and supportive research environment and training;
- To have active engagement with a number of key strategic partners from across the Region, Europe and the world and be increasingly sought out by potential collaborators, partners, funders, policy makers, and the media, so that we increasingly shape the external research agenda;
- To increase participation in competitive, non-competitive and social sport and active recreation activities at all levels;
- To provide opportunities for achieving excellence in sporting performance;
- To ensure access to quality and sustainable infrastructure for the delivery of these activities;

### **3. RESEARCH PRIORITIES**

Through the following topics, UBT FSMS will build on its strengths in fundamental research by taking on the complementary goal of studying the roles of the environment, socioeconomic factors and lifestyles, with main focus on health of population and improvement of athletic performance.

Among the key research priorities for the academic year 2022/23 at the Faculty of Sport and Movement Science are the following:

- 1- Physical activity level and its relation to general health
- 2- Sports related performance indicators and use of technology
- 3- Match-induced fatigue effect in soccer performance
- 4- Basketball performance based on playing position
- 5- Sports Medicine
- 6- Drop-out rates in sport and the participation of females in sport
- 7- Personalized medicine and the role of physical activity in health and disease
- 8- The retirement reasons of athletes in Kosovo

### **4. RESEARCH OUTPUT**

UBT knowledge Center is the platform that UBT tracks the publications and research outcomes of its academic staff. UBT Knowledge Center is established in 2017, as one of the main pillar of UBT. The aim of the Knowledge Center is capturing data to produce information and create knowledge. Knowledge Center consists of three essential parts: A digital environment to advance local knowledge visibility. An organizational environment to enhance boundary crossing collaboration, A digital academic library environment to enable discovery of and access to published academic scholarship.

The research results will be disseminated by publishing and participating in:

- International Journal of Business and Technology, ISSN: Bib ID (66488)
- Proceedings of UBT Annual International Conferences

- Academic Books, Professional Review and Reports
- International scientific journals in the field of Sport Science indexed in the main international databases (e.g., SCOPUS, Web of Science etc.)
- National and International Conferences

## 5. RESEARCH INFRASTRUCTURE

UBT library consists of two separate spaces: spaces, which contained space for books and the space for reading. This separation enables the delivery of a more efficient service, opportunity for access to books and, at the same time, tranquility necessary and sufficient in the reading room.

The current physical library is depicted with its stacks of 250,000 printed books, one of the biggest libraries around, as well as its e-books and publisher databases. The librarians present work with physical books and digital material, including cataloguing and circulation, are illustrated at the left of the sphere named 'core knowledge'. UBT students have access to different digital e-Libraries, such as BIONE, EBSCO HOST, IMF, Cambridge Journals and JSTOR. Recently UBT, has acquired access to the well know data bases Web of Science and SCOPUS.

Most of the research activities within the Faculty of Sport and Movement Science will be conducted within Sports Medicine and Performance Testing Laboratory.

Moreover, based on the fact that Sport Science is a multidisciplinary field, other research projects will be realized using also the other laboratories part of the UBT research infrastructure, in the following list:

- UBT Chemistry lab
- UBT Physics Lab
- UBT Biochemistry Lab
- UBT Anatomy Lab
- UBT Physiotherapy Lab
- UBT Physiology Lab
- UBT Psychology Lab

- UBT Biology Lab • UBT Microbiology Lab
- Nutrition Lab.
- UBT Computer Programming Labs
- UBT Software Testing Lab.
- UBT Data Processing, Statistics, Modeling and Simulation

## 6. RESEARCH INTERNATIONAL COOPERATION

The faculty seeks international cooperation in research through the following means:

- Participation in contractual regional and international research projects as a leading implementation partner and as a full or guest implementing member;
- Participation in contractual projects leading to the creation of original datasets or in refining and modernizing data for the purposes of research in sport science;
- Supporting non-contractual mobility through conferences, symposiums, roundtables, lectures, publication events;
- Supporting and promoting co-authorship and co-presentation of publications and research reports with colleagues from international universities;
- Supporting in-coming mobility of the most established researchers in the various fields of political science;
- Sponsoring open-access publications where necessary;
- Supporting peer-reviewing engagements of academic staff in the international scene;
- Supporting major book projects through friendly adjustment of teaching and administrative engagement expectations for lecturers, and even sabbatical leaves in foreign universities where cooperation takes place.

List of international cooperation in research and teaching:

1. University of Rome “Foro Italico”
2. University of Vienna - Center of Sport Science and University Sports,
3. University of Sports of Tirana

As part of the activities to increase the international presence, the Faculty of Sport and Movement Science under the umbrella of UBT has applied for a capacity building project in the field of higher education in ERASMUS +. The consortium consists of 6 partner universities from the Western Balkan Region and 2 EU HEI, University of Rome “Foro Italico” and the University of Vienna. UBT, the Faculty of Sport and Movement Science is the leader of the project. In addition, we have applied also for a ICM project together with University of Palermo, Italy.