



Faculty of Sport Sciences and Movement:
Bachelor program - Sport Sciences and Movement
Master program – Health and Physical Activity

ANNUAL REPORT 2023/2024

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1. Improving Teaching and Learning

1.1 Improving teaching

1.1.1 Engaged staff

The Faculty of Sports and Movement Sciences engaged includes 22 teachers in the academic staff at bachelor level. In the Winter semester, 14 teachers were engaged, while in the summer semester 11 teachers were engaged. At master level, health and physical activity engaged 18 teachers, in the Winter semester were engaged 9 teachers and also in the summer semester.

1.1.2 Current curriculum, scheduled hours, realized, cancellations and delays

Current Curricula

Bachelor - Sports and Movement Sciences

YEAR ONE: 60 ECTS						
SEMESTER 1: 30 ECTS						
			Hours a week			
No	O/Z	Home	Theory	Practicing	ECTS	
1	O	Sports in history, culture and society	2	0	4	
2	O	The basics of physical activity: motion theory	2	1	5	
3	O	Biology and genetics with the basics of biochemistry	3	1	5	
4	O	Exercise Biochemistry	2	1	3	
5	O	Functional anatomy	3	1	6	
6	O	Collective Sports I (Football – Basketball)	1	2	4	

	Z	Election subject	1	1	3	
SEMESTER 2: 30 ECTS						
No	O/Z	Home	Theory	Practicing	ECTS	
7	O	Human Physiology	3	1	6	
8	O	General Psychology	2	1	4	
9	O	Theory and Methodology of Exercise and Exercise – 1	2	1	5	
10	O	Collective Sports II (Volleyball – Handball)	2	1	4	
11	O	Individual Sports I (Artistic Gymnastics – Rhythmic Gymnastics and Dance)	1	2	4	
12	O	Scientific thinking, research methods and statistics	2	1	4	
	Z	Election subject	1	1	3	
YEAR TWO: 60 ECTS						
SEMESTER 3: 30 ECTS						
No	O/Z	Home	Theory	Practicing	ECTS	
13	O	Exercise Physiology	2	1	4	
14	O	Biomecall	2	1	4	
15	O	Theory and Methodology of Exercise and Exercise – 2	2	1	4	
16	O	Exercise testing and description	1	1	3	
17	O	Sports Psychology	2	1	4	
18	O	Sport pedagogy and ethics	2	0	4	
19	O	Individual Sports I (Athletics - Skiing)	2	2	4	

	Z	Election subject	1	1	3	
SEMESTER 4: 30 ECTS						
No	O/Z	Home	Theory	Practicing	ECTS	
20	O	Physical Activity in Health and Disorders	2	1	6	
21	O	Nutrition, Health and Exercise	2	0	3	
22	O	Sports medicine and first aid	2	1	5	
23	O	Sociology of Sport and Legislation	2	1	4	
24	O	Individual Sports II (Athletics 2 – Martial Arts - Swimming)	1	3	6	
25	O	Biostatistics and computational techniques	1	1	3	
	Z	Election subject	1	1	3	
YEAR THREE: 60 ECTS						
SEMESTER 5: 30 ECTS – MODULE 1 – HEALTH, PREVENTION AND REHABILITATION						
No	O/Z	Home	Theory	Practicing	ECTS	
26	O	Sports Medicine and Public Health	2	1	5	
27	O	Increased physical activity and mowing	2	1	4	
28	O	Physical exercise, personal training and rehabilitation	2	1	5	
29	O	Adapted physical activity, disease and disability	2	1	5	
30	O	Evaluation and monitoring of performance	2	1	5	
31	O	Computer Science and Technologies in Sport and Movement	1	2	3	

32	O	English (Advanced/Conversation)	1	1	3	
YEAR THREE: 60 ECTS						
SEMESTER 5: 30 ECTS – MODULE 2 – SPORTS TRAINING AND TRAINING						
No	O/Z	Home	Theory	Practicing	ECTS	
33	O	Psychology of Sports and Pedagogy	2	1	4	
34	O	Advanced training and exercise science	2	1	5	
35	O	The long-term development of the athlete	2	1	5	
	O	Evaluation and monitoring of performance	2	1	5	
36	O	Advanced Biomechanics and Kinesiology	2	1	5	
	O	Computer Science and Technologies in Sport and Movement	2	1	3	
	O	English (Advanced/Conversation)	1	1	3	
YEAR THREE: 60 ECTS						
SEMESTER 5: 30 ECTS - Module 3 - MANAGEMENT IN SPORT AND SOCIOECONOMIC DEVELOPMENT						
No	O/Z	Home	Theory	Practicing	ECTS	
37	O	Economics in sport and entrepreneurship	2	1	5	
38	O	Sport and Social Psychology	2	1	4	
39	O	Management and Marketing in Sport	2	1	5	
40	O	Sports and Innovation	2	1	5	
41	O	Sports policy and sustainable development	2	1	5	
42	O	Sport and social integration	1	1	3	
	O	English (Advanced/Conversation)	1	1	3	
SEMESTER 6: 30 ECTS						

No	O/Z	Home	Theory	Practicing	ECTS	
43	O	Professional Practice (in laboratory/health or sport/workplace and related to experience)		20	20	
44	O	The diploma theme			10	
First year: The Election						
			Hours a week			
No	O/Z	Home	Theory	Practicing	ECTS	
45	Z	Basics of computer technology	1	1	3	
46	Z	English (intermediational basic)	1	1	3	
47	Z	Team Sports (Rugbi)	1	1	3	
48	Z	Individual Sports (Table Tennis)	1	1	3	
49	Z	Sports Journalism	1	1	3	
50	Z	Elementary Games	1	1	3	
Second year: The Election						
51	Z	English (Intermediational)	1	1	3	
52	Z	Individual sports (Yoga & Pilates)	1	1	3	
53	Z	Academic writing and communication skills	1	1	3	
54	Z	Team Sports (Futsalli)	1	1	3	
55	Z	Individual Sports (Badminton)	1	1	3	

Master – Health and Physical Activity

YEAR ONE: 60 ECTS						
SEMESTER 1: 30 ECTS						
			Hours/Weeks			
No	M/E	Subject	L	E	ECTS	
	M	Sport Science and Exercise Training	2	1	5	
	M	Public Health, Vital Statistics and Epidemiology	2	1	5	
	M	Nutrition Science, Substance Exposure, and Environmental Challenges	2	1	5	
	M	Health Psychology, Stress Management, and Lifestyle	2	1	5	
	M	Sport, Games and Play in Individual, Community, and Social Health	2	1	5	
	M	English Language	2	1	4	
	E	Elective 1			3	
	E	Elective 2			3	
SEMESTER 2: 30 ECTS						
No	M/E	Subject	L	E	ECTS	Lecturer
	M	Growth and Development	2	1	4	
	M	Aging and the Elderly	2	1	4	
	M	Exercise Testing and Prescription in Health and Rehabilitation	2	1	4	
	M	Major Illnesses and Exercise Protocols	2	1	4	
	M	Major Disabilities and Adapted Physical Activity	2	1	4	
	M	Research Methods	2	1	4	
	E	Elective 1			3	
	E	Elective 2			3	

YEAR TWO: 60 ECTS						
SEMESTER 3: 30 ECTS						
No	M/E	Subject	L	E	ECTS	Lecturer
MAJOR 1: Lifestyle Training						
	M	Health Psychology, Behavior, and Life Management	2	1	4	
	M	Nutrition and Diet in Health and Wellbeing	2	1	4	
	M	Leisure, Play and Outdoor Life	2	1	4	
	E	Elective			3	
	M	Internship			15	
			Total		30	
MAJOR 2: Ages of Life						
	M	Physical Activity and Lifestyle in Growth and Development	2	1	4	
	M	Physical Activity and Lifestyle for Fitness, Health and Prevention in the Adult	2	1	4	
	M	Physical Activity and Lifestyle in Ageing and the Elderly	2	1	4	
	E	Elective			3	
	M	Internship			15	
			Total		30	
MAJOR 3: Disease and Disability						
	M	Physical activity in Cancer, Cardiovascular and Other Chronic Disorders	2	1	4	
	M	Physical Activity in Behavioral Disorders, Mental Illness, and Neurodegenerative Diseases	2	1	4	
	M	Adapted Physical Activity in Major Disabilities	2	1	4	
	E	Elective			3	
	M	Internship			15	
			Total		30	
MAJOR 4: Social Media						

