



# Agon Saiti

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**Gender:** Male **Date of birth:** 03/03/1976

## WORK EXPERIENCE

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[ 29/12/2018 – Current ] **Docent - Assistant Professor in Kinesiology**

*Faculty of Social Sciences, Study Program - Sport and Sport's Science, 'Mother Theresa' University*

**City:** Skopje

**Country:** North Macedonia

[ 19/04/2022 – Current ] **Member of the University Senate**

*'Mother Theresa' University*

**City:** Skopje

**Country:** North Macedonia

[ 01/11/2017 – 01/11/2021 ] **Councilor in the Council of the city of Skopje**

*Municipality of Skopje*

**City:** Ckonje

**Country:** North Macedonia

[ 2017 – 2018 ] **Teaching Assistant**

*Faculty of Social Sciences, Sport and Sport's Science, 'Mother Theresa' University - Skopje*

**City:** Ckonje

**Country:** North Macedonia

[ 2002 – 2003 ] **Part-time Teaching Assistant, subject: Table tennis**

*Prishtina University - Faculty of physical education and sports*

**City:** Prishtina

**Country:** Kosovo

[ 2000 – 2018 ] **Teacher, subject: Sport and sport's activities**

*Secondary School 'Zef Lush Marku'*

**City:** Skopje

**Country:** North Macedonia

[ 1999 – 2002 ] **Part-time Teaching Assistant, subject: Biomotoric 2**

*The State University of Tetovo*

**City:** Tetovo  
**Country:** North Macedonia

[ 1999 – 2001 ] **Teacher, subject: Physical Education**

**Primary school "Bajram Shabani"- Kondove**

**City:** Skopje  
**Country:** North Macedonia

## EDUCATION AND TRAINING

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[ 2018 ] **Ph.D. Science in Kinesiology**

**Ss. Cyril and Methodius University- Faculty of Physical Education, Sport and Health**

**Address:** Skopje, North Macedonia

[ 2009 ] **Master of Science in Kinesiology**

**Ss. Cyril and Methodius University - Faculty of Physical Education**

**Address:** Skopje, North Macedonia

[ 1999 ] **Bachelor's Degree - Professor of Physical Education**

**Ss. Cyril and Methodius University - Faculty of Physical Education**

**Address:** Skopje, North Macedonia

## LANGUAGE SKILLS

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**Mother tongue(s):** Albanian

**Other language(s):**

**Macedonian**

**LISTENING C2 READING C2 WRITING C2**

**SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2**

**Serbo-Croatian**

**LISTENING C1 READING C1 WRITING B2**

**SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2**

**English**

**LISTENING B1 READING B1 WRITING B1**

**SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1**

## DIGITAL SKILLS

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### My Digital Skills

Microsoft Word | Microsoft Exel | Microsoft Powerpoint | Google Drive | Google Meet  
| Google Classroom | Outlook | Gmail | Facebook | Social Media | Whatsapp |  
Instagram | Google Docs

## COMMUNICATION AND INTERPERSONAL SKILLS

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### Communication and interpersonal skills

Excellent written and verbal communication skills,  
Confident, articulate, and professional speaking abilities (and experience),  
Empathic listener and persuasive speaker,  
Writing creative or factual,  
Speaking in public, to groups, or via electronic media,  
Excellent presentation skills.

## ORGANISATIONAL SKILLS

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### Organisational skills

Communication and collaboration  
Physical organization  
Combine patience, determination, and persistence to troubleshoot work-related issues,  
Strategic thinking and planning,  
Dynamic, results-oriented problem solver,  
Easily understand and solve technical problems,  
Handling complaints from parents, students, and colleagues,  
Skilled at evaluating options and generating solutions,  
Strong problem-solving and analytical skills

## JOB-RELATED SKILLS

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### Job-related skills

Twenty years of teaching and lecturing experience with diverse age groups of students.  
Thirty years of professional experience in table tennis: as a coach, player in the national table tennis team, and sports director of the Table Tennis Federation of North Macedonia.

## HONOURS AND AWARDS

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### Honours and awards

- 2005 – selected in the top ten athletes of the year in the city of Skopje (table tennis), Sports Federations in Skopje
  - 2005, 2004, 2003, 2002, 2001, 2000 – Table Tennis Player of the Year, Macedonian Table Tennis Federation
  - 2004 - "13 November" Award for high-achievement in table tennis sport in North Macedonia presented by the City of Skopje.
  - 2004 - "Outstanding athlete" award for results achieved during 2003, awarded by "Fakti" newspaper
  - 2003 - "Outstanding athlete" award for results achieved during 2002, awarded by "Fakti" newspaper
  - 2002 -" FENIKS" Award for outstanding achievements in sports awarded by the Council of Center Municipality
  - 2001 -Top ten best Albanian sportsmen in North Macedonia for the year 2000, by newspaper "Flaka"
  - 1999 - Acknowledgment for outstanding achievements in the field of sports - Student Association "Fan S. Noli"
  - 1993 - Special Prize "Fair Play" for Sports and Correct Playing Behavior, Macedonian Table Tennis Federation.

