



## Organizers:

University of Tuzla,  
Faculty of Physical Education and Sport

## 8<sup>th</sup> International Congress "Sport and Health"

October 2<sup>th</sup>-3<sup>th</sup>, 2015

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## WELCOME NOTE

# Dear colleagues, students and guests,

We cordially invite you to attend the 8<sup>th</sup> International Congress "Sport and Health" of Bosnia - Herzegovina with international participation which will take place in Tuzla, Bosnia and Herzegovina on October 2<sup>th</sup>-4<sup>th</sup>, 2015.

The event is intended for professors at universities, teachers in primary and secondary schools, coaches, athletes, sports workers, the teacher in kindergarten and other professionals in the field of sports and health, from Bosnia and Herzegovina, the countries in the region, Europe and wider, with the aim of exchanging current trends and experiences in this area of sports and health.

We hope that the Congress will provide excellent opportunity to discuss various topics related to professional and scientific dilemmas, the position and the role of sports within society in general, and humanistic and personalized approach to persons with different health problems in the light of current knowledge on sports and health disorders.

The Congress aims to provide an overview of the results of the latest sports research and practice. Don't miss this opportunity to gain insight into a variety of topics of significant interest in sport science and technology.

You are all warmly invited and your presence at this gathering presents one step further guaranteeing that this Congress will provide impetus for the new achievements and improvement of our daily work for the benefit of sportsmen and the community at large.

Tuzla is the Centre of the Tuzla Canton. It is a 'City of Salt' but also a cultural, university and economic center, well known for its multinational and multicultural and warm hospitality.

Hoping the Congress will become a place not only for scientific discussion, but also for friendly contacts, we cordially invite you to attend.

We are looking forward to seeing all you in Tuzla and hoping that warm and lively atmosphere will make you leave our town with best memories and new experience.

**Welcome !**

Dean of Faculty of Physical Education and Sport University of Tuzla  
Prof Alen Kapidžić PhD

# Important Dates (Registration and Submission)

| Dates to remember:                                      |                        |
|---|------------------------|
| Abstract submission opening and opening of registration | 15th of April 2015     |
| Abstract submission closing                             | 5th of September 2015  |
| Notification to authors about acceptance                | 10th of September 2015 |
| Congress fee payment                                    | 20th of September 2015 |

**Congress date:** October 2th-3th, 2015.

**Official languages:** English and Bosnian, Serbian and Croatian.

**Registracion:** by registration form.

**Participants** by the present work **60€** (for 1-3 authors), each following author pays an additional **20€**.  
**Student and Young Researchers 30€** (maximum are possible 1-3 authors for YRA).

## Official invitations

Upon request, the Congress Secretariat will send personal invitation letters to participants. Please note that this letter is provided for visa purposes and is not to be considered as an official invitation covering fees and other expenses.

Please email your request with full name, postal address and passport number to:

[sportandhealth@untz.ba](mailto:sportandhealth@untz.ba)

## Liability and insurance

The Congress Secretariat and Organizers cannot accept liability for personal accidents or loss of or damage to private property of participants. Participants are advised to take out their own personal travel and health insurance.

## Participants

Kinesiologists (or sport scientists) – academicians, researchers, lecturers and practitioners, PE teachers, coaches, physicians (esp. specialists of sports medicine), physiotherapists and others, as well as postgraduate students and experts from cognate and adjacent scientific fields from all over the world are welcome. Policy makers, media representatives and service providers in sport and exercise are welcome as well. The presentation o the latest information is expected in podium and poster presentations. Each author is free to take approach he/she wants within the scope of the announced Congress topics.

# Congress topics

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This eight Congress brings together international speakers, researchers, scientists and practitioners to share and discuss the latest research findings under the following symposia:

Sports performance, biomechanics, analysis of technique, neuromotor control and movement in sport, motor learning and feedback, performance analysis technology, performance analysis in health and senior sport, performance analysis in youth sport, observational analysis of injury risk, biomedical and biomechanical basis of physical conditioning training, diagnostics for specific physical conditioning abilities, physical conditioning training methodology in particular sports, physical conditioning for special populations (armed forces, police, fire department), physical conditioning for children and youth, modern training equipment, health related physical conditioning, exercise in preschool children, sedentary behavior in university student population, student lifestyle, stress coping abilities, drugs in sport, sports nutrition and exercise metabolism, psychological or sociological aspects of involvement in sports, sports and disabilities, health and fitness in the future, adapted physical activity, etc...

## Instructions to participants

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### Publication of abstracts

Accepted abstracts will be published in the Abstracts book of the Congress. All registered participants will receive a complimentary copy of the Abstracts book in their conference kit upon arrival.

Presenters (first authors) should register to the Congress by 15th of September 2015 at the latest to ensure publication of the abstract in the Abstract book. Later registrations might lead to an exclusion of the abstract.

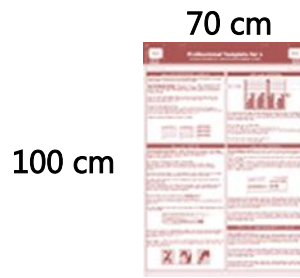
### Oral presentations:

Power point presentation files should be handed in on CD, DVD, or USB-stick upon arrival / registration at the conference desk. Special requests should be made in advance via e-mail. Presentation time should not exceed 10 minutes presentation time + 5 minutes question time. Oral sessions will be coordinated by chairpersons.

### Poster presentations:

Poster size should not exceed 100 x 70 centimetres. Presentation time should not exceed 5 minutes presentation time + 3 minutes question time. The poster session will be held on 3th of October (Saturday).

Find poster form (here)



Title, author names and affiliation should be positioned at the top of the poster. Avoid crowding too much information onto the poster; instead focus on key points. Highlight trends and comparisons with simplified graphics and diagrams. Be careful with large portions of text – try using outlines and bulleted text instead.

Visual material should be easily readable from a distance of approx. 2 metres. Use large and easy-to-read fonts. Posters should be understandable – even in the absence of the author(s)!

#### Article submission guidelines (valid for oral and poster presenters)

Authors who wish to publish their articles in the Proceedings book of the Symposium (which will be published electronically) should follow the instructions and guidelines listed below.

**In general**, publication guidelines are the same as for the **Sport Scientific And Practical Aspects** (International Scientific Journal of Kinesiology), with some small modifications described below.

