

Foto

Curriculum-Vitae

Informacione Personale

Emër / Mbiemër
Profesioni

- e martuar
- Blerina MEMA
- Lektore

Titulli Akademik

- Msc.

Institucioni ku punon

- Universiteti i Sporteve Tirane

Adresa

- Rruga."Xhezmi Delli", Pallati ABG, Shk.1/Ap.6 ,Tirane

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Shtetësia

- Shqiptare

Datëlindja

- 30.03.1977

Gjinia

- Femer

Ekspierencat në punë

Datat

- 2013-ne vazhdim Uiversiteti i Sporteve Tirane
- 2008-2009 Gjinnazi i Pergjithshem "Qemal Stafa"
- 2003-2006 Universiteti i Tiranes, Fakulteti Filologjik.
- 1992-2008 Sportiste profesionale, Anetare e ekipit Kombetar

Puna ose pozicionet e mbuluara

- Lektore
- Mesuese e Edukimit Fizik
- Lektore
- Sportiste

**Formimi dhe Njohuritë
Datat**

- **2006-2008** Master Shkencor prane Akademise se Edukimit Fizik e Sporteve "Vojo Kushi"
- Dëshmi per "Administrim Sporti" te organizuar nga KOKSH
- **1996-2000** Instituti i Larte i Kultures Fizike "Vojo Kushi"
- **1992-1996** Gjmnazin e Pergjithshem "Partizani"

**Tematikat kryesore/kompetencat
profesionale**

- Specialiste volejboli
- Trainere

Gjuha e nënës

- Shqip

Gjuhë tëHuaja

- Anglisht (e mbrojtur prane Fakultetit te Gjuheve te Huaja)
- Italisht (gjuhe e folur)

**Kapacitete dhe kompetenca
organizative**

- Aftesi te mira pune ne grup.
- Aftesi te mira organizative.
- Aftesi menaxhuese
- Aftesi te mira komonikimi.

**Kapacitete dhe kompetenca
informatike**

- Microsoft Basics Office
- Microsoft Excel
- Microsoft Word
- Microsoft Power-Point
- Access Internet

Bibliografia e Punëve Shkencore

Bashkengjitur

Artikuj në revista dhe periodike shkencorë brenda vendit (shqip dhe gjuhë të huaj)

Shatku, S., Mema, B. & Vinciguerra, S. (2013) *The sports law in the context of the plurality of the law system and the new concept of the work in European Area*. Journal of Physical Activity & Sports, Vol.1 Issue 1, ISSN 2308-5045, fq. 8-12. Tiranë, Albania.

Mema, B., Ushtelenca, K. (2014) *Changes on lifestyle behaviors toward inactivity in children*. Journal of Physical Activity & Sports, Vol.2 Issue 1, ISSN 2308-5045, fq. 3-6. Tiranë, Albania.

Artikuj dhe periodike në revista shkencorë jashtë vendit

Shatku, S., Mema, B. and Cela, K. (2014) *The Sports law in the Context of the Plurality of Law System and the New Concept of Professional Sport Work in European Area*. Academic Journal of Interdisciplinary Studies, MCSER Publishing, Vol.3 No.1, ISSN 2281-3993. fq.359-362, Roma, Italy.

Shehu, M., Mema, B. (2015) *The prevalence of physical activity levels in Albanian children's and adolescents in the Physical Education class and their leisure time*. Bulgarian Journal of Science and Education Policy (BJSEP), Vol.9 No.2, ISSN 1313-9118(online)

Pjesëmarrje me referim në aktivite shkencore ndërkombëtare (seminare, kongrese, konferenca)

Mema, B., Ushtelenca, K (2014) *Changes on lifestyle behaviors toward inactivity in children*. International Conference in Sport Science "Toward the Future" ISBN 978-9928-4169-3-3, fq. 37, Tirana,Albania.

Shatku, S., Mema, B.& Rizvanolli, V. (2014) *The Sports Law and the Concept of Sports Contracts*. 7thInternational Scientific Conference on Kinesiology, Opatija, Croatia.

Ushtelenca, K., Pano, G., &Mema, B., (2014) *Anthropometric Changes, obesity, coordination and motor skills in 7-11years old children*. 9th INSHS International Christmas Sport Science Conference. Szombathely, Hungary.

Mema, B., Ushtelenca, K. (2015) *Parent and peer suport for exercise and sport participation in middle school children in Tirana*. The 3rd Congress of Sport Science "Performance of exercise participations, athletes and champions" at National and Kaposistrian University of Athens.

Ushtelenca, K., Jarani, J., Kurtaj, M. &Mema, B. (2016) *Antropological aspects of Sports, Physical Education and Recreation*. For the 11th FIEP EUROPIAN CANGRESS, Banja Luka (Bosnia and Herzegovina).

Mema, B., Ushtelenca, K. (2015) *Parent and peer suport for exercise and sport participation in middle school children in Tirana*. The 3rd Congress of Sport Science "Performance of exercise participations, athletes and champions" at National and Kaposistran University of Athens.

Ushtelenca, K., Jarani, J., Kurtaj, M. & **Mema, B.** (2016) *Antropological aspects of Sports, Physical Education and Recreation*. For the 11th FIEP EUROPIAN CANGRESS, Banja Luka (Bosnia and Herzegovia).

Mema, B., Kurtaj, M., and Ushtelenca, K., (2016) *An evidence based study on participation in Physical Education classes in Albania children*. For the 14 International Sport Science Congres, Antalia, Turkey 1 – 4 November

Me Respekt

Blerina MEMA