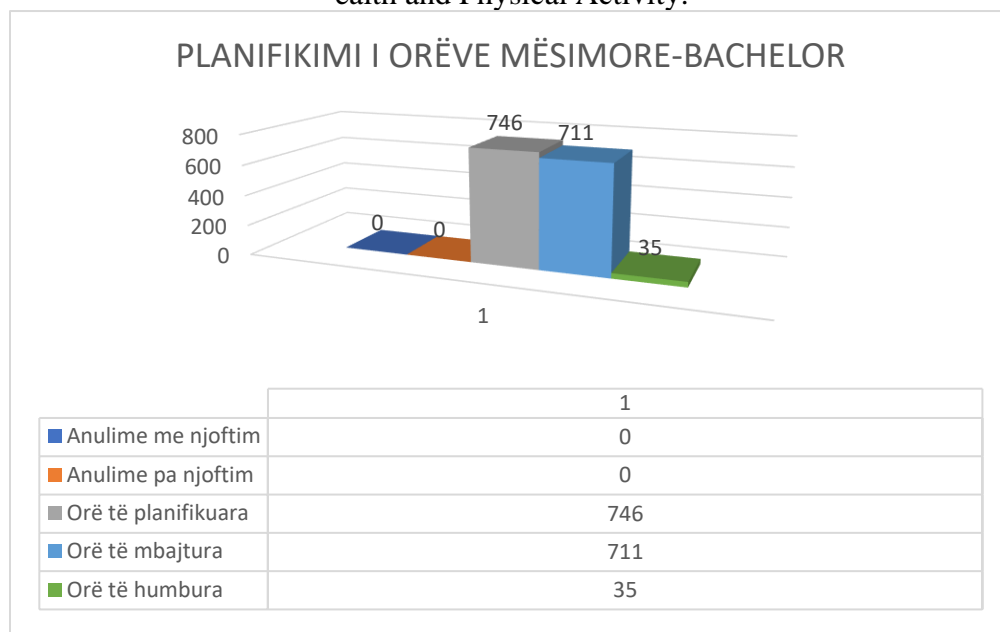
	M	Sport Activities in Social Integration and Community Development	2	1	4	
	M	Sport Activities in Conflict Mediation and Peace Processes	2	1	4	
	M	Sport Activities to Help Social Resilience in Emergencies and Natural Disasters	2	1	4	
	E	Elective			3	
	M	Internship			15	
			Total		30	
MAJOR 5: Research						
	M	Research Theory and Methodology	2	1	4	
	M	Hypothesis Testing, Statistics and Data Analysis	2	1	4	
	M	Research and Technology	2	1	4	
	E	Elective			3	
	M	Internship			15	
			Total		30	
YEAR TWO: 60 ECTS						
SEMESTER 4: 30 ECTS						
No	M/E	Subject	L	E	ECTS	Lecturer
	M	Thesis			30	
SEMESTER 1: Elective Courses						
			Hours/Weeks			
No	E	Subject	L	E	ECTS	
	E	Sport and Play for Mental Health and Wellness	1	1	3	
	E	Sport and Play in Growth and Development	1	1	3	
	E	Stress and Stress Management Techniques	1	1	3	
	E	Yoga and Pilates	1	1	3	
	E	Diet and Nutritional Supplements in Sport Activities	1	1	3	
SEMESTER 2: Elective Courses						
No	E	Subject	L	E	ECTS	

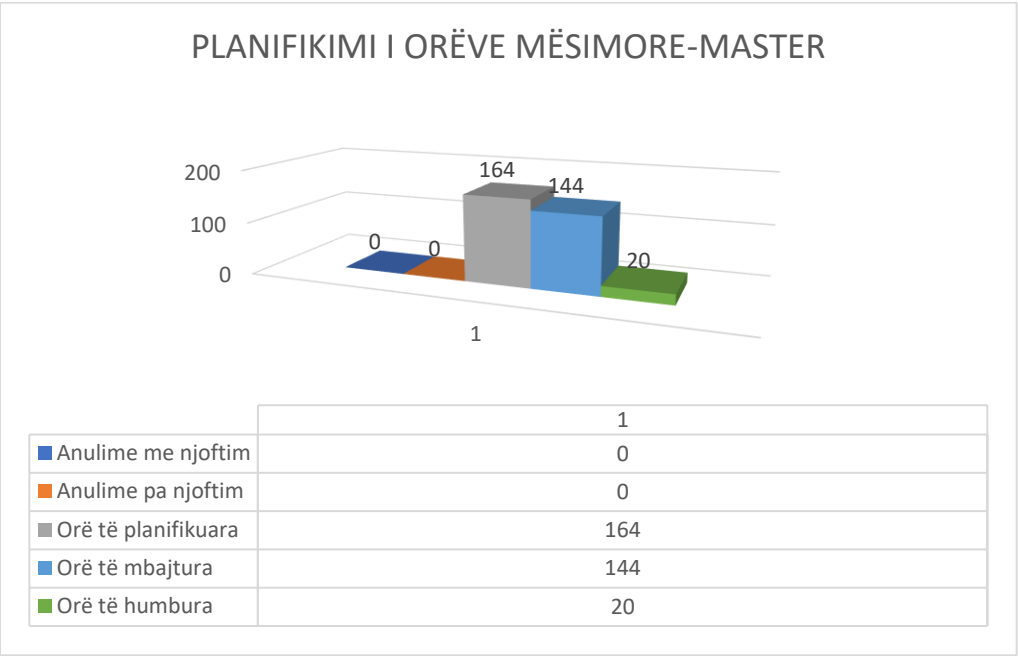
	E	Technology and Innovation in Sport and Exercise	1	1	3	
	E	Fitness and Personal Training	1	1	3	
	E	Advanced English Language	1	1	3	
	E	Advanced Research Methods and Statistics	1	1	3	
	E	Sport Games	1	1	3	
SEMESTER 3: Elective Courses						
	E	Research Ethics	1	1	3	
	E	Dancing	1	1	3	
	E	Outdoor Activities	1	1	3	
Abbreviation		Mandatory	Elective	Lectures	Exercise	
		M	E	L	E	

1.1.3. Scheduled hours, realized, cancellations and delays

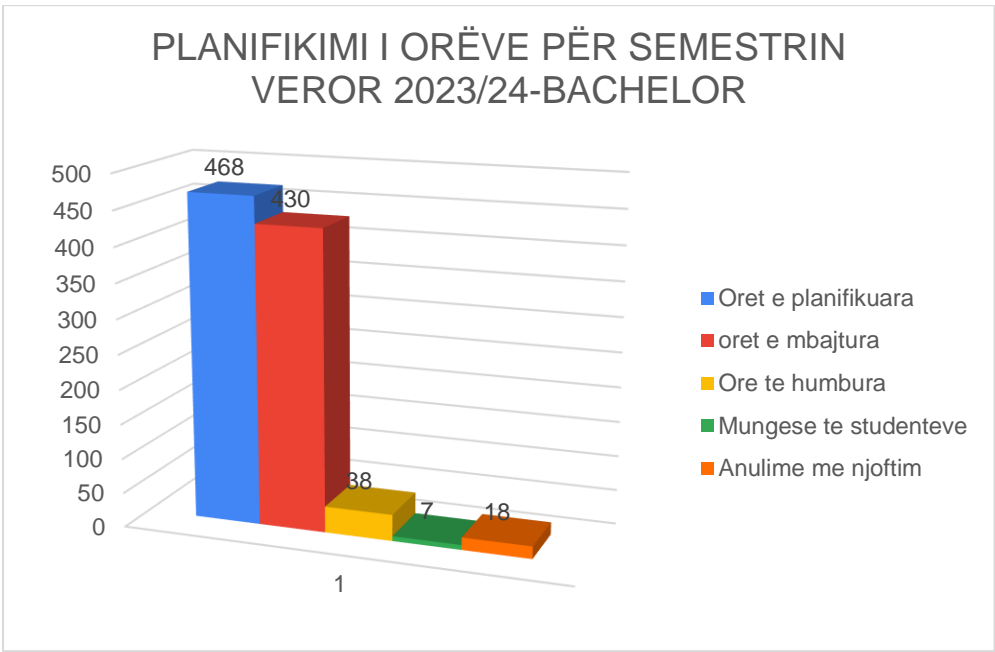
The Faculty of Sports and Movement Sciences at bachelor level during the academic year 2023/2024 has scheduled 1214 academic hours spread over two semesters, 746 academic hours in the winter semester and 468 academic hours in the summer semester. In the Master level – Health and Physical Activity during the academic year 2023/2024, there are 354 academic hours distributed in two semesters, 164 academic hours in the winter semester and 190 academic hours in the summer semester.