Please read publication guidelines <http://www.sportspa.com.ba/instructions.html> and these instructions carefully.

Papers should be written in economic, clear, intelligible and concise style. *Empirical papers* should report original research and structured as introduction, method (including participants, instruments and procedure), results, discussion, and references. *Theoretic papers* should draw on the existing research literature to advance theory. It should examine in detail and critically analyze selected models and/or theories.

Papers should be submitted in electronic form (MS Word 2003 or later) and sent by e-mail ([sportandhealth@untz.ba](mailto:sportandhealth@untz.ba)) or, alternatively, handed in at the conference (on a CD, DVD, or USB-stick). Papers will be accepted until 15th of September 2015.

**The maximum length of the contribution is (5) five pages** (single-spaced, A4 with 2,5 x 2,5 cm side margins). The title page should contain names and affiliations of all authors as well as contact information for the corresponding author. Abstracts are not required as they will be published in the abstracts book of the Congress. The texts must show an appropriate language level and must have been reviewed by a native English speaker. Each manuscript will be subjected to an independent review.

Manuscript should be prepared following the general style and reference guidelines set forth in the Publication Manual of American Psychological Association, 6th ed., 2010. Details can be found at <http://www.apastyle.org/manual/>.

Each statement, finding or thought of others should be backed by a reference. In parentheses, the author's surname should be given, separated by a comma from the publication year. Where there are more than one author, up to six should be given - before the last surname use "and" instead of a comma. If there are more than six, name only the first and add "et al.". Join the names in a multiple-author citation in running text by the word "and". In parenthetical material, in tables and captions, and in the reference list, join the names with an ampersand ("&"). All citations must be included in the list of references given at the end of the article. This list should only contain works that are published or otherwise publicly available. References should be written according to the APA system. All the authors should be stated, regardless of their number. If the author is unknown, start with the title of the work. If you are citing a work that is in print but has not yet been published, state all the data and, instead of the publication year, write "in print". Citations such as personal communication, unpublished lectures or presentations and similar are not to be included in the references list. The main data for works such as the author, publisher, title etc. should be given in the language of the original publication. If the work is not written in English, provide an English translation of the title in square parentheses immediately after the original title (see the given reference examples).

#### Examples of citing references:

Čuk, I., Bricelj, A., Bučar, M., Turšič, B., Atiković, A. (2007). Relations between start value of vault and runway velocity in top level male artistic gymnastics. In N. Smajlović (Eds.), *Proceedings Book of 2nd International Scientific Symposium, Sarajevo, 2007, "NTS New Technologies in Sport"* (pp. 64-67). Sarajevo : Faculty of Sport and PE, University of Sarajevo.

Čuk, I., Atiković, A. (2009). Are Disciplines in All-around Men's Artistic Gymnastics Equal?. *Tuzla : Sport Scientific & Practical Aspects International Journal of Kinesiology*, 6 (1&2), 8-13.

Schutz, R.W., Gessaroli, M.E. (1993). Use, misuse and disuse of psychometrics in sport psychology research. In R. N. Singer, M. Murphey, & L. K. Tennant (Eds.), *Handbook of research on sport psychology* (pp. 901-917). New York: Macmillan.

Atiković, A. (2011). Modeliranje početnih vrijednosti preskoka po pravilima FIG u muškoj sportskoj gimnastici sa vidika biomehaničkih značajnosti skokova [Modeling start value of vault per FIG Code of Points in men's artistic gymnastics with the biomechanical aspects of the significance jumps]. (Unpublished doctoral dissertation, University of Sarajevo). Sarajevo: Faculty of Sport and PE.

Čuk, I., Karacsony, I. (2004). *Vault : methods, ideas, curiosities, history*. Ljubljana: ŠTD Sangvinčki.

APA Style: Reference Examples for Electronic Source Materials. (n.d.). Retrieved 3 February 2012 from <http://flash1r.apa.org/apastyle/basics/data/resources/references-example.pdf>.

All illustrations (photographs, diagrams etc.) should be provided in camera-ready form, suitable for reproduction (which may include reduction) without retouching. Photographs, charts and diagrams are all to be referred to as "Figure(s)" and should be numbered consecutively in the order in which they are referred to. They should accompany the manuscript, but should not be included within the text (illustrations do count within the 5-page length limitation, though).

Each figure should be saved in a standard graphics format (EPS, JPG, PDF, GIF, TIF). It must be made absolutely clear in the text where these illustrations should be included. Each illustration should have a number and a title. Legends to illustrations should be given at the foot of the illustration. All lettering, graph lines and points on graphs should be sufficiently large and bold to permit reproduction when a diagram has been reduced to a size suitable for inclusion in the Proceedings book. Dye-line prints or photocopies are not suitable for reproduction. Do not use any type of shading on computer-generated illustrations.

Tables should be numbered consecutively and given a suitable caption. Tables may be included within the text (otherwise it should be clearly stated where they are to be inserted within the text).

**Feel free to contact the Congress office should you have any further questions.**



# Congress Programme DAY 1

2 October, 2015 (Friday)

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- |                         |  |
|-------------------------|--|
| <b>10:00 – 18.00 pm</b> | Arrival of participants, accommodation and registration in the lobby of the Faculty of Physical Education and Sport, University of Tuzla |
| <b>19:00 – 19.30 pm</b> | Opening ceremony in BKC Tuzla – welcome speeches   |

Anthem of Bosnia and Herzegovina

Program leader – announcement

Music solist on violine

Dean of Faculty of Physical Education and Sport (Prof. Alen Kapidžić)

Vice President of Olympic Committee Bosnia and Herzegovina (Prof. Izet Rađo)

Rector of University of Tuzla (Prof. Enver Halilović)

Movie

- |                         |   |
|-------------------------|---|
| <b>19:30 – 21.00 pm</b> | The premiere of the documentary movie "Tuzla Olympians" |
|-------------------------|---|

Exclusive Tuzla athletes talk about the performances at the Olympic Games "It is important to participate, but also to win!". This customized Olympic slogan best describes performances from Tuzla Olympians at the Olympic Games of Montreal 1976 to London 2012. In exclusive interviews emotionally testify about their performances at the Olympic Games through the bitterness of defeat and the joy of victory, unity and humanity, pride and dignity of the sport.

