

RETROSPECTIVE OF A DECADE OF SCIENTIFIC EVENTS (2013-2023) AND THE REPORT OF THE 8th INTERNATIONAL BALKAN CONFERENCE IN SPORT SCIENCES OF THE FACULTY OF PHYSICAL EDUCATION, UNIVERSITY OF TETOVA

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Abstract

The purpose of this work is a retrospective of the scientific events at the Faculty of Physical Education (FPE) at the University of Tetova (UT). Also, a ten-year **review** of a scientific journey has also been made as well as the challenges encountered within a decade will be seen. **Results.** The FPE at the UT held its first scientific event named International Balkan Symposium in Sport Sciences (IBSSS) in 2013 and until 2023 a total of 8 Conferences, 1 Symposium and 1 Congress have been held, 8 of which are held at UT and 2 abroad at the Trakya University and Uludag University both in Turkey, the next one is the 11th scientific event 8thIBCSS2023 which will be held in UT. The conferences are organized in cooperation and partnership with different universities of 5 countries: Macedonia, Albania, Kosovo, Turkey, and USA. The first Journal of Sport and Health (JSH) was published in 2014 and currently in 2023, the publication of Vol. 9 No. 19-20 has been published. The next issue of the magazine which is under preparation is Vol. 10, No. 21, therefore, the announcement of the next number will be made in the current conference. The Scientific Board of the IBCSS as well as the magazine JSH meet the international criteria with more than 40% of foreign participants of the respective field. Also, the works of JSH are reviewed by 3 anonymous reviewers with what determines the type of work. The JSH magazine is accepted by several databases and can be found both as a hard copy and in electronic form on the UT webpage. The official language of the conference and the journal is English. The conference possesses ISBN, and the magazine possesses UDC and ISSN (print and online). Also, two Workshops were organized with the University of Illinois/USA and the Faculty of Kinesiology/Croatia, while the third workshop was realized at the last conference 8thIBCSS2023 with the Kirkpinar College of Physical Education, University of Trakya/Turkey and the Faculty of Sports and Physical Education, University of Sarajevo/Bosna and Hercegovina. **And as a conclusion,** from the beginning of the organization of scientific events as well as the scientific magazine, the tendency to increase the scientific level and value is always in the focus of UT, namely FPE, therefore different opinions, suggestions and genuine criticism will always be welcome.

Key words: A decade of scientific events, Scientific Conferences, Scientific Journals.

1. INTRODUCTION

Scientific Events at the Faculty of Physical Education, University of Tetova

This description in short points will present the basic steps during the organization of scientific events, therefore we hope that it will serve mainly young researchers as well as all those who are interested in participating in scientific events as well as in the scientific magazine of the Faculty of Physical Education (FPE), University of Tetova (UT). The retrospective of scientific activities will be divided into two parts:

- International Balkan Symposium, Congress, Conference in Sport Sciences (IBSSS) (IBCSS) (IBCSS), Workshops...

- Scientific Journal of Sport and Health (JSH).

The beginning of the scientific events began in 2013 (IBSSS, IBCSS, IBCSS), while in 2014 the first issue of the scientific magazine Journal of Sport and Health (JSH) was published.

2. BODY OF MANUSCRIPT

2.1 How does the progress of a scientific conference look like at the University of Tetova

Usually, a scientific conference starts with the registration (where the necessary materials for the conference are distributed (identification hanger, program, book of abstracts, notebook, pen...) and then the opening ceremony. As usual, after the opening ceremony, there is a break, after which the scientific event begins with Plenary Sessions with eminent and experienced invited guests who make the conference valuable. After the first and main part of the scientific event is finished, a break is made (coffee break), and then the scientific event continues in one or more amphitheatres or other special spaces dedicated to presentations led by one, two or more chairmen.

The role of the chairmen is to guide them and respect the time allotted for everyone presented, to remind them when the last 1-2 minutes are approaching to finish the presentation respecting the dedicated time. The chairman can debate on the issue presented, can ask questions and gives the right to the audience to ask eventual questions. It should be taken into account that the questions posed by the audience as well as the presenter's answers are short and clear. As usual, after the end of the session, during the coffee break, those interested can debate in more detail about the issues that are in their interest, as well as exchange contact addresses and receive more detailed answers even after the scientific event.

The so-called ORAL PRESENTATIONS usually last 10-15 minutes, where questions or debates are also foreseen, there are cases when the questions are presented after all the presenters scheduled for a session have finished, for such a thing the chairmen decide. It is not preferred that the sessions last more than 1 hour due to the monotony and fatigue that appears for the participants in the scientific event that lasts for several days. Similar sessions can be held in several spaces in parallel at the same time, depending on the number of abstracts sent, the scientific event can last one, two, or more days. Meanwhile, short presentations called POSTER PRESENTATIONS are planned for beginning scientists at scientific events, led by the chairman and lasting up to 5 minutes with all the questions posed. For this type of presentation, the presentation material is prepared in advance in the methodological aspect and a large paper hammer with certain dimensions provided according to the rules of the scientific event is published. The presentation poster can also be made in electronic form through the big screens. For both methods of oral or poster presentation, the organizer gives presentation certificates.

