



PERSONAL INFORMATION



Blerim Saiti

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Sex Male | Date of birth 23/11/1975

EDUCATION AND TRAINING

01/09/1982–10/06/1990

Elementary school

"Jeta e re" -Sllupçan, Kumanovo (North Macedonia)

1990–1994

Secondary school

"Goce Dellçev", Kumanovo (North Macedonia)

1994–1998

Teacher of Physical Education and profiled in wrestling sports

Higher Institute of Physical Culture "Vojo Kushi", Tirana (Albania)

2003

Master's degree

Academy of physical education and sports "Vojo Kushi", Tirana (Albania)

Master in didactic of physical education

Master title: Verification of motor capacity in students of primary school 11-14 year old

2013

PhD

Ss. Cyril and Methodius University, Skopje (North Macedonia)

Faculty of physical education, sport and health

Doctor of Kinesiology

Dissertation title: Determination of somatotypes and eventual differences in relation to anthropometric characteristics, motor and functional skills in sportsmen from different sports.

WORK EXPERIENCE

28/02/2002–31/12/2007

Physical education teacher secondary school

SHMQSH "Pance Karagjozov", Skopje (North Macedonia)

19/09/2003–31/08/2004

Physical education teacher secondary school

SHMQSH Zef Lush Marku, Skopje (North Macedonia)

01/01/2008–07/12/2017

Assistant Professor (PhD)

State University of Tetovo, Tetovo (North Macedonia)

Faculty of physical education

Subject: Methodology of physical education and health

21/02/2014–30/09/2017

Assistant Professor (PhD)

College "Universi", Pristina (Kosovo)
 subject: Benefits of physical activity on health and fitness

30/12/2017–Present **Associate professor**
 University "Mother Theresa", Skopje (North Macedonia)
 Faculty of social sciences
 study program: Sport and sport science
 subject: theory of training and Kineziology

PERSONAL SKILLS

Mother tongue(s) Albanian

Foreign language(s)

| | UNDERSTANDING | | SPEAKING | | WRITING |
|------------|---------------|---------|--------------------|-------------------|---------|
| | Listening | Reading | Spoken interaction | Spoken production | |
| Macedonian | C1 | C1 | C1 | C1 | C1 |
| English | B2 | B2 | B1 | B1 | B1 |

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](#)

Communication skills Excellent communication skills gained during the experience in different institutions and organizations.

Organisational / managerial skills Excellent organizational skills and leadership capabilities.

Job-related skills Experience in different universities, schools and sports club

Digital skills

| SELF-ASSESSMENT | | | | |
|------------------------|-----------------|------------------|-----------------|------------------|
| Information processing | Communication | Content creation | Safety | Problem-solving |
| Proficient user | Proficient user | Proficient user | Proficient user | Independent user |

[Digital skills - Self-assessment grid](#)

ADDITIONAL INFORMATION

- Courses** Specialization in "Fizio-Kinezio-Therapy and Massage"
Department of Sports Medicine
Academia of Physical Education and Sports
Tairana, Albania 1998
- Projects** Tempus EU - Project - Training staff "Organization and management testing" - University of Vienna Austria. 04-09.04. 2011
EU Tempus - Project for Harmonization of Curricula with EU Perspectives- 27-29 September 2011
Erasmus + Inter-Institutional agreement between Trakya University and State University of Tetovo. 25-29 April 2016
National Olympic Committee – Olympic Day – Tetovo. 26.04.2016