Documentary Tuzla Olympians, authoring and production team of the film consisted of: Dr. Almir Atiković - creator and writer of the film, Barbara and Zoran Pavljašević - director and producer, Naida Jašarević - production assistant. The film is co-produced by the Faculty of Physical Education and Sports and the Academy of Dramatic Arts, University of Tuzla.

Allocation of thanks from the Mayor of Tuzla Mr. Jasmin Imamović and Premiere of Tuzla Canton Mr. Bego Gutić.

- |                         |                  |
|-------------------------|------------------|
| <b>21:15 – 22:30 pm</b> | Welcome cocktail |
|-------------------------|------------------|
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A chronological overview of the participants of the Olympic Games originating from Tuzla or that they played for sports clubs from Tuzla

| ID    | Name      | Surname           | Date of birth | Town                     | Represented the state | Selector                     | Rank               | Sport      | Discipline         | Year | Town        | Country       |
|-------|-----------|-------------------|---------------|--------------------------|-----------------------|------------------------------|--------------------|------------|--------------------|------|-------------|---------------|
| 1.    | Vinko     | Galusić (22)      | 16.7.1954.    | Tuzla                    | SFRJ                  | Krešimir Račić               | (24/38)            | Athletics  | Fast walking 20 km | 1976 | Montreal    | Canada        |
| 2.    | Marijan   | Beneš (25)        | 11.6.1956.    | Beograd                  | SFRJ                  | Sredoja Zekanović            | 17T (20/31)        | Boxing     | Easy welterweight  | 1976 | Montreal    | Canada        |
| 3.1.  | Mirza     | Delibašić (22)    | 09.1.1954.    | Tuzla                    | SFRJ                  | Ranko Žeravica               | (2/12)             | Basketball | Play maker         | 1976 | Montreal    | Canada        |
| 3.2.  | Mirza     | Delibašić (26)    | 09.1.1954.    | Tuzla                    | SFRJ                  | Mirko Novosel                | (1/12)             | Basketball | Play maker         | 1980 | Moscow      | SSSR          |
| 4.    | Dževad    | Šećerbegović (25) | 15.7.1955.    | Gornji Rahić, Brčko      | SFRJ                  | Miljan Miljanić              | (4/16)             | Football   | Left wing          | 1980 | Moscow      | SSSR          |
| 5.1.  | Svjetlana | Kitić (20)        | 07.6.1960.    | Tuzla                    | SFRJ                  | Josip Samardžija             | (2/6)              | Handball   | Center Back        | 1980 | Moscow      | SSSR          |
| 5.2.  | Svjetlana | Kitić (24)        | 07.6.1960.    | Tuzla                    | SFRJ                  | Josip Samardžija             | (1/6)              | Handball   | Center Back        | 1984 | Los Angeles | USA           |
| 5.3.  | Sabit     | Hadžić (26)       | 07.8.1957     | Sarajevo                 | SFRJ                  | Mirko Novosel                | (3/12)             | Basketball | Shooting guard     | 1984 | Los Angeles | USA           |
| 6.    | Razija    | Mujanović (21)    | 15.4.1967.    | Ratkovici, Čelić, Tuzla  | SFRJ                  | Mihajlo-Miki Vuković         | (2/8)              | Basketball | Centar             | 1988 | Seoul       | South Korea   |
| 7.    | Mara      | Lakić (25)        | 18.8.1963.    | Srnice, Gradačac         | SFRJ                  | Mihajlo-Miki Vuković         | (2/8)              | Basketball | Play maker         | 1988 | Seoul       | South Korea   |
| 8.    | Cvijan    | Milošević (24)    | 27.10.1963.   | Beograd                  | SFRJ                  | Ivan Ivica Osim              | 9T(12/16)          | Football   | Midfielder         | 1988 | Seoul       | South Korea   |
| 9.    | Mirko     | Mihić (23)        | 24.7.1965.    | Beograd                  | SFRJ                  | Ivan Ivica Osim              | 9T(12/16)          | Football   | Attacker           | 1988 | Seoul       | South Korea   |
| 10.   | Zlatan    | Saračević (35)    | 27.7.1956.    | Zenica                   | BIH                   | Željko Miladinović           | (26QR/26)          | Athletics  | Shot Put           | 1992 | Barcelona   | Spain         |
| 11.1. | Kada      | Delić (27)        | 10.7.1965.    | Gornje Dubrave, Živinice | BIH                   | Željko Miladinović           | (38/44)            | Athletics  | Fast walking       | 1992 | Barcelona   | Spain         |
| 11.2. | Kada      | Delić (31)        | 10.7.1965.    | Gornje Dubrave, Živinice | BIH                   | Nusret Smajlović             | (38/44)            | Athletics  | Fast walking       | 1996 | Atlanta     | USA           |
| 12.   | Damir     | Mulaomerović (21) | 19.9.1974.    | Tuzla                    | HRV                   | Petar Skansi                 | (7/12)             | Basketball | Play maker         | 1996 | Atlanta     | USA           |
| 13.   | Dijana    | Kojić (18)        | 26.7.1982.    | Tuzla                    | BIH                   | Nadija Avdibašić Vukadinović | 7 h7 r1/4 (53/57)  | Athletics  | 400 m              | 2000 | Sidney      | Australia     |
| 14.   | Jasmin    | Salihović (24)    | 18.2.1980.    | Skelani, Srebrenica      | BIH                   | Kada Delić Selimović         | 7 h3 r1/3 (57/72)  | Athletics  | 800 m              | 2004 | Athens      | Greece        |
| 15.   | Jasminka  | Guber (19)        | 10.8.1985.    | Gornja Tuzla, Tuzla      | BIH                   | Halid Gazibegović            | 11 h2 r1/3 (32/45) | Athletics  | 1500 m             | 2004 | Athens      | Greece        |
| 16.   | Nedim     | Nisić (24)        | 07.3.1984.    | Tuzla                    | BIH                   | Nenad Miloš                  | (64/65)            | Swimming   | 100 m butterfly    | 2008 | Beijing     | China         |
| 17.   | Ensar     | Hajder (21)       | 27.6.1991.    | Tuzla                    | BIH                   | Muhamed Smajlčević           | (36/36)            | Swimming   | 200 m Medley       | 2012 | London      | Great Britain |

### Judges from Tuzla who participated at the Olympic Games

| ID  | Name    | Surname     | Date of birth | Town  | Represented the state | Sport   | Judged matches                       | Year | Town        | Country |
|-----|---------|-------------|---------------|-------|-----------------------|---------|--------------------------------------|------|-------------|---------|
| 18. | Zdravko | Kurilić (?) | 1954.         | Tuzla | SFRJ                  | Košarka | 4 games (29.7., 01.8., 04.8., 06.8.) | 1984 | Los Angeles | USA     |

# Congress Programme DAY 2

3 October, 2015 (Saturday)

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8.00 – 9.00 am

## REGISTRATION AND POSTER HANGING

All participants, including speakers who are presenting papers in the Scientific Programme, should register at the registration desk upon the arrival.

