



Formular për punën shkencore të realizuar Формулар за реализирана научна работа Form for realized Scientific Work

Formulari i nënshkruar dhe me email duhet ti dorezohet Dekanit dhe ai e dorezon te pro-rektori për shkencë
Формуларот пополнет и потпишан преку емаил треба се достави до деканот а тој до проректорот за наука.
The form should be delivered signed hard copy and emailed to the Dean of Faculty and he to Vice Rector for Science

Emri Mbiemri (dhe Nënshkrimi) Име Презиме (и Потпис)	Yllka Cemena
Titulli akademik (data dhe viti kur është marur) Наставно-научно звање (датум и год. кога е добиена)	Master i shkencave sportive (09.07.2009)
Drejtimi / Fakulteti Смер / Факултет	Fakulteti i kulturës fizike dhe sportit
Fusha e punimeve shkencore (Frascati) Области на трудовите (Frascati)	

Published Research in the past 5 years (List all papers under proper time category starting with most recent)
Hulumtimi i Publikuar ne 5 vitet e fundit (Listoi te gjitha punimet me renditje kohore, duke filluar nga i fundit)
Публикувани трудови во последните 5 години (Излистај ги сите по хронолошки аспект почнувајќи од последната)

CONFERENCES - Konferencat – Конференции

Local Conference (2015-2020)		
1	Reference	
	Link published	
2	Reference	
	Link published	

National Conference (2015-2020)		
1	Reference	
	Link published	
2	Reference	
	Link published	

International Conference (2015-2020)		
1	Reference	
	Link published	
2	Reference	
	Link published	

JOURNALS

Local Journal (2015-2020)		
1	Reference	
	Link published	
2	Reference	
	Link published	

National Journal (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

International Journal (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

International Journal with Impact Factor ISI Web of Science – Clarivate analytics (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

Studies and monographs (Local, National, International publication house) (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

Books (Local, National, International publication house) (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

Projects (2015-2020)

1	Reference	
	Link published	
2	Reference	
	Link published	

* - International Conference or Journal is considered the one that has at least 50% international members in the editorial board.

PERSONAL INFORMATION

Yllka Cemena

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WORK EXPERIENCE

08/10/2017–Present

Assistant doctorant

Mother Teresa University, Skopje (North Macedonia)

02/02/2010–07/10/2017

Physical education teacher secondary school

SHFK Penestia, Debar (North Macedonia)

02/01/2014–30/12/2016

Karate referee

Karate Federation of Macedonia, Skopje (North Macedonia)

05/09/2012–30/06/2018

Karate trainer

KC Shkendija, Tetovo (North Macedonia)

EDUCATION AND TRAINING

01/11/2015–Present

Ph.D of Kinesiology

State University of Tetovo, Tetovo (North Macedonia)

01/10/2006–09/07/2009

Master of physical education and sports

University of Prishtina, Prishtina (Kosovo)

01/10/2003–05/09/2006

Bachelor of physical education and sports

University of Prishtina, Prishtina (Kosovo)

01/10/2012–05/10/2017

Bachelor in English language and literature

State University in Tetovo, Tetovo (North Macedonia)

PERSONAL SKILLS

Mother tongue(s)

Albanian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	B2	B2	C1
Macedonian	C1	C2	C1	C1	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages - Self-assessment grid

Digital skills

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem-solving
Proficient user	Proficient user			

Digital skills - Self-assessment grid

ADDITIONAL INFORMATION

Publications

“RELATIONS AND SOME CHANGES IN THE MOTOR SKILLS OF YOUNG KARATIST OF DIFFERENT SEXES” Yllka Cemena¹ Vullnet Ameti², Visar Ganiu² & Shpresa Memishi²; International Journal of Sports Sciences and Health SPORT AND HEALTH, Tetovo, 2016.

Presentations

1. THIRD INTERNATIONAL BALKAN CONFERENCE IN SPORT SCIENCES, IBCSS2016, May 27-28, 2016 State University of Tetova, Tetova, Macedonia

“RELATIONS AND SOME CHANGES IN THE MOTOR SKILLS OF YOUNG KARATIST OF DIFFERENT SEXES”

Yllka Cemena¹ Vullnet Ameti², Visar Ganiu² & Shpresa Memishi²

2. FOURTH INTERNATIONAL BALKAN CONFERENCE IN SPORT SCIENCES, IBCSS2017, May 05-06, 2017, Tetova, Macedonia

“THE DIFFERENCE BETWEEN MOTORIC ABILITIES AND MORPHOLOGIC PARAMETERS UPON BEGINNER LEVEL KARATE STUDENTS UNDER A THREE-MONTH PROGRAM”

Yllka Cemena¹ Vullnet Ameti², Visar Ganiu² & Ajri Zyba²