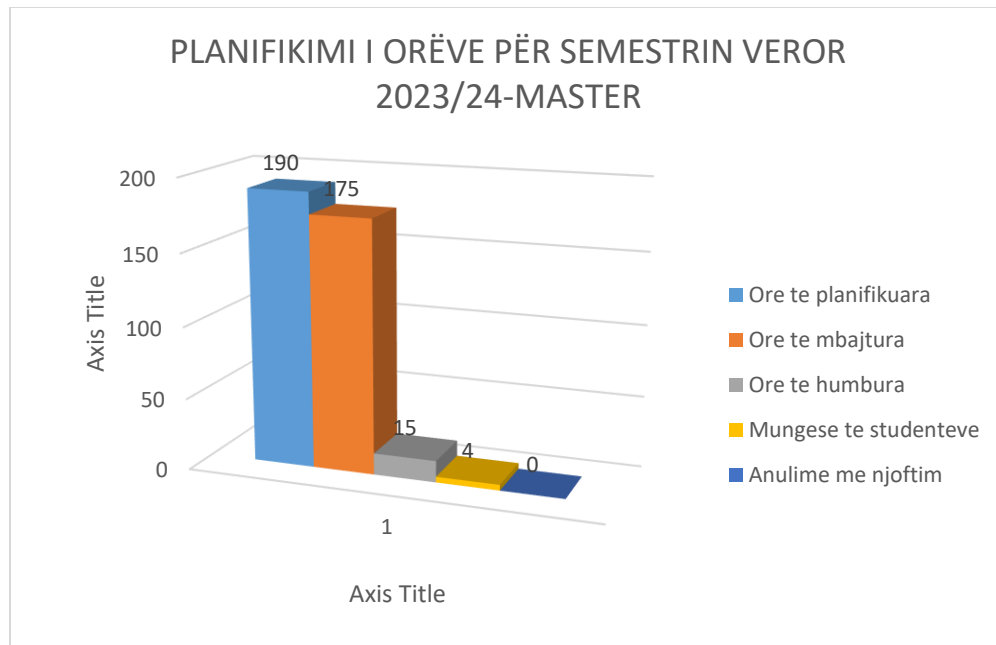
In the graphs attached below is presented the development of the academic process at the Faculty of Sports Sciences and Movement for the winter semester for Bachelor and Master's degree in Health and Physical Activity.





In the graphs attached below is presented the development of the academic process at the Faculty of Sports Sciences and Movement for the summer semester for Bachelor and Master level in Health and Physical Activity.





1.1.4 Learning and Library

Through the Moodle platform, they have the opportunity to receive the material taught in lectures and exercises, and they can also find the Syllabus of each subject. Some of the books can also be found in the library.

Almost every course has lecture material posted on Moodle. They try to provide the literature that they offer to the students for learning, which are also found in the library, and other materials that must be researched to complete the seminar assignments given by the professors.

1.1.5 Teaching methods and practice

The program of studies of sports and movement sciences, the curricula is built with the practical part.

The practical part for each matter is realized in the labs and halls spaces near UBT, also a part of the practical work foresite in the framework of the syllabuses of the matter is organized in Industry.

1.1.6 Consultations

The Faculty of Sports and Movement Sciences has conducted the consultation hours in each subject with students during the course of the teaching process. Additional consultations are applied as necessary after the end of the semester.

Home	DAY	TEACHER	HALL	WATCH OF HOLDING
Team Sports I (Football)	26.02.2024	Agron Thaqi	A202	09:00-09:45
Individual Sports (Athletics)	04.03.2024	Abedin Bahtiri	I302	10:00-10:45
Physiology of The Physiology	23.01.2023	Masar Gjaka	Online	09:00-09:45
Psychology of Sport	29.02.2024	Emrush Thaçi	I213	11:00-11:45
Biology with Genetics and the Basis of Biochemistry	05.02.202	Gazmend Temaj	A202	10:00-10:45
Exercise testing and Prescription	26.02.2024	Agron Thaqi	A205	10:00-10:45
Sports Psychology and Pedagogy	27.02.2024	Deniz Celcima	I301	10:00-10:45
English (Advanced/Conversation)	04.2.2024	Fatbardha Qehaja	I301	14:00-14:45

Home	DAY	WATCH OF HOLDING	HALL	TEACHER
Scientific Thinking-Research Methods and Statistics	02.7.2024	12:00-12:45	I218	Abedin Bahiri
Individual Sports I (Artistic Gymnastics-Rhythmic gymnastics and dance)	9.7.2024	11:00-11:45	I218	Milaim Berisha

Training and Exercise Theory and Methodology I	5.7.2024	13:00-13:45	I218	Masar Gjaka
Human Physiology	11.7.2024	13:00-13:45	I218	Diellor Rizaj
Elementary games	27.6.2024	13:00-13:45	I218	Nagip Lenjani
General Psychology	03.7.2024	13:00-13:45	I218	Deniz Checcima
Team Sports II (Volleyball-Handball)	24.06.2024	12:00-12:45	I218	Nagip Lenjani/ Agron Thaqi
Training and Exercise II Theory and Methodology	02.07.2024	12:00-12:45	I218	Masar Gjaka
Individual Sports (Athletics-Skiing)	9.7.2024	12:00-12:45	I218	Abedin Bahtiri/A gron Thaqi
Sports Pedagogy and Ethics	23.6.2024	13:00-13:45	I218	Nagip Lenjani
Exercise testing and description	27.6.2024	13:00-13:45	I218	Agron Thaqi
Biomechanics	03.7.2024	13:00-13:45	I218	Abedin Bahtiri
Exercise Physiology	05.7.2024	12:00-12:45	I218	Masar Gjaka
Psychology of Sport	27.6.2024	13:00-13:45	I218	Emrush Thaqi
Academic writing and communication skills/Futsal	08.7.2024	11:00-11:45	I218	Nagip Lenjani

Biostatistics and computational techniques	11.7.2024	11:00-11:45	I218	Abedin Bahtiri
Nutrition, Health and Exercise	09.7.2024	14:00-14:45	I218	Masar Gajak
Physical Activity in Health and Disorders	22.6.2024	14:00-14:45	I218	Agron Thaqi
Sports (Badminton)	05.7.2024	14:00-14:45	I218	Abedin Bahtiri
Individual Sports II (Athletics 2-Martial Arts-Swimming)	08.7.2024	12:00-12:45	I218	Abedin Bahtiri
Sports Sociology and Legislation	12.7.2024	14:00-14:45	I218	Nagip Lenjani
Yoga and Pilates	27.6.2024	11:00-11:45	I218	Shpresa Rrahmani
Sports Medicine and First Aid	12.7.2024	12:00-12:45	I218	Diellor Rizaj
Sports Psychology and Pedagogy	11.7.2024	14:00-14:45	I218	Deniz Checcima
Advanced training and exercise science	09.7.2024	10:00-11:45	I218	Masar Gjaka
Long-term development of the athlete	27.6.2024	11:00-11:45	I218	Avdi Pireva
Performance Assessment and Monitoring	22.6.2024	10:00-10:45	I218	Agron Thaqi
Advanced Biomechanics and Kinesiology	09.7.2024	13:00-13:45	I218	Abedin Bahtiri
Computer Science and Technologies in Sport and Movement	12.7.2024	12:00-13:00	I218	Milaim Berisha
English (Advanced/Conversation)	04.7.2024	13:00-13:45	I218	Fatbardha Qehaja

Master Program - Consultation

Home	DAY	WATCH OF HOLDING	HALL	TEACHER
Sports Sciences and Exercise Training	5.7.2024	11:00-12:00	I218	Harald Tchan/Masar Gjaka
Health Psychology, Stress Management and Lifestyle	11.7.2024	11:00-12:00	I218	Deniz Checcima
Nutrition Science, Substance Exposure, and Environmental Challenges	15.7.2024	11:00-12:00	I218	Flutura Ajazi / Sami Makolli
Sports, Games in Individual Health, Community and Social Health	12.7.2024	11:00-12:00	I218	Paolo Parisi/Agron Thaqi
English Language (B2)	16.7.2024	11:00-12:00	I218	Louiza Zeqiri
Yoga and Pilates (Pilates)	8.7.2024	11:00-12:00	I218	Shpresa Rrahmani
Diet and Nutritional Supplements in Sports Activities (NST)	12.7.2024	11:00-12:00	I218	Abedin Bahtiri
Research Methods	5.7.2024	12:00-13:00	I218	Milaim Berisha
Major Disabilities and Adapted Physical Activity	11.7.2024	12:00-13:00	I218	Agnes Thaqi/Diellor Rizaj
Major Illnesses and Exercise Protocols	15.7.2024	12:00-13:00	I218	The Abraham Spring
Exercise Testing and Prescription in Health and Rehabilitation	16.7.2024	12:00-13:00	I218	Milaim Berisha
Aging and the Elderly	15.7.2024	12:00-13:00	I218	Linda Carkaxhiu
Growth and Development	9.7.2024	12:00-13:00	I218	Masar Gjaka
Technology and Innovation in Sports and Exercise (Elective)	8.7.2024	12:00-13:00	I218	Milaim Berisha
Personal Fitness and Training (Elective)	9.7.2024	12:00-13:00	I218	Masar Gjaka

1.1.7 Tutorialing

During this semester, there were no requests for tutoring from students.