All presenters are kindly asked to submit their presentations to the Technical Staff, located in the Speakers Room, not later than 30 minutes before the session beginning. Any participant may submit only two papers or abstracts. Participant can be the first author of only one paper.

## BADGE

All participants, accompanying persons and exhibitors are kindly requested to wear badges during the days of the Congress.

Congress staff members are available to answer questions about the Congress programme, the location of lecture halls, rooms, breaks etc.

## CELL PHONES

Cell phones must be in silent mode in lecture rooms at all times.

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9.00 – 9.30 am

Opening of the Museum of Tuzla Olympians

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## INVITED LECTURERS AND SPECIAL GUESTS SURPRISE

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9.30 – 9.55 am

• Professor **Izet RAĐO**  
Vice-Presidents Olympic Committee of Bosnia and Herzegovina  
Full time professor at Faculty of Sport and Physical Education,  
University of Sarajevo

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10.00 – 10.25 am

• Professor **Đurđica MILETIĆ**  
Dean of Faculty of Kinesiology, University of Split

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10.30 – 11.25 am

• Professor  
**Boštjan ŠIMUNIĆ**  
<sup>1</sup> Institute for Kinesiology Research, Science and Research Centre,  
University of Primorska, Koper, Slovenia

|                  |   |
|------------------|---|
| 11.30 -11.55 am  | <b>Petra ZUPET<sup>2</sup>, Mitija SAMARDŽIJA PAVLETIČ<sup>2</sup></b><br>• Professor/s<br><sup>2</sup> ZVD Institute for Occupational Safety, Center for Sports Medicine   |
| 12.00 – 12.30 pm | Lunch and Coffee break (Faculty Hall)   |
| <b>WORKSHOP</b>  |   |
| 12.30 – 12.55 pm | <b>• Damir MULAOMEROVIĆ</b><br><b>OKK Sloboda - Youth Basketball Team Sloboda Tuzla</b><br>He started his career with KK Sloboda Dita in 1990. Not too long after the start of the war in Bosnia, he fled to Zagreb where he joined Cibona Zagreb. Mulaomerović played there until the end of season 1997-1998. He left Cibona to join Fortitudo Bologna. He also played for Real Madrid.<br><br>In Greece he left a big mark. He won the Euroleague Championship with Panathinaikos in 2001–02. While he played for PAOK and Panellinios BC he was one of leading assist and point scoring players. At the start of the 2006-2007 season he had been signed by Olympiacos, in order to fill the void created in the team by Macijauskas' start of the season severe injury. But in Olympiacos he did not get along with coach Pinhas Gershon and before the end of season he got his early termination of his contract.<br><br>After Olympiacos he was signed by Bruesa GBC on 22 January 2007, but because of his injury he did not play as expected. During the summer of 2007 he was in serious contract discussion with KK Cedevita from Croatia, but after Cibona approached him did not have to think twice about which team he was to join. He signed a 1 year contract with his former team.<br><br>After 9 years he returned to Cibona Zagreb. Saying that he was "excited about his return and that it had always been a privilege and commitment to play for Cibona". He was brought to them by the special insistence of the new Cibona coach, former Croatian basketball player, Josip "Joke" Vranković. He has expressed desire to finish his career with Cibona. In January 2009, he joined another basketball club from the Croatian capitol, KK Zagreb. Although being a veteran, he was a key player in Zagreb's first ever championship title won in 2011. Next season, as Zagreb was eliminated on a title defending path in May 2012, Mulaomerović announced his retirement.<br>Being born in the Bosnian city of Tuzla, which he left as a refugee at the outbreak of Bosnian War, Mulaomerović wanted to represent newly formed Bosnia and Herzegovina national basketball team. The Bosnian team failed to see potential in Mulaomerović so he accepted the call from Petar Skansi, Croatia national basketball team manager. Mulaomerović represented Croatia on 1996 Summer Olympics, EuroBasket 1997, EuroBasket 1999, EuroBasket 2001 and EuroBasket 2003. |
| 12.55 – 13.00 pm | Questions   |
| 13.00 – 13.25 pm | <b>• Ademir ZURAPOVIĆ</b><br>FIBA Basketball Referee  |
| 13.25 – 13.30 pm | Questions   |
| 13.30 – 13.55 pm | <b>• Kada DELIĆ SELIMOVIĆ</b><br>Coach's female athletic team of Bosnia and Herzegovina. He participated in the Olympic Games in Barcelona in 1992 and Atlanta in 1996 here as a participant, and Sydney 2000 and Athens 2004 as a coach. She has appeared in European and World Championships in the disciplines 3000m, 5000m and 10000m - walking. Executive Director of the Special Olympics in Bosnia and Herzegovina.  |
| 13.55 – 14.00 pm | Questions   |
| 14.00 – 14.25 pm | <b>• Senjanin MAGLALIIJA and Mirza DŽOMBA</b><br><br><b>Senjanin Maglajlija</b> is a Bosnian-Herzegovinian former handball player and current coach Handball. During his career he played mainly on the circle. Senjanin Maglajlija began his career at Gorazde in Bosnia. He then moved to RK Borac Banja Luka, with whom he during his five years time the EHF Cup won in 1991, and later to RK Partizan. After several stations in Spain (BM Cuenca, FC Barcelona, BM Ciudad Real) he played one year in VfL Fredenbeck and then a year Bidasoa Irun. In 1998 came Maglajlija RK Zagreb (then Badel 1862 Zagreb). He played six years for the Croats before he finished his playing career in 2004. For the Bosnia and Herzegovina national team Maglajlija denied a total of 58 internationals. With the Yugoslav junior national team, he became world champion. After his playing career, he worked in various capacities at RK Zagreb. In the 2008-09 season was Maglajlija assistant coach Lino Červar RK Zagreb. On 16 February 2009 he took over the coaching reins from retiring Lino Červar. In March 2010 he gave up this feature.   |