### Achievements in sports career

- 13-time men's singles Table Tennis Champion of Macedonia for senior (2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000, 1999, 1998, 1996)
- State champion in double and mix-double (1995, 1997, 1999, 2000, 2002, 2008)
- State champion with team competitions: Student-termo, Vardar, and Floraskop. (1994/95, 1995/96, 1997/98, 1998/99, 2000/01, 2002/03, 2006/07)
- Men's singles table-tennis champion of Macedonia for juniors 1991
- Men's singles table-tennis champion of Macedonia for pioneers 1989
- State champion in double and mix-double for juniors 1990
- Team champion pioneer category 1989
- Participant in several World Table Tennis Championships: Eindhoven-Holland (1999), Kuala Lumpur-Malezija 2000, Paris-France(2003), Bremen-Germany (2006), Zagreb-Croatia 2007, Russia-Moskow (2010), Rotterdam-Holland (2011).
- Participant in two European Table Tennis Championships: Croatia-Zagreb 2002, Serbia-Beograd 2007.

## PUBLICATIONS

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### Scientific Conferences and Publications

1. Bejtulla, E., **Agon, S.**, Seryozha, G., Sedat, B., Yllka, C. (2022). Anthropometric characteristics and physical fitness level in relation to body weight status in six-year-old Macedonian children. *Research in Physical Education, Sport and Health*.
2. Bejtulla, E., Blerim, S., & **Agon, S.** (2022). Factor structure of motor abilities in 17 year-old students. *Sigurnost i kvalitet hrane*, 245-254.
3. Bejtulla, E., **Agon, S.**, Seryozha, G., Sedat, B., Yllka, C. (2022). Age and gender differences in A 4 × 10 M shuttle run test for primacy school children aged 6 to 14. *Research in Physical Education, Sport and Health 2022*, Vol. 11, No. 1, pp.3-9
4. **Agon, S.**, Lençe, A.-V., Bejtulla, E., Vladimir, V., & Blerim, S. (2021). Development of motor abilities in early adolescent children at the age of 13 and 14. *Research in Physical Education, Sport and Health*, Vol. 10, No. 2, pp.23-28.
5. **A. Saiti**, L. Aleksovska-Velickovska, B. Saiti, Zh. Kostovski, B. Emini, DEVELOPMENT OF MOTOR ABILITIES IN EARLY ADOLESCENT CHILDREN AT THE AGE OF 13 AND 14 YEARS, International Conference in sport science, Sports University of Tirana, 2019
6. **A. Saiti**, STRUCTURE OF ANTHROPOMETRIC DIMENSIONS OF TABLE TENNIS PLAYERS IN THE REPUBLIC OF MACEDONIA WHO COMPETE IN THE SUPER LEAGUE AND FIRST LEAGUE, 3rd International Scientific Conference, Ss. Cyril and Methodius University in Skopje, Faculty of Physical Education, Sport, and Health, 2018, pp. 17-21
7. **A. Saiti**, STRUCTURE OF BIOMOTOR ABILITIES OF TABLE TENNIS PLAYERS IN THE REPUBLIC OF MACEDONIA WHO COMPETE IN THE SUPER LEAGUE AND FIRST LEAGUE, 3rd International Scientific Conference, Ss. Cyril and Methodius University in Skopje, Faculty of Physical Education, Sport, and Health, 2018, pp. 23-27
8. V. Vuksanovikj, A. Acevski, J. Jovanovski, M. Majeric, I. Klincarov, G. Nikovski, **A. Saiti**, ISOKINETIC PEAK TORQUE VS 1RM TESTS AS RELIABLE METHOD TO FOLLOW UP POWER DEVELOPMENT, 3rd International Scientific Conference, Ss. Cyril and Methodius University in Skopje, Faculty of Physical Education, Sport, and Health, 2018
9. **A. Saiti**, ASYMMETRY OF ANTHROPOMETRIC DIMENSIONS AND MOTOR EFFICIENCY OF TABLE TENNIS PLAYERS IN THE REPUBLIC OF MACEDONIA WHO COMPETE IN THE SUPER LEAGUE AND FIRST LEAGUE, First International Scientific Conference, Ss. Cyril and Methodius University in Skopje, Faculty of Physical Education, Sport, and Health,,2014
10. V. Vuksanovikj, J. Jovanovski, **A. Saiti**, COMPARISON OF CHANGES IN THE MUSCULAR POWER POTENTIAL OF ELBOW FLEXORS AFTER A SIX-WEEK EXPERIMENTAL PROCEDURE WITH TWO GROUPS OF SUBJECTS WORKING ACCORDING TO THE STANDARD LOAD METHOD AND THE GREATEST SUCULE LOAD

METHOD, First International Scientific Conference, Ss. Cyril and Methodius University in Skopje, Faculty of Physical Education, Sport, and Health,,2014  
11. B. Saiti, **A. Saiti**, FACTOR STRUCTURE OF THE FOURTH-GRADE FEMALE STUDENTS IN THE REPUBLIC OF MACEDONIA, 9th International Balkan Education and Science Congress, Trakya University Faculty of Education, Edirne-Turkey, 2014.

[ 2020 ] **Book reviews**

Pollozhani A. *Bazat e Fizilogjisë së sportit* - Universiteti 'Nënë Tereza'

Pollozhani A. *"Bazat e mjekësisë sportive"* - Universiteti 'Nënë Tereza'

**HOBBIES AND INTERESTS**

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**Hobbies and interests**

- An active member of the local Hiking club.
- An active member of the local fishing club.
- Running
- Cycling