1.1.8 Development of new programmes

The Faculty of Sport Science and Movement does not have any new programs developed.

1.2 E-Mesimi – the moodle platform

At the beginning of the winter semester of the 2022/2023 academic year also in the summer semester, the faculty has initiated that the course syllabuses be presented in the first hour so that students are informed about the development of the courses they will develop during the semester. All syllabuses are placed in moodle before we start with the new academic year (maintaining the learning process).

Moodle Syllabus & Materials Posting Report

Winter Semester 2023/2024 Bachelor Level

[illegible]

Sports Pedagogy and Ethics	3	2	Nagip Lenjani	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	1	1
Individual Sports (Athletics-Skiing)	3	2	Agron Thaqi/Abedin Bahtiri	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	1	1
Exercise Physiology			Masar Gjaka	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	1	1
Futsal (Election)			Avdi Pireva	Ye s	No	No	No	1	0	0	1	0	0	0	0	0	0	0	0
Psychology of Sport			Emrush Thaqi	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	1	
Biomechanics	3	2	Abedin Mehani	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	1	
SEMESTER 5																			
Sports Psychology and Pedagogy		5	3	Deniz Checcima	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
Advanced training and exercise science		5	3	Antonio Tesitore / Masar Gjaka	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
Long-term development of the athlete		5	3	Avdi Pireva	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
Performance Assessment and Monitoring		5	3	Agron Thaqi	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
Advanced Biomechanics and Kinesiology				Abedin Mehani	Ye s	Ye s	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
Computer Science and Technologies in Sport and Movement				Milaim Berisha	Ye s	No	Ye s	Ye s	1	1	1	1	1	1	1	1	1	1	
English (Advanced/Conversation)				Fatbardha Qehaja	No	Ye s	No	No	1	0	0	0	0	0	1	1	1	1	
		5	3	Profersori 5															

Legenda: 0 - no posted material & 1 - when material is posted

Winter Semester 2023/2024 Master Level

[illegible]

Summer Semester 2023/24 – Bachelor's Degree[illegible]

Moodle Syllabus & Materials Posting Report Summer Semester 2023/2024 Mater Level	
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[illegible]

1.3 Transfers

During the winter and summer semester of the academic year 2023/2024, the Faculty of Sport, there was no transfer within the Institution or outside the institution.

2. Quality assurance in teaching

2.1.1. Ethics in Teaching

Teachers always try to work according to the curriculum and syllabus that the Faculty of Sport program offers. Before each semester, teachers are provided with the necessary information to implement the best and most appropriate practices. Also, before the beginning of each semester, the teacher is asked to send the list of materials that he needs to develop the teaching process.

In order to maintain the quality of teaching, we have created quality commissions within the faculty, where in this commission we have a quality officer from the staff, we also have a student representative. In this committee, all the students' problems regarding the quality of teaching are discussed, in case we have complaints from a small number of students with a certain subject, we organize additional hours for those students in order to offer you more information with cases where they see or have deficiencies.

Also, in order to improve the quality of teaching, questionnaires have been organized for the students, where in this case the students had the opportunity to freely evaluate each teacher and also UBT in general. Through these questionnaires we can see which professors the students are and are not satisfied with. In those cases, we would organize an individual meeting with the professors who received bad reviews from the students and the dean of the faculty. In that meeting, the results of the questionnaires are discussed, then the professor in question is offered special training in case he had low evaluations in the teaching method, these professors are also encouraged to deal more with scientific works, so that they are as good as possible. prepared for students.

2.1.2. Transparency in teaching

Syllabus for all subjects are posted on Moodle. In the syllabus, the evaluation method is clearly emphasized, the weight of each commitment, how much is evaluated, so that no specific problem was encountered or reported during this process.

2.1.3. Evaluations of staff through questionnaire and other instruments

The Faculty of Sports and Movement Sciences has applied the questionnaire with teachers according to recommendations received by the Directorate for Quality Assurance. The questionnaire was distributed to all students through Google forms.

Evaluation of professors for semester I 2023/24- BACHELOR

Professor	Home	Middle note.	Percentage	Suggestions for the teacher or subject
Avdi Pireva	PINGPONG&FITNESS	4.1	81.7	
Nagip Lenjani	SPORTS IN HISTORY, CULTURE AND SOCIETY	3.98	80%	
Diellor Rizaj	FUNCTIONAL ANATOMY	4.2	84%	
Agron Thaqi	FOOTBALL	4.24	85%	
Avdi Pireva	BASKETBALL	3.9	78%	
Memorabilia	BIOCHEMISTRY	2.9	58%	
Sunrise	BIOCHEMISTRY-EXERCISE	4.16	83%	
Gazmend Temaj	BIOLOGY	3.43	69%	
Masar Gjaka	Fundamentals of physical activity: the theory of movement	4.27	85%	

Evaluation of professors for semester III 2023/24- BACHELOR

Teacher	Home	Notes	Percentage	Suggestions
Agron Thaqi	Exercise testing and prescription	4.26	89.26	
Abedin Bahtiri	Biomechanics	4.4	87.78	
Nagip Lenjani	Sports Pedagogy and Ethics	3.78	76.00	
Abedin Bahtiri	Atletika_1	4.38	87.78	

Agron Thaqi	Skiing	4.26	89.26
Masar Gjaka	Exercise Physiology	4.63	91.00
Emrush Thaqi	Psychology of Sport	4.33	89.36
Avdi Pireva	Futsal	3.35	69.82

Evaluation of professors for semester V 2023/24 - BACHELOR

Teacher	Home	Notes	Percentage	Suggestions
Agron Thaqi	Performance assessment and monitoring	4.61	91	
Avdi Pireva	Long-term athletic development	3.9	78	
Deniz Celcima	Psychology of Sports and Pedagogy	4.28	89.78	
Abedin Bahtiri	Advanced Biomechanics and Kinesiology	4.59	91	
Antonio Tesitore	Advanced science of training and exercise	4.61	91	
Milaim Berisha	Computer Science and Technologies in Sport and Movement	3.41	70.00	
Fatbardha Qehaja	English (Advanced/Conversation)	4.33	89.36	

Evaluation of professors for semester I 2023/24- MASTER

Teacher	Home	Notes	Percentage	Suggestions
Flutura Ajazi	Nutrition Science, Substance Exposure, and Environmental Challenges	4.19	84	
Shpresa Rrahmani	Yoga and Pilates (Pilates)	4.20	84	
Deniz Celcima	Health Psychology, Stress Management and Lifestyle	4.22	84	
Abedin Bahtiri	Diet and Nutritional Supplements in Sports Activities	4.30	86	
Sami Makolli	Nutrition Science, Substance Exposure, and Environmental Challenges	4.04	81	

Paolo Parisi	Sport, Games and Play in Individual, Community, and Social Health	4	80
Louisa Zeqiri	English Language (B2))	4	80
Harald Tschan	Sport Science and Exercise Training	4.07	81

Evaluation of professors for summer semester – semesters II and IV 2023/24- BACHELOR

Summer Semester II and IV 2023/24		Suggestions for the teacher or subject	Rating with grade
Semester II	Milaim Berisha	Happy with lectures and staff	4.48
Semester II	Abedin Bahtiri		4.83
Semester II	Diellor Rizaj		4.90
Semester II	Masar Gjaka		4.74
Semester II	Nagip Lenjani		4.43
Semester II	Agron Thaqi		4.31
Semester II	Milaim Berisha		4.88
Semester IV	Fatbardha Qehaja		4.60
Semester IV	Masar Gjaka		4.90
Semester IV	Agron Thaqi		4.60
Semester IV	Abedin Bahtiri		4.60
Semester IV	Nagip Lenjani		4.50
Semester IV	Diellor Rizajj		4.70
Semester IV	Shpresa Rrahmani		4.90

Evaluation of professors for summer semester II 2023/24- MASTER

Semester II- Master		Suggestions for the teacher or subject	Rating with grade
Semester II	Milaim Berisha	Good program and good planning.	4.9
Semester II	Masar Gjaka		4.7
Semester II	Diellor Rizaj		4.9
Semester II	Pranvera Ibrahimimi		4.5
Semester II	Linda Carkaxhiu	Everything is fine	4.9
Semester II	Paolo Parisi		4.9

February 2024	32	28	0	1	92.43%	96%	19.84%
April 2024	16	16	0	5	87.8%	80.5%	55%
June 2024	36	32	0	14	72.5%	78.6%	43.6%
Master Level							
February 2024	7	7	0	1	92.43%	100%	46.87%
April 2024	6	5	0	1	92.43%	96%	60%
June 2024	14	14	0	7	86%	88.4%	55.3%

3.1.2. Student progress and the degree of transition

Describe the trend of the transition rate from year one to year two, from year two to third, and from third to grade.