**Mirza Džomba** began his career by his hometown club RK Zamet, where he stayed until 1996, when he signed to RK Zagreb. He spent five years with the capital team, winning the national championship and cup title in each season. Mirza's father is called Džafer Džomba. In addition, he reached the EHF Champions League finals with Zagreb three times in row between 1997 and 1999, however, they fell short to Spanish giants FC Barcelona in all three occasions. In 2001 Džomba moved abroad and joined Hungarian top team KC Veszprém. With the Central Transdanubian club he has obtained both the domestic league and cup title in 2002 and also played the EHF Champions League final, but lost once again, this time against SC Magdeburg. Following the successes both in the Hungarian championship and the Hungarian cup in the next two years, Džomba got an offer from BM Ciudad Real and switched to the reigning Spanish champions in the summer of 2004.

The Croatian right wing collected almost all possible clubs titles while at Ciudad Real, including the EHF Champions League, the EHF Champions Trophy and the IHF Super Globe. On domestic level he acquired the Spanish league gold and the Spanish Supercup. He left Spain in the summer of 2007 to join his former team RK Zagreb. During his second spell at the club he added further three Croatian league and cup gold to his collection and also had good runs in the Champions League, regularly getting to the knockout phase of the continental tournament. On 15 June 2010 it was confirmed that the Džomba signed a contract with Polish Extraklasa title holders Vive Targi Kielce. He played one season in Poland, winning the cup and reaching in the league playoff finals, where regular season winners Kielce were beaten 1–3 by Wisła Płock in the best-of-five series. Džomba announced his retirement from professional handball in August 2011 at the age of 34. Džomba was also member of the Croatian national team, which was one of the dominant teams in the mid-2000s, and won both the World Championship (2003) and the Olympic Games (2004).

14.25 – 14.30 pm

Questions

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14.30 – 14.55 pm

• **Guest surprise**

14.55 – 15.00 pm

Questions

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## Working in parallel sessions

| ID | Time                      | A  | B-C   | ID | D   |
|----|---------------------------|--|---|----|---|
|    |                           | Oral presentations – Amphitheater, ground floor of the Faculty | Oral presentation – Classrooms 211, 210 second floor of the Faculty YRA |    | Poster presentation – Classrooms 208, second floor of the Faculty YRA |
|    |                           | Chair persons:   | Chair persons:  |    | Chair persons:  |
| 1  | 15.00 – 15.10 pm          |  |   | 1  | 15.00 – 15.05   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 2  | 15.15 – 15.25 pm          |  |   | 2  | 15.05 – 15.10   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 3  | 15.30 – 15.40 pm          |  |   | 3  | 15.10 – 15.15   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 4  | 15.45 – 16.55 pm          |  |   | 4  | 15.15 – 15.20   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 5  | 16.00 – 16.10 pm          |  |   | 5  | 15.20 – 15.25   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 6  | 16.15 – 16.25 pm          |  |   | 6  | 15.25 – 15.30   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 7  | 16.30 – 16.40 pm          |  |   | 7  | 15.30 – 15.35   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 8  | 16.45 – 16.55 pm          |  |   | 8  | 15.35 – 15.40   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 9  | 17.00 – 17.10 pm          |  |   | 9  | 15.45 – 15.50   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |
| 10 | 17.15 – 17.25 pm          |  |   | 10 | 15.50 – 15.55   |
|    | 3 to 5 minutes discussion |  |   |    | discussion  |

### Legend:

YRA, Young Researchers Award

**17:30 – 18:00 pm**

Closing of the Congress and Award Ceremony (Amphitheater)

**20:00 -**

Gala Dinner

(Restaurant with Tradicional Bosnian Food and Music Party)

**Gala dinner fee** for reservations until September 25th, 2015: 60 KM/31€ (on request)

The Organizing Committee strongly advises that Gala Dinner registration be made in advance due to limited capacity.

# Congress Committees

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## Organising Committee

### President:

Prof. Enver Halilović, University of Tuzla, rector

### Members:

Prof. Alen Kapidžić, University of Tuzla, Faculty of Physical Education and Sport, dean

Prof. Almir Atiković, Faculty of Physical Education and Sport, vice dean

Prof. Muris Đug, Faculty of Physical Education and Sport, vice dean

Prof. Samir Mačković, Faculty of Physical Education and Sport

Prof. Dževad Džibrić, Faculty of Physical Education and Sport

Edin Užičanin, Faculty of Physical Education and Sport

Sanjin Hodžić, Faculty of Physical Education and Sport

Jasmin Bilalić, Faculty of Physical Education and Sport

Eldar Goletić, Faculty of Physical Education and Sport

Fuda Babajić, Faculty of Physical Education and Sport

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Mirsada Begović

Mirela Osmanović

Sadika Murić

Jasmin Imamović

Vedran Lakić

Zijad Lugavić

Jadran Lasetović

Muhamed Avdić

Mirsad Filipović

Semir Fejzić

## Scientific Committee

### President:

Prof. Almir Atiković , Faculty of Physical Education and Sport, University of Tuzla vice dean

### Members:

Prof. Muris Đug, University of Tuzla, Faculty of Physical Education and Sport, vice dean

Prof. Amra Nožinović Mujanović, Faculty of Physical Education and Sport

Prof. Nađija Avdibašić Vukadinović, Faculty of Physical Education and Sport

Prof. Indira Jašarević, Faculty of Physical Education and Sport

Prof. Melika Muratović, Faculty of Physical Education and Sport

Prof. Osman Lačić, Faculty of Physical Education and Sport

Prof. Edin Mujanović, Faculty of Physical Education and Sport

Prof. Džemal Huremović, Faculty of Physical Education and Sport

Prof. Halid Redžić, Faculty of Physical Education and Sport

Prof. Vlatko Šeparović, Faculty of Physical Education and Sport

Prof. Zehrudin Jašarević, Faculty of Physical Education and Sport

Prof. Tarik Huremović, Faculty of Physical Education and Sport

---

Prof. Đurđica Miletić, Split CRO

Prof. Petra Zupet, Ljubljana SLO

Prof. Izet Rađo, Sarajevo, BiH

Prof. Boštjan Šimunić, Kopar SLO

Mitija Samardžija Pavletić, Ljubljana SLO



# Young Researchers Award

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The promotion of young researchers is vital to the growth and development of the science community. For this reason the 2015 Congress „Sport and Health“ wishes to grant a Young Researchers Award, for the best oral presentation and the best poster presentation.