PUBLICATION

1. Хајредини, А., **Саити, Б.**, & Мустафа, А.,(2008). Организација и развивање на тренажниот процес во основната фаза на долгогодишно делување во Атлетика. *Federata e sportit shkollor, takime profesionale shkencore, Pelister, fq.204-209*
2. Далип, М, **Саити, Б.**, Ника, Ф., Телаи, Б., Вуксановиќ, В., & Јовановски, Ј.,(2008). Одредување на аеробиот капацитет кај професионални фудбалери од првата фудбалска лига во република македонија. *Federata e sportit shkollor, takime profesionale shkencore, Pelister, fq.289-292.*
3. **Саити, Б.**, Хајредини, А., & Адеми, А., (2008). Антропометриски карактеристики и моторни способности кај учениците и ученичките на 17 годишна возраст. *Federata e sportit shkollor, takime profesionale shkencore, Pelister, fq.442-445.*
4. Адеми, А., Далипи, М., Телаи, Б., **Саити, Б.**, & Јакупи, М.,(2009). Анализа на некои физички карактеристики кај младите фудбалери во возраст од 10-15 години. *Физичка Култура, ФСПРМ, Охрид год.7;бр2. Стр.163-164.*
5. **Саити, Б.**, Адеми, А., Телаи, Б., Далипи, М., Ника, Ф., & Абдулаху, А.,(2009). Влијанието на различните протоколи на загревање врз аеробната моќ. *Физичка Култура, ФСПРМ, Охрид год.7;бр2. Стр.217-218.*
6. Исмаили, Х., Далипи, М., Адеми, А., **Саити, Б.**, Телаи, Б., & Хајредини, А., (2009). Програма за спречување на појавата на повредите кај фудбалерите F-Марс 11 и F-Марс 11+. *Физичка Култура, ФСПРМ, Охрид год.7;бр2. Стр.229- 231.*
7. Адеми, А., Телаи, Б., **Саити, Б.**, Далипи, М., Ника, Ф., & Исмаили, Х., (2009). Споредување на теренските и лабораториските тестови во одредување на анаеробната моќ. *Физичка Култура, Охрид год.7;бр2. Стр.263-264.*
8. **Саити, Б.**, (2011). Разлики на некои антрополошки карактеристики помеѓу учениците во основните училишта од урбани и рурални средини; *Физичка Култура; Меѓународна научно стручна конференција, ФСПРМ, Велес.*
9. **Саити, Б.**, (2011). Час по физичко воспитание како слободно учење, рекреативен и забавен за ученици од основното училиште; *Физичка Култура; Меѓународна научно стручна конференција, ФСПРМ, Велес.*
10. **Саити, Б.**, Мемиши, Ш., Кица, Х., Абдулаху, А.,(2011). Споредба на некои антропометриски карактеристики

и функционални способности кај млади фудбалери во прва лига на република Македонија, Физичка Култура; Меѓународна научно стручна конференција, ФСГРМ, Велес.