3.1.3. Theses

Sports students, the first generation are now in their final year of study and there are still no graduates.

3.1.4. Scholarships and distinguished students

Students who have managed to keep the average grade above 9 have won scholarships from the College, as well as students who came in the first year with excellent success from secondary school.

3.1.5. Abandonment of studies

Sports and Movement Science during the checking of the list of students' presence for the entire academic year, has reached the conclusion that this year there is no abandonment of studies. Students who missed lectures and exercises have been consulted and all continue their studies. The reasons for the shortages are varied as: unhealthy condition (seasonal flu); Work, travel abroad.

3.1.6. Quality assurance in student services

We devote continuously to ensuring the quality of student services, both in technical and professional terms: expanding laboratory spaces and equipment of laboratories with tools and reagents conforming to study curricula during the years of study, as well as in building human capacities.

In the framework of the study program we have the quality commission and in continuity the recommendations received in the department in the council of the faculty we review and take for their application.

3.1.7. Ethics in exams

We have not had any complaint so far as to violate the regulations for the termination of the exams.

We have a sub-committee on ethics at the faculty level and the regulation on how to do it.

4. Development of Scientific Research and Innovation

4.1 Research planning and management

The Sport and Movement Science Research Plan is part of UBT's institutional research strategy. The strategy's main objectives concern setting up research centers, stimulating the development of research and gathering activities to maximize opportunities for research groups to establish appropriate critical mass, expand and build relationships and partnerships with stakeholders in industry, academia and the public sector to increase combined research capacity and foster technology and knowledge transfer mechanisms abroad and Within the College, establish an integrated research and study quality assurance framework in line with international best practice, support programmes in delivering the research element and strengthen the link between research and teaching.

The research objectives of the faculty are consistent with the overall strategic objectives of UBT, which are below:

- ✓ Continue to offer a dynamic and intellectually challenging educational curricula that responds to the needs of learners in a complex region and global community
- ✓ To promote and maintain a learning environment that emphasizes the importance of 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 teaching scholarship among faculty.
- ✓ Expand information, knowledge and data sources.

Within the annual international conference, we have organized the International Conference in Sport, Health and Society for 3 years. We have continuously had an increase of interested parties, where this year we will have 10 speakers, of them 4 eminent international professors.

- Involvement of students in scientific research

Students are engaged in research projects and activities as follows:

- ✓ Involvement of bachelor students especially final year bachelor students in research projects of the staff and Faculty, and master students;
- ✓ Engagement of bachelor and master students in data collection, survey distribution, and joint publication at Annual UBT Conference;
- ✓ Selecting best theses by mentors of the Faculty to publish together with students at Annual UBT Conference or in any other journal;
- ✓ Involvement of students in contract research and other projects of UBT

Table 1. Student Names Highlighted in Bold

Staff/Student member	Research title	Link
Milaim Berisha / Era Deva	Impact of arm technique and elastic force on vertical jump performance in physical education students: a convergent validation study.	https://scholar.google.com/citations?view_op=view_citation&hl=en&user=-BLZjWoAAAAJ&sortby=pupdate&authuser=1&citation_for_view=-BLZjWoAAAAJ:IWHjjKO FINEC

Era Deva / Bujar Turjaka	The Effect of Ground Reaction Forces in Different Phases of the Ski Turn: A Systematic Review	https://www.kosalbjournal.com/index.php/pub/article/view/24
Era Deva	The Impact of Ground Reaction Forces Across Ski Turn Phases	Sport, Health and Society an International Conference (SHS-IC) 2023 October 28-29, 2023, Pristina, Kosovo
Jona Macula	Risc Factors Associated with Shoulde Injuries in Swimmers	Sport, Health and Society an International Conference (SHS-IC) 2023 October 28-29, 2023, Pristina, Kosovo
Alberina Shabani, Anesa Korça, Mevlana Jakupi, Abedin Bahtiri	Effects of Jumping Techniques on Vertical Jump Performance: Professional Volleyball Players (U15)	https://www.kosalbjournal.com/index.php/pub/article/view/35
Era Deva, Vera Rudari, Shqipe Shala	Active Learning: Is it possible to learn English while Exercising?	https://www.kosalbjournal.com/index.php/pub/article/view/33
Xhelal Shatri	Recovery of Left-Hand Mobility After Erb-Duchenne Infantile Paralysis Through Specific Manual Therapy of the Neck: A Case Study	https://www.kosalbjournal.com/index.php/pub/article/view/34
Era Deva/ Milaim Berisha	Boosting Aerobic Endurance through a 10-Day Intensive Training Protocol: The Impact of Short-Term HIIT Evaluated by the Yo-Yo Recovery Test Level 1	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo

Xhelal Shatri	Manual Therapy for Erb-Duchenne Paralysis: A Case Study on Motor Recovery in an Infant through Cervical Vertebrae Manipulation	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo
Burim Peli/ Agron Thaqi	Successful Aging in the Republic of Kosovo	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo
Alberina Shabani/ Milaim Berisha	The Impact of Upper Extremities and the Eccentric Phase of Muscle Contraction on Jump Performance in U15 Volleyball Players	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo
Mevlana Jakupi/ Milaim Berisha	Can Elite Football Players Maintain Jump Performance from the Preparation Phase Through the Competition Phase?	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo
Fatlum Rexhepi/ Agron Thaqi	The Effect of Different Psychological Techniques on the Performance of Football Players	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo
Arber Berisha/ Masar Gjaka	Knee Injuries in Basketball	Sport, Health and Society an International Conference (SHS-IC) 2024 October 25-27, 2024, Pristina, Kosovo

- Research projects and funding

We as faculty are part of the Project Sport, Health and the People "SHAPE", a project supported by Erasmus+ that reaches the value of 400 000 Euros, which includes Western Balkan Universities and we as Faculty are project Coordinator. All the staff of the Faculty have won several individual projects from the Ministry of Culture, Youth and Sports.

5. Working environment

5.1. Management

5.1.1 Meetings of the Faculty Council

The Faculty of Sports and Movement Sciences holds at least 4 meetings of the Faculty Council at the beginning and end of each semester.

At the beginning of the semester, mainly, the topics related to development, improvement and proposals by the academic staff for the academic year are addressed. Meetings of the Faculty Council are organized at the invitation of the Dean of The Faculty.

5.1.2. Management meetings

The Faculty of Sports sciences and movement other meetings have not held except consultations with students and individual conversations as needed by the professor.

The meetings are conducted according to the necessary state of development of the academic process.

5.1.3. Sub-Commission of Quality Meetings

The Quality Sub-Commission held a meeting before the start of the Winter semester, where the purpose of the meeting was to check the syllabuses of the subjects and to compile the report on the compliance of the syllabuses.

5.1.4. Sub-Committee meetings for complaints

The Faculty of Sports and Movement Sciences applies the review and resolution of any complaint or request addressed to the faculty. During the first semester we have not had any complaints to address to the complaints sub-committee. Requests and complaints of students with decision-making content are reviewed during the week addressed, in cases where the complaint or request contains solutions that should be as flexible as possible, the same day of the annex/request is accepted.

5.1.5. Meetings of the Sub-Commission on Ethics

The faculty has not yet submitted a meeting with the Ethics Committee.

5.1.6. Industry Board Meetings

Industry board meetings are mainly scheduled early in the winter semester. For each meeting, the record will be kept.

6. Internationalization, Partnerships and Community

6.1 International cooperation

The faculty is working on building cooperation with partner universities starting from the region and beyond.

As a faculty we have very close partner with the University of Rome "Foro Italico" Italy, the University of Vienna, the University of Sports of Tirana, Albania.

It should be noted that the Faculty of Sports and Movement Sciences has participated in the signing of the cooperation agreement for the establishment of the Network of Universities and Faculties of Sports Sciences in the Balkans.

7. Extracurricular activity

- ✓ Events, futsal sports competitions, volleyball and table tennis
- ✓ Collaboration with industry

- ✓ Our students have started working in various sports clubs with which UBT has cooperation agreements with the community
- ✓ As a Faculty we have done some research with the elderly people's houses, where our students have done the testing of the elderly and analyzed their physical and health condition. Staff and student mobility, also research has been conducted with children with Down Syndrome, where also in this research, along with the professors, students have also taken the exam.
- ✓ Student employment rate
- ✓ Alumni (graduates)

8. Infrastructure, Space and Resources

8.1. The infrastructure we use

The infrastructure we use are lecture classes, gymnastics and fitness gym, testing lab, part where the training sessions for Judo exercises are located, the outdoor spaces of the College, as well as the probasket sports gym rented.