## Young Researchers Award Regulations

The candidate must be registered to the 2015 Congress Sport and Health.

The candidate must be a Bachelor, Master and PhD student or graduate for less than two years.

The candidate must be under the age of 35 at the time of the Congress.

## Young Researchers Award Criteria

The research contributes to the field of sport, exercise, health or related area.

The presentation is well structured and delivered.

The research is well established (background, methodology and findings).

Future implications of the research are significant to that area on investigation.

## Awards

FTOS will grant a generous award of 100 € Euros to the best oral presentation and 50 € Euros to the best poster presentation.

The award ceremony will be held during the closing ceremony.

# Congress Venue

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## Day One - 2 October, 2015 (Friday)

### **Bosnian Cultural Center (BKC) Tuzla**

Postal Address: Mije Keroševića Guje 3,

75000 Tuzla, Bosnia and Herzegovina

Capacity 600 seats



## Day Two - 3 October, 2015 (Saturday)

### **Faculty of Physical Education and Sport**

Postal Address: 2. Oktobra 1,

75000 Tuzla, Bosnia and Herzegovina

Capacity sports hall 350 – 400 seats, amphitheater 110 -120 seats, classrooms 60 sets



# Accommodation

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Participants of the Congress can book their rooms in the hotels and pansions, which is located at near University and Faculty where the Congress will take place.

## Useful links

### Golden star Hotel Tuzla

<http://www.goldenstarhotel.ba/>



### Hotel Tuzla

<http://www.hoteltuzla.ba/index.php/bs/o-nama/hotel-tuzla>



### Motel Royal

<http://www.royalmotel.ba/>



### Miris Dunja – Pansion

<http://www.mirisdunja88.ba/>



### Pansion Kipovi

<http://www.pansionkipovi.com/>



### Pansion Naraglič

<http://www.pansion-nargalic.com/>



### Hotel Tehnograd

<http://hotel-tehnograd.com/>



### Dom penzionera – hotelski smještaj

<http://www.dompensionera.ba/>



Information related to accommodation can be find on the website of the Tourist Agency Tulzla Canton <http://tourism-tk.ba/>



# Partners & Sponsors

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In Cooperation with:



Media patronage:

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# Contacts

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## Registration and Payment

### Congress secretariat

University of Tuzla

Faculty of Sports and Physical Education

2. Oktobra 1, 75000 Tuzla

Bosnia and Herzegovina

Phone: +387 (0)35 278536

Fax: +387 (0)35 278536

Mobil phone: +387 (0)61 830730

<http://www.facebook.com/sportandhealthetuntz.ba>

<http://www.sportandhealth.ftos.untz.ba/>

Email: **sportandhealth@untz.ba**

To register for the Congress, please fill in the Registration Form.

The final registration for the Congress is only completed after the payment of the registration fee.

All participants will receive the Letter of Confirmation within five working days via e-mail or fax after the submission of their registration form.

### The Congress fee covers:

- one paper or abstract published in the Proceedings book of the Congress will be available only in digital version.,
- admission to the sessions, exhibitions and other events included in the scientific programme,
- congress material (program, proceedings, CD, Certificate of Attendance),
- beverages at coffee-breaks, brunch buffet, the opening and closing reception.

Not included a gala dinner, accommodation in hotel, transportation from airport, insurance, etc.

# Payment

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DEUTSCHE BANK AG FRANKFURT

BIC: DEUTDEFF

F57: Account with Institution

ACC 936272410 EUR

NLB BANKA DD TUZLA

SWIFT/BIC: TBTUBA 22

F59: Beneficiary Customer:

IBAN: BA 39 132 10 100 867 249 43

TUZLANSKI KANTON DEP.RN.

TURALIBEGOVA 40, TUZLA

FOR: FAKULTET ZA TJELESNI ODGOJ I SPORT

Adr.: 2 Oktobra 1, 75000 Tuzla,

Bosnia and Herzegovina

## Tuzla - Town with open doors

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Tuzla is located on the mountain slopes of Majevisa. It extends westward from both sides of the river Jala, the surrounding hills Ilinčica and Trnovci offering beautiful viewpoints, especially for photo enthusiasts, artists and all those who in a few minutes want to go out from the city crowds in the world of silence, beautiful and relaxed atmosphere.

Southwest of this city is a mountain Konjuh with beautiful places to visit, trails for hiking and ski resort, known as a paradise for lovers of eco-tourism. As a regional center with about 650,000 people, Tuzla is an attractive place for tourists because in the radius of fifty kilometers visitors are offered swimming lakes Hazna and Vidara in Gradačac, Snježnica in Teočak, Modrac near Lukavac and the Pannonian Lake, the only saltwater lake in Europe, which is located in the center of Tuzla.

Surrounding municipalities offers a variety of hunting and fishing, from small to large game animals, and all who spend several days in Tuzla have the opportunity to visit historical sites in the city, such as Soni trg, Trg slobode (Freedom Square), Museum of Salt production and the Museum of Northeast Bosnia and old towns Srebrenik, Old Teočak, Soko-grad in Gračanica, and the Dragon Tower of Bosnia Gradačac and tower-town of Zvornik. All these locations can be reached by car from Tuzla in less than one hour.

Driving to Srebrenica takes less than an hour and a half. From the very foundation of the village of Tuzla, which is measured by thousands of years and dates back to the Neolithic, this area was connected to the exploitation of salt. Here are the most vivid remains of the Pannonian Sea, and numerous exhibits that are kept in the Museum of the Northeast Bosnia testify about that, chronologically showing the development of civilization in this region. In the area of Tuzla, Pannonian Sea, after withdrawing, left salt deposits. Archaeologists claim that in the heart of the city, the salt is exploited even seven thousand years ago. They came to these findings with decades of research.