And at the end of the conference, the organizational team makes the conclusions of the conference.

The official language of scientific events such as the conference and magazine of the Faculty of Physical Education is English. But because there are those who do not speak English for many objective and subjective reasons, the organizational council came to the conclusion that the slides should always be in English so that they can be followed by the audience, while the oral presentation is in the Balkan languages: Albanian, Turkish, Macedonian, etc. Such an act enables teachers and researchers who do not speak

English to present their work and be an active part of scientific events. Also, the presentation in the mother tongue allows everyone to feel free and satisfied with their own mother tongue as well as the preservation of cultural values and traditions which are always more and more endangered in this time of globalization where the strong dominates the weak in all directions even if there is no right at all.

2.2 Step by step organization of scientific events at the University of Tetova

In the FPE at the UT, the Scientific Education Council confirms the decision for the organization of scientific events, and later the decision and it is sent to the rectory, where the planning of the appropriate time and date for the organization of the scientific event begins. The organization of scientific events is presented as a need and demand to raise the scientific level of the faculty, the level of teachers both professionally and in obtaining scientific titles, for raising the level of the Faculty of Physical Education as well as the University of Tetova during the national and international ranking. Therefore, the organization of scientific events is always attempted to be of international character.

The first step is the publication of the **ANNOUNCEMENT** as well as the **INVITATION** for the scientific conference and the scientific journal. The sooner the announcement is made, the more interest there will be in the following scientific event. Since it is the ninth year that scientific events are organized every year (except for the two pandemic years 2020 and 2021), the time and date of the organization has become a tradition and known inside and outside the country. This makes the interest in scientific events grow year after year, with which the value of scientific events is constantly increasing.

By means of **WELCOME**, usually the number and name of the scientific event, date and place, as well as possible co-organizers are published in the announcement.

Through the **CALL FOR PAPER**, the main information for the scientific event is provided, for example: Target Participants, Submission Procedure, Publication Papers, Templates for Abstract and Full Paper etc.

The **ORGANIZATION** part includes the organizers of the scientific event, such as: Honorary President, Conference Chair, Conference Coordinator, Secretary of the Conference, Local organizing Committee, Scientific Committee.

In the **IMPORTANT DATES** section, the following are presented: Abstract Submission Deadline, Notification of Acceptance, Conference Dates.

In the part of the **PROGRAM**, explanations are given for the organizational planning of the scientific event, such as the start time, opening ceremony, Coffee Breaks, the speeches of the chairs, Oral or poster presentations time and places...

The program is usually the last material sent to the participants after the organizer has planned all the requirements for a successful scientific event.

The **REGISTRATION** section describes how to register and how much it costs, clarifications are also given as to what belongs to the participant through registration.

The fee includes Certificate of Presentation; Conference materials; Abstract Book (with ISBN) and full paper publication on scientific journal if selected.

There are cases where in some scientific events certificates are awarded for participation (when the candidate does not make an oral or poster presentation), as well as for an oral or poster presentation.

Although in most cases in scientific events, only the abstract is required according to the provided rules, there are cases when a full paper is also required. We would like to point out that the candidate can publish

the complete work wherever he wants, depending on his interest, that is, in different prestigious journals that are accepted by different databases and that have an important impact factor.

In the **ACCOMMODATION** part, information is given about the accommodation that the organizing institution has previously agreed for the participants in the scientific event.

In the **ATTRACTIONS** section, the participants are informed about the attractive places that the country has, as well as the social characteristics where the scientific event is organized, that is, for the historical, cultural, touristic side, as well as for all other characteristics that will leave an impression, especially on those who come for the first time.

2.3 What is important for the conference?

Duration of the Conference: 1-3 days (usually one day is allocated for the workshop).

Scientific Board: (usually fulfills the condition of having at least 40% foreigners),

Organizing Board (The organizational board is mixed but with internal dominance, the entire staff of the faculty is included).

Topics: (All topics related to physical education, sports, health, recreation, management, animations, working with people with special needs...).

Keynote speakers (Invited guests): In each conference, several prestigious professors and researchers who are well known in the country and beyond are invited.

Abstracts: Oral presentations (Oral presentations are made in Balkan languages, but mainly in English and last 10-15 minutes with all questions and answers, each presentation is followed by 3 moderators. The book of Abstracts has an ISBN.

Poster presentations = (Poster presentations are usually dedicated to young researchers and last 2-5 minutes with all questions and answers, each presentation is followed by at least one moderator).