8.1.1. Use and library needs

The library is equipped with books that are closely related to the subjects that the bachelor program contains. In the library, students and academic staff also have access to electronic platforms in which various scientific journals are indexed, through which they can be served with the most modern information.

8.2. Productivity of the searching staff

The SPO staff, in continuity, focuses on capacity building in the field of scientific research, and continuously applies the publication of scientific papers. Number of publications and citations of the Sports sciences and movement staff in the last 3 years:

<i>Number of publications in the last three years</i>	<i>Average of acceptable publications divided by</i>
---	--

*staff numbers in the last
three years per year*

165

2.5

8.2.1. Impact of scientific research

Provide explanations of cases which you consider that scientific research and activities related to scientific activity have directly thwarted society.

Our staff has done important research on the importance of physical activity and sport in the human body. We have done research on the elderly who are in the homes of the elderly in Kosovo and have released important data on their situation and have made important recommendations for them. Then we also did research with children with special needs, specifically with children with Down Syndrome and there we have found very important data on the condition of this category and we have also found results of health and physical condition for every person who participated in this research. We have made important recommendations for this category by providing specific protocols for the individual who participated in the research.

8.2.2. Academic staff enrollment in Googlescholar, Orcid, Researchgate

It is worth noting that although we are a new faculty, faculty staff are constantly focused on research, where most professors have published at least 1 paper in prestigious international journals.

Academic staff enrollment in Googlescholar, Orcid, Researchgate

No.	Name and Surname	Level	Resarche Gate	Google Schoolar
1.	Masar Gjaka	Bsc	Yes	Yes
2.	Abedin Bahtiri	Bsc	Yes	Yes
3.	Agron Thaqi	Bsc	Yes	Yes
4.	Avi Pireva	Bsc	Yes	Yes
5.	Diellor Rizajj	Bsc	No	No
6.	Gazmend Temaj	Bsc	No	No

7.	Kujtim Thaqi	Bsc	Yes	Yes
8.	Besarta Sadriu	Bsc	No	Yes
9.	Fatbardha Qehaja	Bsc	Yes	Yes
10.	Nagip Lenjani	Bsc	Yes	Yes
11.	Deniz Celcima	Bsc	Yes	Yes
12.	Milaim Berisha	Bsc	Yes	Yes
13.	Emrush Thaçi	Bsc	Yes	Yes
14.	Linda Carkaxhiu	Bsc	Yes	Yes
14.	Pranvera Ibrahim	Bsc	Yes	Yes
15.	Sami Makolli	Bsc	Yes	Yes
16.	Flutura Avdiu	Bsc	Yes	Yes

8.3. Scientific research projects and funds

The Faculty of Science and Sport Movement has won the project in Erasmus+ under the name Sport, Health and People (SHAPE) - A Network of Western Balkan Universities.

Sport, Health and People (SHAPE) – A Network of Western Balkan Universities – is an international project coordinated by UBT funded by ERASMUS+ (ERASMUS-EDU-2023-CBHE-STRAND-1). The project aims to build a University Network on Sport in the Western Balkans, and to draw up joint actions, in line with the European context and EU recommendations, to promote an active lifestyle in the population, and to contribute to community life and sustainable development in the region. To this end, the project aims to train qualified sports professionals in specific sports fields as applied to different needs, and promote personal health, as well as common values such as inclusion, equality, safety, or environmental awareness, therein contributing to community life and a peaceful social development. This gives sport a special importance in the Western Balkans (WB), where health indicators are the lowest in Europe and there are major problems to realise those aspects of inclusion, equality, security and related social dimensions that the EU sets as overarching priorities, and are actually basic conditions for healthy community life and a peaceful and harmonious social development. The current project aims to cross the boundaries of isolated actions and to promote a collective, inclusive effort to use the great potential of sport, in its various expressions, to help meet the health and social needs of the region and to bring it closer to the rest of Europe. WB's previous and new HEIs have joined this goal in the project, along with two EU Universities that led all previous actions and other contributing partners. Their strong cohesion and commitment can ensure effective and efficient action, followed by a broad promotion of outcomes in the Region in general. The total value of the project is 359,884.00 euros.

Also, the staff of the Faculty of Sports and Movement Sciences has won several financial projects in the Ministry of Culture, Youth and Sport, which we are listing in the table below.

Grantee	Project title	Grant source	Sum
Agron Thaqi	Determination and analysis of the level of motor skills of people living at home for older people	Ministry of Culture, Youth and Sports	8500,00
Masar Gjaka	Athletes with dual careers in the Republic of Kosovo and their motivation towards sport and education	Ministry of Culture, Youth and Sports	6790,00
Milaim Berisha	Determine the physical level of people with Down syndrome	Ministry of Culture, Youth and Sports	8200,00
Abedin Bahtiri	CONDITIONAL PREPARATION FOR FOOTBALL REFEREES	Ministry of Culture, Youth and Sports	5000,00

9. Organization and organogram

The administration of the program is well organized for fulfilling the mission and reaching the set objectives and goals. All teaching and learning, research and quality assurance standards and performance indicators are in place. The members of the administration, including the management, academic and administrative staff, are qualified for the positions they are responsible for, and will have well-defined roles and responsibilities in fulfilling their positions and in contributing to the organization and implementation of all processes. The organization of administration of the Undergraduate program in Sport Science and Movement will be as follows: **Faculty Dean**, a qualified professional holding a PhD in Kinesiology, whose main responsibilities comply with the policies and procedures of UBT, leading the program in accordance with the powers and duties set by the President. He/she is involved in and oversees all aspects of academic, research and administrative procedures, including the development and

implementation of curriculum, the teaching and learning process, revision of rules, regulations and ethical standards, staff monitoring and evaluation, establishing and maintaining partnerships with other programs within UBT as well as with similar programs nationwide and overseas, etc.

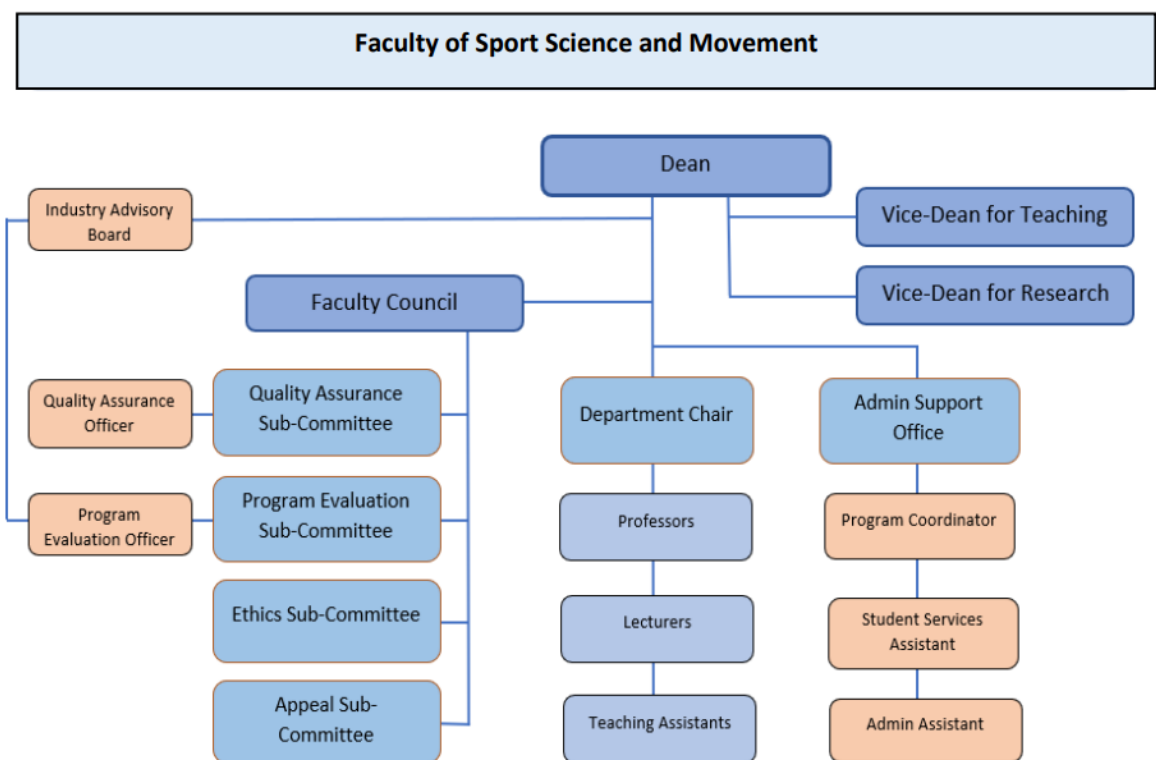
Vice-Dean for teaching, a qualified professional holding a PhD (or minimum MSc) in Sport Science, whose main responsibilities are assisting the Dean in all teaching and educational processes. This includes evaluating the syllabuses; monitoring whether the classes are running as scheduled; the teachers are punctual and engaged in teaching; the quality of learning is at the desired level set by the National Qualifications Framework and the European Higher Education Qualifications Framework, especially involving didactic and varied teaching methods tailored for an optimal student participation, engagement and performance.