11. Dalip, M., Imetovska, L., Imetovska, Rexhepi, F., **Saiti, B.** & Ademi A.(2011).The improvement of the aerobic capacity of young soccer players using the aerobic step with soccer elements; 7th World Congres on Science & Football & 9th Annual conference of Japanese Society of Science & Football; Nagoya, Japan pg. 218.
12. Dalip, M., Rexhepi, F., **Saiti, B.**,Telai, B., Yakupi, M. & Ademi, A. (2011): The improvement of the aerobic capacity of professional macedonian players using specific game-related soccer skills. 7th World Congres on Science & Football & 9th Annual conference of Japanese Society of Science & Football; Nagoya, Japan pg. 219.
13. **Saiti, B.**,(2011). Animation of children in nature; IV меѓународни симпозијум "Sport i Zdravlje", Tuzla, Bosnia and Herzegovina. Str. 57-60.
14. **Saiti, B.**,(2011). Marketing Sportskih Takmičenja; VII Medjunarodne Konferencije menadzment u sportu. Beograd, Srbija.
15. Амети В., **Сайти Б.**, Адеми А. (2012). Разликите во нивото на физичката подготвеност кај учениците од урбани и рурални средини на 13 годишна возраст. Физичка Култура; Меѓународна научно стучна конференција, ФСГРМ, Велес.
16. Shukova S. D., **Saiti B.**, Zivkovic V., Dalip M., Telai B., Ademi A., Jakupi M., (2013), Correlation between components of the somatotypes and motor skills of young soccer players in the first league in the republic of Macedonia, International Balkan symposium in sport science; Faculty of Physical Education - Tetovo Macedonia, Kirkpinar School of Physical Education and Sports Edrine Turkey. pg. 98-99.
17. Ameti V., **Saiti B.**, Shaqiri K., Memishi SH., Ismaili H., (2013), Differences between anthropometric characteristics and motor skills among republic of Macedonia's national karate team members.; International Balkan symposium in sport science; Faculty of Physical Education - Tetovo Macedonia, Kirkpinar School of Physical Education and Sports Edrine Turkey. pg. 106-107.
18. Тоџи Б., Ismaili H., **Saiti B.** (2013), The impact of curricula on students motor transformation during an academic year.; International Balkan symposium in sport science; Faculty of Physical Education - Tetovo Macedonia, Kirkpinar School of Physical Education and Sports Edrine Turkey. pg. 38.
19. **B.Saiti, Z.** Kostovski, A. Ademi & H. Ismaili (2014). Differences in anthropometric characteristics and somatotype in young soccer players and karate practiconers; For the 5th international scientific conference "Anthropological aspects of sports, physical education and recreation" held in Banja Luka, Bosna and Hercegovina. Pg. 151-157
20. K. Shaqiri, D.Loliç, A. Ademi, **B.Saiti, Z.** Kostovski, (2014). Factor structure parameters for assessing basic motor dimensions of young judo, For the 5th international scientific conference "Anthropological aspects of sports, physical education and recreation" held in Banja Luka, Bosna and Hercegovina. Pg.144-150
21. Žarko Kostovski, Branimir Mikić, Zoran Mašić, Nina Đukanović, **Blerim Saiti** (2014). Usporedbe motoričkih dimenzija multivarijantnih prostora mladih sportaša i nonathletic liječenj ispitivanjem eurofitom, *International scientific journal of kinesiology sport science* . pg.160-167
22. Kostovski, Ž., Ameti, V., **Saiti, B.** Ademi, A., Ismaili, H., Shakiri, K. (2014) ,Comparisons of the basic motor abilities and body composition, with karate athletes and non-athletes at the age of 16-18 years old., 7th conference for youth sport Ljubljana, 12-13 December, pg. 57.
23. **B. Saiti** (2015).; Anthropometric characteristics and somatotype in young soccer and basketball players; *International Balkan sport sciences congress (IBSSC2015)*. Kirkpinar school of physical education and sports, Edirne Turkey. Pg.9.
24. B. Sulejmani, V.Ameti, K. Shaqiri, A. Iseni, **B.Saiti,** (2017); The impact of some motor characteristics and motor skills in Karate; 4International Balkan conference in sport sciences (IBCSS2017) Tetovo Macedonia, pg. 46.