At Soni trg preserved remains of the vessel in which it originally evaporated salt water and salt was sold in the whole region. It created Tuzla as sort of center where caravan routes intersected and where traders were sure to coming. Salt deposits defined the development of this city, that was in the last century one of the most important industrial centers, with developed chemical industry, and additionally, deposits of coal gave Tuzla primacy in energy production.

At the end of the last century, Tuzla, abandoning the development of basic chemical industry, focused its development on new technologies and the development of tourism. It raised quality of life and air and water cleanliness to a high level. Tuzla has a population of 170,000 to 200,000, with daily migration of about 70,000 people.



Tuzla is the city with the largest park areas in Bosnia and Herzegovina. Complex Slana Banja (Salt Spa) which can be reached by slow walk for ten minutes from two city hotels and three boarding houses, where tourists can spend the night, offers visitors a wealth of content.

Trails for hiking with beautiful views from landscaped gazebo "Bosanski ćilim", zoo, restaurants with Bosnian national cuisine, beach and promenade around the Pannonian lakes and salty waterfalls, give Tuzla primacy in the tourist industry in the region.

In this complex are superb sculptures of great sculptor from Tuzla, Franjo Leder, and not far from here is the International Portrait Gallery, which has a priceless image of the greatest BH painters. In October each year is organized INTERBIFEP, biennial of portrait in which participating artists from around the world.

At the "Slana banja" are also tennis courts, landscaped areas for basketball and football, and Kuća plamena mira (Peace Flame House) where can be organized the most demanding cultural events.

Gourmets, who remember the cities and regions by the food, its taste and manner of serving, in Tuzla will be delighted with traditional Bosnian dishes of national cuisine. Definitely, dish that should not be omitted is 'ćevapi', which you can get served in special rolls 'lepine' or in earthenware with cream. For gourmets there is 'sogan-dolma', one of the best local dishes, which are prepared so that the bulbs are filled with special stuffing, whose recipe jealously keep in Bosnia and Herzegovina for hundreds of years.

However, Bosnians are proud of their indigenous dish, bosanski lonac (the Bosnian pot), which in any case should taste, because taste a dozen kinds of vegetables and several kinds of meat, along with the atmosphere of cooking and serving in earthen vessels, visitors always return to Bosnia and its cuisine.

Of course, indispensable are also cabbage rolls, various kinds of pie, 'prebranac' (types of beans), stew, and for dessert certainly you should serve yourself with attractive 'tufahija' or 'baklava'. A large number of restaurants offer a complete range of these foods, so stay in Tuzla certainly will be memorable. Herzegovinian and Mediterranean wines in restaurants in Tuzla are highly ranked, but the favorite drink is homemade brandy made from plum or pear, which can be served as an excellent aperitifs. In addition, the region of northeastern Bosnia, whose center is Tuzla, abounds with large plantations of fruits and vegetables, which are often grown by environmental standards and meets strict criteria, so at the markets in this city you can find numerous types of indigenous varieties of fruits and vegetables grown by local traditional principles without the use of chemicals.

Tuzla is recognizable as a city of the novel. Since 2001, in the first week of September in the city of Salt, are maintained literary meetings "Cum grano salis", within which the prize "Mesa Selimovic" is awarded for the best novel published in the past year in the South Slavic-speaking world. In those days, in honor of the famous writer of Tuzla, Meša Selimović, the author of masterpieces "Derviš i Smrt" and "Tvrđava", writers and literary critics from the Serbia, Croatia, Montenegro and Bosnia and Herzegovina gather here.

Literary readings and theatrical performances, book presentations and exhibitions are just some of the facilities offered to visitors of encounter "Cum grano salis".

National and University Library with its departments: American, Iranian, Turkish and Austrian corner, and a long tradition of maintaining high-quality conferences and rich library, in collaboration with the Youth Centre and the National Theatre Tuzla, organized every year all the better show of the novel, which has already become a reference in the Balkans.

National Theatre Tuzla was first theater established in Bosnia and Herzegovina. Under the name " Prvo bosanskohercegovačko pozorište " (Bosnia and Herzegovina's First Theater) began to work 1898th year. Today, the National Theatre Tuzla has a rich repertoire and quality ensemble cast, and diversity of offers is achieved by frequent visiting by directors and actors from Sarajevo, Zagreb, Belgrade, Podgorica ... traditionally, each year in November here are held "Theatre Days", and in two weeks of the event, to audience is represented theaters from across the region.

In the first week of June are organized Days of monodrama, who also made an exceptional offer to lovers of theater. Private Theatre 'Teatar Kabare' its scene has at Hotel Tuzla, and in addition to regular performances every year in the last week of March, organize TKT Fest, which hosts a dozen theater groups from the Balkans.

Excellent theater performances occasionally can be watched in the Bosnian Cultural Center, which, in addition to that, offers in its galleries photo and art exhibitions, book presentations and round tables, where visitors may attend.

Worker's Club "Moša Pijade" was opened 1954th for anniversary celebration for Husinska buna (Husino uprising). Space of the club "Moša Pijade" since its founding, the fifties, to before the war, was one of the iconic places of culture and social life in general in our city, and with its closure is created vacuum by a couple of years. The formation of Public institutions Bosnian Cultural Center Tuzla 1997th, this area has again been revived.

Bosnian Cultural Center Tuzla, in many years of work, has gained the image of public institutions with international credibility, achieving successful cooperation with many countries of Europe and the world (France, Netherlands, Germany, Austria, Italy, Egypt, Bulgaria, Serbia, Croatia, Slovenia, Montenegro, China, Japan, USA, etc.)

Public institution Bosnian Cultural Center Tuzla is a very important institution in Tuzla Canton and the leading cultural institutions in the city of Tuzla, which is confirmed by data that only in one fiscal year at BKC is realized between 240-300 events and according to invitees data, visit was over 100,000 guests annually.