Abstract Book (In the earliest years, the Book of Abstracts was in hard copy form, later in the form of USB and recently it is sent in electronic form, this happens because of the large number of abstracts, the bulky size of the book and the high costs).

Coordinator of the Symposium (Each conference is led by a coordinator as well as the organizing and scientific staff).

Registration (The registration in the conference is done in two ways, through the electronic form at the address given in advance by the organizer as well as on the first day of the conference in the early hours before the opening ceremony).

Conclusion of the conference: (at the end of each conference, the organizational staff makes a conclusion about the participation, interest, value of the conference, as well as plans for future organizations).

Scientific Journal (JSH): The JSH is published twice a year and has an ISBN and ISSN. JSH is indexing by: ISI Impact Factor (IIF) = 0.0427, Google Scholar, Index Copernicus, Academic Search Complete (EBSCO). To be international, the Scientific Committee needs to have more than 40% foreign members in its composition. The Balkan Scientific Conferences of Sports Sciences as well as the Journal of Sport and Health at the Faculty of Physical Education at the University of Tetovo meet the aforementioned requirements.

3. RETROSPECTIVE OF CONFERENCES AND SCIENTIFIC JOURNALS



International Balkan Symposium in Sport Sciences (IBSS2013) (30 May – 02 June 2013)

Organized by:

Faculty of Physical Education, University of Tetova

Kirkpinar Sport Sciences Faculty, Trakya University, Edirne, Turkiye

Abstracts: 122

Journal: No journal



1st International Balkan Conference in Sport Sciences 1stIBCSS2014

June 20-21, **2014**, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

Kirkpinar Sport Sciences Faculty, Trakya University, Edirne, Turkiye

Abstracts: 93

Journal:

Vol. 1, No. 1, 2014

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 18

Vol. 1, No. 2, 2014

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 23



2nd International Balkan Conference in Sport Sciences 2nd IBCSS2015

February 27-28, **2015**, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

Abstracts: 24

Journal:

Vol. 2, No. 3-4, 2015

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 16



International Balkan Sport Sciences Congress IBSSC2015

3rd-6th May 2015, Kirkpinar School of Physical Education and Sports Edirne/Turkey and

Organized by:

Kirkpinar School of Physical Education and Sports Edirne/Turkey

Faculty of Physical Education, University of Tetova

Abstracts: 85

Journal: (No journal)



3rd International Balkan Conference in Sport Sciences 3rd IBCSS2016

May 27-28, 2016, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

Kirkpinar Sport Sciences Faculty, Trakya University, Edirne, Turkiye

Department of Kinesiology and Physical Education, The Northern Illinois University, USA

Faculty of Sport sciences, Uludag University, Bursa, Turkiye

Abstracts: 63

Journal:

Vol. 3, No. 5-6, 2016

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 14



4th International Balkan Conference in Sport Sciences 4th IBCSS2017

May 05-06, 2017, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

Abstracts: 36 (hard copy)

Journal:

Vol. 4, No. 7-8, 2017

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 16



International Balkan Conference in Sport Sciences IBCSS2017

21 - 23 May 2017, Uludağ University Bursa / TURKEY

Organized by:

Faculty of Sport Sciences, Uludag University, Bursa, Turkiye

Kirkpinar Sport Sciences Faculty, Trakya University, Edirne, Turkiye

Faculty of Physical Education, University of Tetova

Abstracts: 422

Poster Presentations: 150

Journal: No journal



5th International Balkan Conference in Sport Sciences 5thIBCSSL2018

May 18-19, 2018, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

Abstracts: 36

Journal:

Vol. 5, No. 9-10, 2018

UDC: 796-613.7

ISSN: 1857-9310 (Print).



1st INTERNATIONAL CONGRESS ON NATURA, HEALTH SCIENCES AND TECHNOLOGY

6th International Balkan Conference in Sport Sciences 6thIBCSSL2019

May 15-17, 2019, Faculty of Physical Education, University of Tetova

Organized by:

Faculty of Physical Education, University of Tetova

University of Sports, Tirana, Albania

Faculty of Physical Education and Sports, University of Prishtina, Prishtina, Kosovo

Abstracts: 33

WORKSHOP

Invited Professors from the Faculty of the Kinesiology of Zagreb, Croatia.

Dr. Tamara DESPOT, Dr. Kresimir SOS, Dr. Davorin ANTONIC.

