



Adis Tabaković

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WORK EXPERIENCE

YOUTH SPORTS GAMES – BOSNIA AND HERZEGOVINA

COMPETITION DIRECTOR – 01/05/2023 – 10/07/2024

- Plan, organize, and manage national and international sports competitions from start to finish
- Coordinate teams, officials, staff, and volunteers to ensure smooth event operations
- Ensure compliance with sport regulations, safety standards, and fair play protocols
- Oversee live scoring, result validation, and post-event reporting

ELEMENTARY SCHOOL “GRBAVICA 2” – SARAJEVO, BOSNIA AND HERZEGOVINA

PHYSICAL EDUCATION TEACHER – 01/09/2021 – 25/02/2022

- Plan and deliver engaging PE lessons that develop motor skills and physical fitness
- Teach fundamental sports, games, and movement activities appropriate for young children
- Promote teamwork, fair play, and a positive attitude toward physical activity
- Ensure student safety by supervising activities and maintaining equipment
- Organize school events and support extracurricular physical activities

– BOSNIA AND HERZEGOVINA

SKI INSTRUCTOR – 2018 – CURRENT

- Teach skiing techniques to individuals and groups across various skill levels
- Assess student ability and adapt lessons to ensure progress and safety
- Demonstrate proper use of equipment and skiing form on different terrains
- Promote slope safety and responsible skiing behavior
- Monitor student performance and provide personalized feedback

FACULTY OF MANAGEMENT AND BUSINESS ECONOMICS – KISELJAK, BOSNIA AND HERZEGOVINA

PROFESSOR OF PHYSICAL AND HEALTH EDUCATION – 01/03/2024 – CURRENT

- Design and deliver undergraduate and postgraduate courses in physical education, kinesiology, and health sciences
- Conduct academic research in areas such as exercise physiology, sports pedagogy, health promotion, and physical literacy
- Publish peer-reviewed articles, conference papers, and research reports in national and international academic journals
- Engage in community outreach initiatives promoting health education, physical activity, and public wellness
- Deliver guest lectures, seminars, and workshops at national and international academic institutions

EDUCATION AND TRAINING

16/11/2020 – 21/12/2023 Sarajevo, Bosnia and Herzegovina

PH.D. IN KINESIOLOGY Faculty of Sports and Physical Education, University of Sarajevo

Website <https://fasto.unsa.ba/>

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LANGUAGE SKILLS

Mother tongue(s): **BOSNIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Microsoft Excel | Microsoft Office | Microsoft Word | IBM Statistical package for Sciences (SPSS) | G*Power | data processing and analysis software: Origin (advanced) | End Note

DIGITAL SKILLS TEST RESULTS

 Information and data literacy	ADVANCED	Level 6 / 6
 Communication and collaboration	ADVANCED	Level 6 / 6
 Digital content creation	ADVANCED	Level 5 / 6
 Safety	ADVANCED	Level 6 / 6
 Problem solving	ADVANCED	Level 6 / 6

Results from a [self-assessment](#) based on [The Digital Competence Framework 2.1](#)

PUBLICATIONS

2021

[Perception of conflict between athletes and coaches: A systematic review](#)

Mašić, S., Causevic, D., Doder, I., Hodzic, A., Talović, M., Mašala, A., & Tabaković, A. (2021). Perception of conflict between athletes and coaches: A systematic review. Turkish Journal of Kinesiology, 7(2), 80-86.

Authors: Mašić, S., Causevic, D., Doder, I., Hodzic, A., Talović, M., Mašala, A., & Tabaković, A. | **Journal Name:** Turkish Journal of Kinesiology | **Volume, Issue and Pages:** 7(2), 80-86

2023

[The effects of 12-week isokinetic training on knee stabilizers strength and the efficiency of the performance of gymnastics vaults](#)

Tabaković, A., Tabaković, M., & Atiković, A. (2023). The effects of 12-week isokinetic training on knee stabilizers strength and the efficiency of the performance of gymnastics vaults. Science of Gymnastics Journal, 15(2), 239-256.

Authors: Tabaković, A., Tabaković, M., & Atiković, A. | **Journal Name:** Science of Gymnastics Journal | **Volume, Issue and Pages:** 15(2), 239-256

2023

Acute Effects of Additional Vibration Stimuli on Subsequent Potentiated Contractile Parameters of Lower Extremity Muscles - Doctoral Dissertation

Tabaković, A. (2023). Acute Effects of Additional Vibration Stimuli on Subsequent Potentiated Contractile Parameters of Lower Extremity Muscles (Doctoral Dissertation, Faculty of Sports and Physical Education at University of Sarajevo).

Authors: Tabaković, A.

2024

Correlations between tensiomyography variables and lower extremity power

Tabaković, A., Abazović, E., Tabaković, M., & Kovačević, E. (2024). Correlations between tensiomyography variables and lower extremity power. Baltic Journal of Health and Physical Activity, 16(4), 9.

Authors: Tabaković, A., Abazović, E., Tabaković, M., & Kovačević, E. | **Journal Name:** Baltic Journal of Health and Physical Activity | **Volume, Issue and Pages:** 16(4), 9

2024

The possibility of predicting jump height based on the absolute and relative strength of the lower extremities

Tabaković, A., & Tabaković, M. (2024). THE POSSIBILITY OF PREDICTING JUMP HEIGHT BASED ON THE ABSOLUTE AND RELATIVE STRENGTH OF THE LOWER EXTREMITIES. Homo Sporticus, 26(1).

Authors: Tabaković, A., & Tabaković, M. | **Journal Name:** Homo Sporticus | **Volume, Issue and Pages:** 26(1), 20

2024

Relationship of absolute and relative lower extremities strength and the efficiency of vault performance in gymnastics

Tabaković, A., Tabaković, M., Atiković, A., Mašić, S., & Hodžić, A. (2024). RELATIONSHIP OF ABSOLUTE AND RELATIVE LOWER EXTREMITIES STRENGTH AND THE EFFICIENCY OF VAULT PERFORMANCE IN GYMNASTICS. Science of Gymnastics Journal, 16(3), 461-474.

Authors: Tabaković, A., Tabaković, M., Atiković, A., Mašić, S., & Hodžić, A. | **Journal Name:** Science of Gymnastics Journal | **Volume, Issue and Pages:** 16(3), 461-474

2024

Differences in anthropometric and morphological characteristics, as well as motor abilities, between boys and girls aged thirteen to fifteen

Authors: Bekrić, A., Tutnjić, I., Tabaković, A., Čolakhodžić, E., & Atiković, A. | **Journal Name:** Sport Scientific And Practical Aspects | **Volume, Issue and Pages:** 21(2)