25. V. Ameti, **B.Saiti** & Sh. Memishi (2017), Mundja dje dhe sot në Republikën e Maqedonisë / Wrestling yesterday and today in the Republic of Macedonia, Konferenca Shkencore Nderkombëtare; *Sporti Ballkanik, Zhvillime dhe Perspektiva*; Durrës, Hotel "Adriatiku", më 20 maj 2017
26. **B. Saiti** and Zh. Kostovski (2017) Somatotype and Anthropometric Characteristics in Young Soccer Players and Karate Practiconers; *International Balkan Conference in Sport Sciences B u r s a* between 21 – 23 of May, 2017.
27. Žarko, K., Fadil, R., **Blerim, S.**, Zorica, S., & Vesna, B. (2017). Kinematic-Goniometric Parameters of a Leg Kick Ashi Mawashi Geri. *SPORT SCIENCE, INTERNATIONAL SCIENTIFIC JOURNAL OF KINESIOLOGY*, 25-30. <http://www.sportscience.ba/pdf/br20.pdf>
28. **Saiti, B.**, Kostovski, Z., Ganiu, V., Ademi, A., & Egzon, S. (Decembar 2017). Differences in Anthropometrics Characteristics, Somatotype and Motor Skill in Karate and Non-Athletes. *SPORTS SCIENCE AND HEALTH*, 108-111. <https://www.siz-au.com/sites/default/files/journal/snz - vol 7 issue 2- saiti blerim 0.pdf>
29. Diellza K., Haki I., Nazim M., Kastriot Sh., Arberesha T., **Blerim S.** (2017). Physical activity and health, *International Journal of Sport Sciences and Health Sport and Health*, 30-35
30. Kostovski, Ž., Đukanović, N., Kostovska-Petkovska, V., & **Saiti, B.** (2017). Morphological characteristics with students – karate athletes and nonathlets . *FIS COMMUNICATIONS 2017, in physical education, sport and recreation*, 62-65
31. 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. <https://pesh.mk/wp-content/uploads/2021/12/5-vol10-no2.pdf>
32. Bejtulla, E., **Blerim, S.**, Zorica, S., & Zarko, K. (2021). The influence of the basic motor abilities on the five athletic disciplines in 17-year-old students . *Sport Scientific And Practical Aspects, International Scientific Journal of Kinesiology*, 63-69. <http://sportspa.ftos.untz.ba/images/dec2021/RAD%208%20edited%20dec%202021.pdf>
33. Bejtulla, E., **Blerim, S.**, & Agon, S. (2022). Factor structure of motor abilities in17-year-old students. *Sigurnost i kvalitet hrane*, 245-254. <https://eubd.edu.ba/MNS/TOM%20II%20B5.pdf>
34. Saiti, A. Aleksovska-Velickovska, L., **Saiti, B.** Kostovski, Z. Emini, B. (2019) Development of motor abilities and psychological characteristics in early adolescent children at the age of 13 and 14 years. *International Conference in Sport Science Tirana (Albania)*. Pg.46
35. **B. Saiti**, Z. Kostovski, V. Ganiu, B. Emini, A, Nika (2021). Anthropometric characteristics, Somatotype and Body composition in yung soccer and basketball players. *INTERNATIONAL CONFERENCE IN SPORT SCIENCE*, Book of Abstracts, Kolegji AAB in Partnership with: Faculty of social sciences, Sport and sport science, University "Mother Theresa" Pristina. December 2021
36. Sh. Shala, Z. Stankovska, **B. Saiti**, V. Ganiu, Z. Kostovski (2021). Effects of teen weeks programmed training with potential mebers of the national team in karate – cadets from Republic of Kosovo. *INTERNATIONAL CONFERENCE IN SPORT SCIENCE*, Book of Abstracts, Kolegji AAB in Partnership with: Faculty of social sciences, Sport and sport science, University "Mother Theresa" Pristina. December 2021
37. B. Emini, **B. Saiti**, A.Saiti, Y. Cemena, S. Bajtija (2021). Impact of sports program to some extra motoric dimensions-Boys of age 15 year old. *INTERNATIONAL CONFERENCE IN SPORT SCIENCE*, Book of Abstracts, Kolegji AAB in Partnership with: Faculty of social sciences, Sport and sport science, University "Mother Theresa" Pristina. December 2021
38. Haki, I. Metin D., **Blerim S.**, Lejla A. (2022) Determination of the differences in the anthropometric characteristics, general Motor, and specific motor ability on young Macedonian soccer players from u - 12 to u - 14 years old boys. *7th international balkan conference in sport sciences*. University of Tetova, North Macedonia
39. **B. Saiti**, Z. Kostovski, V. Ganiu, B. Emini, A, Nika (2021). Anthropometric characteristics, Somatotype

and Body composition in young soccer and basketball players. INTERNATIONAL CONFERENCE IN SPORT SCIENCE, Book of Abstracts, Kolegji AAB in Partnership with: Faculty of social sciences, Sport and sport science, University "Mother Theresa" Pristina. December 2021

40. Emini, **B. Saiti**, B. Saiti, A. (2022). Predictive values of specific -motor abilities in five athletics in 17-year-old student use of bioelectrical impedance as a tool in maintaining health 12th international conference on Sports science and health. Banja Luka BH. Pg. 24