**Municipal authorities:** Municipal authorities made up of municipal council (31 councilor) and Mayor

**Municipality President:** Jasmin Imamović

**Population:** about 170,000

**Official language:** Bosnian, Croatian and Serbian (BCS)

**Currency:** Convertible Mark BAM (1 EURO = 1,955 KM)

**Time zone:** CET (UTC+1), Summer (DST) CEST (UTC+2)

**Public holidays:** January 1 (New Year), March 1 (Independence Day), May 1 (Labor Day), November 25 (Statehood Day).

**Municipality Day:** 2nd October

**Mains electricity:** Voltage - 220 V



## How to Come to Tuzla in Bosnia and Herzegovina





**Tuzla Wireless City:** Central part of the city is covered with free internet as part of the Tuzla Wireless City project. Download and upload are limited, and more information can be found at <http://www.tuzlawireless.ba/>

With **regular bus lines** Tuzla is connected with all medium and larger towns in Bosnia and Herzegovina, as well as major cities in Serbia, Croatia and surroundings. Transporters are held weekly line with Sweden, the Netherlands, Germany, Austria, Switzerland and Slovenia with transit through most of the countries of Central Europe (Info Bus station Tuzla tel: +387 35/320 320; 320 310, 280 738, 280 406. **By railroad** Tuzla is connected with the port of Ploce (Tuzla - Doboj - Zenica – Sarajevo - Mostar - Ploče), and the District of Brcko and Zvornik (info Railway Station Tuzla +387 35287-940 or <http://www.zfbh.ba>). Across the port in Ploče, Split and Dubrovnik (Croatia) there is a good **ferry connections** with the Italian Adriatic coast. Across the river Sava, ie port of Brčko, there is a connection with the river traffic throughout Europe. **Airport "Dubrave"** is 16 km away from the city center and is connected to a solid road communication Tuzla - Exit west – Par selo - Dubrave. (More about flights connections on info - <http://www.tuzla-airport.ba/>, cheap flights <https://wizzair.com/en-GB/Flights/Tuzla>).

The organizer can provide transportation of your delegation from the Sarajevo airport to Tuzla (120 km) and back to airport, that will cost 30 EURO per person (minimum 3 person in car), from the Belgrade airport to Tuzla (200 km) and back to airport, that will cost 50 EURO per person (minimum 3 person in car) and 10 EURO from the Tuzla airport to Hotel in Tuzla town and back to airport.

#### Distances between Tuzla and some European cities:

| Towns                   | Country                               | Car     | Plane |
|-------------------------|---------------------------------------|---------|-------|
| Tuzla - Sarajevo        | Bosnia and Herzegovina                | 123 km  | 78    |
| Tuzla - Banja Luka      |                                       | 152 km  | 120   |
| Tuzla - Mostar          |                                       | 236 km  | 149   |
| Tuzla - Zagreb          | Croatia                               | 336 km  | 254   |
| Tuzla - Split           |                                       | 403 km  | 212   |
| Tuzla - Belgrade        | Serbia                                | 200 km  | 143   |
| Tuzla - Nis             |                                       | 436 km  | 291   |
| Tuzla - Novi Pazar      |                                       | 324 km  | 214   |
| Tuzla - Ljubljana       | Slovenia                              | 475 km  | 367   |
| Tuzla - Podgorica       | Montenegro                            | 352 km  | 238   |
| Tuzla - Niksic          |                                       | 301 km  | 196   |
| Tuzla - Skoplje         | Former Yugoslav Republic of Macedonia | 650 km  | 360   |
| Tuzla – Pristina        | Kosovo                                | 486 km  | 289   |
| Tuzla - Budapest        | Hungary                               | 440 km  | 330   |
| Tuzla - Debrecen        |                                       | 675 km  | 403   |
| Tuzla - Vienna          | Austria                               | 700 km  | 445   |
| Tuzla - Bratislava      | Slovakia                              | 613 km  | 419   |
| Tuzla – Banska Bystrica |                                       | 640 km  | 468   |
| Tuzla – Prague          | Czech                                 | 938 km  | 694   |
| Tuzla – Brno            |                                       | 739 km  | 541   |
| Tuzla - Olomuc          |                                       | 809 km  | 573   |
| Tuzla - Gdanjsk         | Poland                                | 1516 km | 1092  |
| Tuzla - Berlin          | Germany                               | 1287 km | 969   |
| Tuzla - Rome            | Italia                                | 1226 km | 580   |

## Transportation & Parking

**Public transport** is linked to two major roads (north – the city and south - the alternative road), where traffic city buses, and taxi service. Ticket price in city driving for the bus is 1 KM (price varies), while the daily ticket for city driving is 3.5 KM, and for all suburban lines (carrier GIPS) is 5 KM. City buses at bus stops coming about every five minutes .

**Taxi transport** is specific compared to other cities in the country, because there is line-taxi service. Taxi traffic along two city roads, travelers receive at bus stops as well as city buses. The price of transportation within the urban part of the city in one direction is 1.5 KM, and for each additional diversion price increases. In addition to this taxi service, taxi service works also per call, and price of the fare is about 5 KM in urban city area.

All available **parking spaces** within the urban area are charged by pay-and-display parking boxes from 7 a.m. to 10 p.m, every day except Sundays. One hour of parking costs 2 KM in zone 0, 1 KM in zone 1 and 0.5 KM in zone 2. Pay-and-display parking boxes accept only coins. Daily ticket in zone 0 is 12 KM. There are several "alternative" parkings, which use the local population.

**Prices:** Coffee in most cafes and restaurants is 1 KM or 1.5 KM. Juices in service facilities ranging from 2 to 3.5 KM, hard drinks from 2 to 5 KM, beer from 1.5 to 3 KM, bottled beer from 2 KM (domestic) to 4 KM (foreign beer ). Hamburger is 2-3 KM, sandwich is from 1 to 1.5 KM and 'ćevapi' from 2.5 to 5.5 KM. Entrance to the discos and clubs cost 3-5 KM, and outdoor swimming pools and Pannonian Lake is 2-3 KM.

**Banks and ATMs:** Most banks have offices in the center of town, and exchange one currency for another currency is done exclusively in banks. Standard working week is Monday to Friday, from 8 am to 1 pm. Banks are closed on Sundays. ATMs are located within bank branches, as well as within other stores in the city center and beyond.

**Telecommunications:** Coverage in Tuzla is high-quality for all three BH operators for mobile telephony (061,062,063,065,066). During the summer, operators offer numbers for tourist with limited validity period at very low prices. Telephone booths are operated exclusively by phone cards that can be purchased at kiosks and branches of Post and BH Telecom.

# Download

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[Registration form](#)

[Instructions for authors](#)

[Referees report for young researchers award](#)

[Poster presentation sample 1](#)

[Poster presentation sample 2](#)

[In Case of Emergency" \(ICE\) and emergency numbers](#)

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