Vice-Dean for research, a qualified professional holding a PhD (or minimum MSc) Sport Science or relevant field, whose main responsibilities are assisting the Dean in the research field of the department. This includes creating opportunities for research both internally and in partnership with partner institutions and organizations and other stakeholders, monitoring and supervising academic staff and students in research, ensuring that research is conducted in compliance with research ethical standards, etc.

Vice-Dean for Quality Assurance, a qualified professional holding a PhD (or minimum MSc) in Sport, whose main responsibility is to assist the dean in quality management of all processes. This mainly includes ensuring the quality and standards of the provision, whether students are achieving appropriate standards and that a good quality education is being offered to I say. It also involves internal staff monitoring and evaluation, especially rating student satisfaction of the academic staff and learning processes through student evaluation forms, as well as in partnership with external quality management officials. The quality assurance officer also is involved in ensuring that students are well informed about the support services available to them, such as the Student Counseling Centre and the Library, which contributes to a higher quality of student life and experiences.

Academic Staff are qualified teaching professors and assistants holding a PhD (or minimum MSc) in Sport Science, Kinesiology, Psychology of Sport, or a relevant field. As it will be described in detail in the "Academic Staff" section of this document, our academic staff will be carefully recruited and selected for teaching subjects by their academic background and expertise. The Program Coordinator a qualified professional, with a minimum BSc in Sports Science or a

relevant field, is responsible for organizing the whole academic process, including scheduling classes, exams, practical work, site-visits, and other main events of the Sports department, ensuring that the infrastructure and equipment are in place, etc.



10. Quality Assurance and Internal Auditing

Internal audit of the academic staff is done for two semesters of the academic year, also taken for the basis of the quality of materials placed in MOODLE, participation in scientific conferences within and outside the university, activity in the study program, etc. From the data defined above,

if necessary, we take appropriate measures to take the staff to the training for a year or two until it is seen that they have achieved professional development in the quality of teaching.

10.1. Human Resource Management

10.1.1. Staff, workload, holidays and more

According to the UBT regulation, the workload of academic staff applies, also holidays apply according to the work contract.

10.1.2. Staff committed to new programmes

For this time, we have not developed any new programs.

UBT - organizes many trainings corresponding to the study program such as certification according to ISO 9001 standards, English language, software training etc.

10.2. Intranet

The department's responsibility is to install the Intranet program.

10.3. Ethics in Human Resource Management

Such cases have been manageable so far and there has been no need to send to the ethics commission

10.4. Collaboration with industry

We have continuously had the basis of collaborating with industry, in addition to the cooperation of the coricle as well as the promotion of the program and the advancement of the sport science program.

The realization of the meeting with the industry was done in order to coordinate the steps for further cooperation, where we have collaborated with various sports federations, rehabilitation center, Sports Medicine Center, dia sports clubs and also sports gym

10.5. Collaboration with the community

The Program of Sports Sciences and Movement in continuity has a special focus on cooperation with the community, for the advancement of our students by organizing study visits, promotion of sports, cooperation with sports industry clubs, fulfillment of the importance of sport etc.

10.6. Promotion of faculty – students, society and marketing mix

- Visits through high schools
- Students' visit to campus
- Visits to different sports clubs
- Visits to rehabilitation centers
- Visits to different health and therapeutic centers

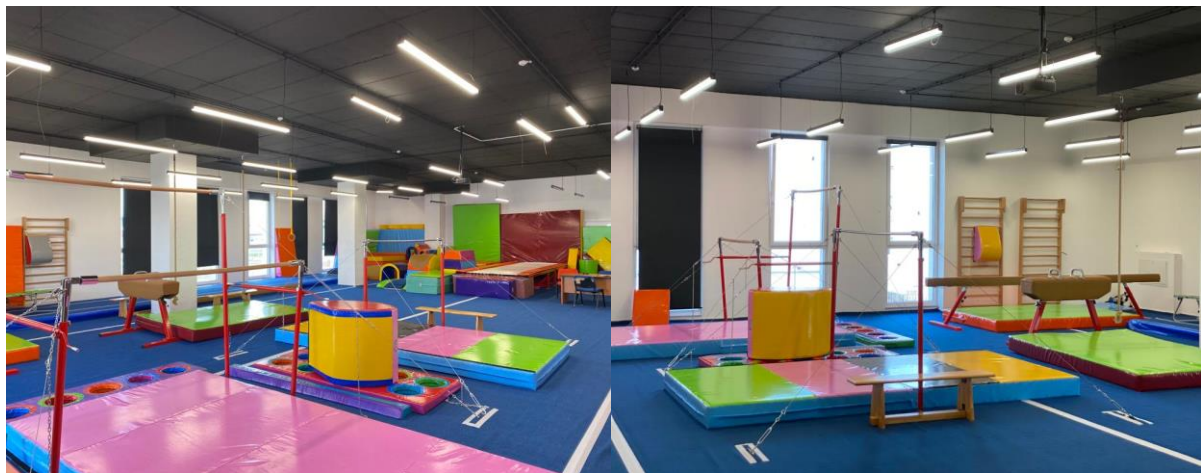
10.7. Brochures

The study programs are unique in the country and the region, modern and designed in collaboration with international experts.

10.7.1. Academic Staff

- ✓ Qualified and educated outside the country
- ✓ International professor from prestigious universities
- ✓ New and motivated staff for work
- ✓ Highly competent staff in both teaching and scientific research

10.7.2. Modern infrastructure



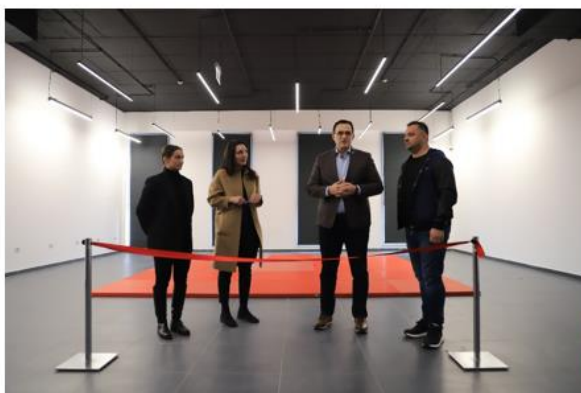


10.7.3. LABORATORY FOR PERFORMANCE TESTING





Infrastruktura moderne



Ligjerata ne terren



10.7.4. Cooperation with local institutions

- ✓ National Sports Medicine Center
- ✓ National Institute of Public Health of Kosovo
- ✓ Rehabilitation Center "Nena Naile"
- ✓ Rehabilitation Center "Bath of Peja"
- ✓ Rehabilitation Center "Rehabilitation"
- ✓ "Orphanage of balkans"
- ✓ Football Club "2 July"
- ✓ Fitness Gym "Prishtina"
- ✓ ProBasket
- ✓ Zenit Pool
- ✓ Cycling Federation of Kosovo
- ✓ Federation of Table Tennis of Kosovo
- ✓ Olympic Committee of Kosovo

Bashkepunimet nderkombetare

BALKAN UNIVERSITY NETWORK ON SPORT



European
Commission

Funding & tender opportunities

Single Electronic Data Interchange Area (SEDIA)

ERASMUS + PROJECT APPLICATION

SHAPE - Sport, Health, and the People - A
Western Balkan University Network

**ERASMUS + per shkembim te stafit dhe te
studenteve per vitin 2023-2026**

10.7.5. MEMBERS OF INTERNATIONAL SPORTS ORGANIZATIONS

- We founded the Institute of Sports Medicine
- We have established the NGO Sport through which we organize and participate in various sports organizations
- Members of sports organizations
-

Aktivitete jashtekurrikulare



10.7.6. OUR MISSION

The Faculty of Science and Sport Movement of UBT College meets the professional requirements and meets the European Union designations that regulate the recognition of vocational education. The curriculum and its targeted learning outcomes provide a good balance between theory and practice and reflect the standards of sports education at European level, allowing students to meet the needs of the labour market in their home country as well as qualify for a much wider social and work context across Europe.