- Dinamo football academy - general and fitness and conditioning organization / UT
- Endurance Training Methodology - Age group development / FCSHK
- Biomechanical Training for speed Periodization of week cycle in competition period
- YO YO IRT1 Test with Gas Analyzer / FCSHK
- Specific protocols for sports diagnostic

Journal:

Vol. 6, No. 11-12, 2019

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 13

CORONA VIRUS

Conference: No (face to face /in person/ with physical presence nor online)

Journal:

Vol. 7, No. 13-14, 2020

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 8

CORONA VIRUS

Conference: No (face to face /in person/ with physical presence nor online)

Journal:

Vol. 8, No. 15-16, 2021

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 10



2nd INTERNATIONAL CONGRESS ON NATURA, HEALTH SCIENCES AND TECHNOLOGY

7th International Balkan Conference in Sport Sciences 7thIBCSS2022

May 18-19, 2022, Faculty of Physical Education, University of Tetova

University of Sports, Tirana, Albania

Faculty of Physical Education and Sports, University of Prishtina, Prishtina, Kosovo

Faculty of Physical Education and Sports, AAB College, Prishtina, Kosovo

Department of Physical Education and Sports, University Luigj Gurakuqi, Shkoder, Albania

Abstracts: 64

Journal:

Vol. 9, No. 17-18, 2022

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 30

Vol. 9, No. 19-20, 2022

UDC: 796-613.7

ISSN: 1857-9310 (Print).

Works: 9



3rd INTERNATIONAL CONGRESS ON NATURA, HEALTH SCIENCES AND TECHNOLOGY

8th International Balkan Conference in Sport Sciences 8thIBCSS2023

May 17-19, 2023, Faculty of Physical Education, University of Tetova

University of Sports, Tirana/Albania

Department of Physical Education and Sports, University Luigj Gurakuqi, Shkoder/Albania

Department of Physical Education and Sports, Aleksander Xhuvani University, Elbasan/Albania

Faculty of Physical Education and Sports, University of Prishtina, Prishtina/Kosovo

Faculty of Physical Education and Sports, AAB College, Prishtina/Kosovo

Faculty of Sport Sciences and movement, UBT College, Prishtina/Kosovo

Kirkpinar Sport Sciences Faculty, Trakya University, Edirne/Turkiye

Sport Sciences Faculty, Bursa Uludag University, Bursa/Turkiye

Abstracts: 59 Abstract (electronic form).

Journal:

Waiting for Vol. 10 No. 21-22, 2023

UDC: 796-613.7

ISSN: 1857-9310 (Print).

3.1 RAPORT OF THE 8th International Balkan Conference in Sport Sciences

The 8th International Balkan Conference in Sport Sciences (8thIBCSS2023) was realized on May 17-19, 2023, Faculty of Physical Education, University of Tetova.

In this conference, in addition to the organizer of the 8th IBCSS2023 conference University of Tetova, 8 co-organizers/partners from 4 different countries also participated, such as: University of Sports Tirana/Albania, Department of Physical Education and Sports, University Luigj Gurakuqi, Shkoder/Albania, Department of Physical Education and Sports, Aleksander Xhuvani University, Elbasan/Albania, Faculty of Physical Education and Sports, University of Prishtina/Kosovo, Faculty of Physical Education and Sports, AAB College, Prishtina/Kosovo, Faculty of Sport Sciences and movement, UBT College, Prishtina/Kosovo, Kirkpinar Sport Sciences Faculty, Trakya University, Edirne/Turkiye, and Sport Sciences Faculty, Bursa Uludag University, Bursa/Turkiye. About 150 participants participated in the conference as first authors or co-authors with 59 abstracts.

The next day, a workshop was organized under the title SPORTS FOR INDIVIDUALS WITH PHYSICAL DISABILITY - PARALYMPIC SPORTS. The first presenter was Doc. Dr. Şengül Demiral, Vice Dean of the Kirkpinar Faculty of Sport Sciences, Trakya University/Turkey with the topic: JUDO FOR BLIND AND VISUALLY IMPAIRED PEOPLE. And the second presenter was Prof. Dr. Ifet Mahmutović, Dean of the *Faculty of Sport and Physical Education*, University of Sarajevo/Bosnia and Herzegovina with the topic: SITTING WOLLEYBALL - PARALYMPIC WOLLEYBALL.

4. CONCLUSION

From the presentation of material related to scientific events, we can conclude that the Faculty of Physical Education has gained an important experience within a decade. The organization of scientific conferences has become an annual habit, while the publication of magazines is carried out twice a year. The organization of scientific conferences is carried out almost every year with co-organizers from different countries. Also, such organizations where the Faculty of Physical Education from Tetova is in the role of co-organizer are realized abroad. These types of joint organizations of scientific events strengthen relations between institutions and enable the exchange of experience between them. The numerous analyzes of scientific events within a decade at the Faculty of Physical Education in Tetova prove that these organizations are always on the rise as well as in the growth of scientific values as a result of respecting the rules and norms that offer scientific events in order to be as close to contemporary demand as possible. Therefore, as a leader of scientific events and as part of the Organizational and Scientific Board of conferences and scientific journals in the Faculty of Physical Education, I recommend that the approach to these events be at the highest and correct level, respecting the scientific codex and fulfilling contemporary requirements.

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