10.7.7. WHAT ARE OUR VALUES

What is most important to us

- Students, success and achievement
- High quality in learning
- Effective teaching and learning
- Equality
- Promotion of values
- Diversity and Inclusiveness

10.7.8. Bachelor Program Sports and Motion Sciences

The duration of the program is three years. To successfully complete the program, 180 ECTS credits must be collected. The number of loans is a quantitative measure of a student's overall load. These include the current lectures, as well as the time spent preparing and evaluating lectures, exams, preparation for exams, seminar work, internship and diploma work. In the third year (5th semester) the student must choose one of the modules offered.

Modules:

- **Health, Prevention and Rehabilitation**
- **Sports Coaching and Training**
- **Management in Sport and Socioeconomic Development**

10.7.9. Master Program Health and Physical Activity

Based on the contemporary needs that require cooperation between Sports and Medical Sciences, and the needs of the population in the Republic of Kosovo for curricula that provide professional staff in public health management, stress management of the population, the training of children and youth in physical and sports activities, lifestyle adjustment, Care for the elderly. UBT College

has established and accredited a master's study program which is unique, and the only one of its kind in Kosovo and the region. The Master's Program in Health and Physical Activity included 5 specialization areas such as Lifestyle Training, Ages of Life, Disease and Special Needs categories (Disease and Disability), Social Mediation (Social Media), Research.

SPECIALIZATIONS:

- Lifestyle training
- Ages of life
- Disease and disability
- Social Media
- Research

10.7.10. INFRASTRUCTURE

UBT has built and equipped laboratories to enable practical learning of students, as well as research activities in the fields of Sports and Motion Sciences. In accordance with the purpose of this study program, the following laboratories are available together with the relevant equipment:

- **Gymnastics Sports Gym**
- **Outdoor space**
- **Fitness and Testing Lab**
- **Sport Medical Lab**
- **Laboratory of Anatomy**
- **PC Lab**
- **Laboratory of Physiology**

After completing this profession, the student will acquire sufficient practical knowledge and skills for the exercise of the profession in both program.

In this case, the student of bachelor program in Sport Science and Movement will be able to:

Knowledge

- PLO1 – Possess a basic overview of understanding the main phenomena of certain sports disciplines.
- PLO2 – Possess and evaluate theoretical and practical knowledge and competencies regarding the use of physical activity and exercise as part of the rehabilitation process.
- PLO3 – Understand and explain the importance of exercise and physical activity for the human organism.
- PLO4 – Understand advanced knowledge on how to adapt physical activity for people with different health-related problems.

Skills

- PLO5 – Demonstrate skills and competencies to use the results of scientific research in the field of sports by applying techniques, methods, and tools from electronic databases.
- PLO6 – Demonstrate skills and competences to analyze and plan physical activity and sport for various demographics, including children, adults, the elderly, and special groups of people.
- PLO7 – Apply advanced skills and techniques in developing fitness qualities in different age groups, aiming to improve, maximize, optimize, maintain, or regain exercise performance.
- PLO8 – Apply techniques, methods, and tools to know the role of sport in society development.

Competences

- PLO9 – Organize resources and lead in areas of sports management and marketing, ensuring knowledge transfer and continuous learning.
- PLO10 – Solve complex and unforeseen problems related to leisure time, sport, and physical activity using ingenuity and innovation.
- PLO11 – Reflect the major problems of sports and sports culture and develop awareness for access to Sport and Movement Science.

Whereas, the student of master program in Health and Physical Activity will be able to:

Knowledge

- **Evaluate and analyze** the health profile of populations, with a focus on key vital statistics such as demography, life expectancy, and prevalence of major diseases, particularly in Kosovo, compared to other developed nations.
- **Apply specific methodologies and technical skills** to design, plan, organize, and conduct physical activity programs. These programs will address diverse age groups and health conditions, focusing on leisure, functional maintenance, psychosocial integration, well-being, disease prevention, disability management, and recovery or rehabilitation.

Skills

- **Develop expertise** in the physical and mental benefits of sport, physical activity, and related practices such as rehabilitation, relaxation, and games. They will understand their role in promoting health, mediating wellness, and influencing lifestyle habits such as nutrition and stress management.
- **Utilize advanced tools and techniques** for exercise training and rehabilitation, especially for special populations. This includes designing, managing, and monitoring personalized fitness programs within the rehabilitation continuum.

Competences

- **Analyze the core determinants** of health-enhancing physical activity and their effects on health across various age groups.
- **Apply fitness assessment principles** to develop and evaluate exercise programs through continuous monitoring and adaptation processes.
- **Critically evaluate scientific research** by applying principles of research methods and statistical analysis to health and physical activity disciplines, ensuring evidencebased practices.

10.7.11. Website

All the material required for promotion and presentation of the Sport and Movement Sciences program is located at WEB of UBT.

10.7.12. Social Media

Landing Page built in the Sports Science program is promoted continuously, also visits to industry-sports centers with scientific character are promoted on social networks such as Facebook, Instagram etc. There are also many other activities with students.

10.8. Staff and student mobility

10.8.1. Student employment rate

We have a considerable number of students who now have not completed their Bachelor studies have started working in various clubs and sports centers.

10.8.2. Alumni Services (graduates)

He has not yet graduated from any students, they are in the process of being in the process.

11. Performance Indicators

The Faculty Performance Assessment Framework tracks the main performance results and indicators that the organization has achieved in the main results that contribute to the overall contribution score in the society where the institution operates.

Bachelor Level

N0	Indicators of expected result	2021	2022	2023
1	Total number of students in the Faculty of Sport	30	67	114
2	Annual student intake in the program	30	30	28
3	Total number of students in the program	30	60	88
4	Graduation rate at 3.5 years	0 %	0 %	0 %
5	Student survival and dropout rate	0 %	4 %	6 %
6	Student satisfaction rate within the program	85 %	90 %	92 %
7	Staff satisfaction levels within the program	89 %	91 %	90 %
8	Research results/quotes in the program	1.45	1.75	1.89
9	Number of partnerships and mobility	3	3	3

	Process Indicators	2021	2022	2023
1	Staff-student ratio	1:2.2	1:4.6	1:4.1
2	Student-class ratio	30:1	61:2	89:3
3	Student-computer ratio	1:1	1:2	1:2
4	Student-book report	1:14.8	1:7.4	1:5.3
5	Frequency of students	75 %	73 %	68 %
6	The degree of implementation of the Curriculum Plan	95 %	92 %	95 %
7	Student attainment rate	78 %	76 %	66 %
8	Participation rate in staff training	78 %	75 %	84 %
9	Staff research rate	1.45	1.75	1.89
10	Syllabus – The compatibility rate of learning outcomes	92 %	90 %	93 %
	Input Indicators	2021	2022	2023
1	Number of academic staff (Qualification) at the Faculty of Sport	13	17	22
2	Number of academic staff (Qualification) in the program	13	17	22
3	Number of classes for the program	2	3	4
4	Number of Laboratories	5	6	7
5	Student fee income program	1200,00	1300,000	1300,000
6	Number of books/magazines	443,00	443,00	443,00

Master Program

N0	Indicators of expected result	2022	2023
1	Total number of students in the Faculty of Sport	67	114
2	Total number of students in msster program	7	19
3	Annual student intake in the program	7	12
4	Graduation rate at 3.5 years	0 %	0 %
5	Student survival and dropout rate	2 %	4 %
6	Student satisfaction rate within the program	90 %	92 %
7	Staff satisfaction levels within the program	91 %	90 %
8	Research results/quotes in the program	1.75	1.89
9	Number of partnerships and mobility	3	4
	Process Indicators	2022	2023
1	Staff-student ratio	1:1.3	1:2.1
2	Student-class ratio	7:1	19:2
3	Student-computer ratio	1:1	1:1
4	Student-book report	1:63.2	1:23.3
5	Frequency of students	73 %	75%
6	The degree of implementation of the Curriculum Plan	92 %	95 %
7	Student attainment rate	82 %	85 %

8	Participation rate in staff training	75 %	80 %
9	Staff research rate	1.75	1.80
10	Syllabus – The compatibility rate of learning outcomes	90 %	93 %
	Input Indicators	2022	2023
1	Number of academic staff (Qualification) at the Faculty of Sport	17	22
2	Number of academic staff (Qualification) in the program	13	17
3	Number of classes for the program	2	3
4	Number of Laboratories	6	7
5	Student fee income program	1500,000	1500,000
6	Number of books/magazines	443,00+online platforms	443,00+online platforms

Key performance indicators are part of the overall strategy to monitor faculty progress and take the necessary measures to ensure consistency, performance and process orientation.