



Amel Mekić

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Date of birth: 21/09/1981 **Place of birth**: Sarajevo, Bosnia and Herzegovina **Nationality**: Bosnian-Herzegovinian

WORK EXPERIENCE

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[25/09/2024] **Redovni profesor**

Sistemska kineziologija

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[17/07/2024] **Redovni profesor**

Kineziologija sporta

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[27/03/2019 – 17/07/2024] **Vanredni profesor**

Katedra za transformacione procese u sportu

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[27/09/2017 – 17/07/2024] **Vanredni profesor**

Katedra za borilačke sportove

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[07/04/2014 – 27/09/2017] **Docent**

Katedra za borilačke sportove

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[07/04/2014 – 27/03/2019] **Docent**

Katedra za transformacione procese u sportu

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country**: Bosnia and Herzegovina

[16/12/2010 – 07/04/2014] **Viši asistent**

Katedra za borilačke sportove

Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu

City: Sarajevo | **Country:** Bosnia and Herzegovina

[13/03/2006 – 16/12/2010]

Asistent

Katedra za borilačke sportove

LANGUAGE SKILLS

Mother tongue(s): Bosnian

Other language(s):

English

LISTENING B2 **READING** B2 **WRITING** B1

SPOKEN PRODUCTION B2 **SPOKEN INTERACTION** B2

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

PUBLICATIONS

- [2007] **A comparison analysis of situational efficiency between seven categories for female seniors at the European judo Championships**
Authors: Kajmović, H., I. Rađo, S. Kapo, A. Mekić
- [2008] **A comparison analysis of situational efficiency between seven weight categories for male seniors at the European judo championships**
Authors: Kajmović, H., A. Mekić, Dž. Huremović
- [2008] **Primjena polara rs 800 u treningu džudista**
Authors: Mekić, A., E. Kafedžić, H. Kajmović, S. Kapo
- [2008] **Differences in Winning Techniques and Time Duration of Fight Between Male and Female Judo Competitors at the Universiade**
Authors: Kajmovic, H., I. Radjo, A. Mekic, S. Kapo
- [2010] **Submaximal concentric contraction method application in judokas maximal strength development**
Authors: Crnogorac, B., A. Mekić, H. Kajmović, J. Pejčić
- [2008] **Tipološke strukture pokazatelja situacijske efikasnosti juniorki u-20 sa evropskog prvenstva u džudou sarajevo 2003**
Authors: Kajmović, H., I. Radjo, A. Mekic, B. Crnogorac, S. Kapo, Dž. Huremović
- [2009] **Influence of the morphological characteristics and motor abilities at the performance of the left and right kata-gurume technique in bosnia and herzegovina judokas**
Authors: Mekić, A., H. Kajmović, I. Rađo
- [2009] **Differences in Situational Efficiency Between Balkans Judo Championship 2006 and National Judo Championship of Bosnia and Herzegovina for Senior Male Competitors**
Authors: Kajmovic, H., I. Radjo, A. Mekic, B. Crnogorac
- [2010] **Effects of basic preparation period at motor and functional abilities of bosnia and herzegovina female judokas**
Authors: 8. Crnogorac, B., Mekić, A., H. Kajmović

- [2010] **Isokinetic strength profile of shoulder rotators and thigh muscle torques in elite judokas and soccer players**
Authors: Radjo, I., A. Mekic, M. Drapsin, T. Trivic, H. Kajmovic, P. Drid
- [2011] **Influence of exercise on blood lipids and immune system in female Serbian judokas**
Authors: Trivić T., I. Radjo, S. Tabakov, A. Mekić, Patrik Drid
- [2011] **Effect of acute exercise on uric acid serum levels in the experimental model**
Authors: Hadžović-Džuvo A., S. Pjanić, A. Mekić, E. Kapur
- [2011] **Influence of morphological characteristics and motor abilities on the performance of some hand judo techniques of Bosnia and Herzegovina judokas**
Authors: Mekić, A., H. Kajmović, A. Kapur, N. Katica
- [2011] **National analysis of the state championship of Bosnia and Herzegovina and Balkan championship in judo for male competitors**
Authors: Kajmovic, H., I. Radjo, B. Crnogorac, A. Mekić
- [2011] **The effect of rule changes in judo on situational efficiency in female judo bout**
Authors: Kajmovic, H., I. Radjo, A. Mekić
- [2013] **Oxidative stress status in elite athletes of different sport disciplines**
Authors: Hadžović-Džuvo A., A. Valjevac, A. Hadžimuratović, S. A. Mekić
- [2013] **Notational match analysis of the 2011 state championship of Bosnia and Herzegovina and 2010 Balkan championship in judo for female competitors**
Authors: Kajmovic, H., I. Radjo, A. Mekic, M. Mrdić
- [2013] **Analiza efikasnosti tehničkih elemenata u stojećem i parternom položaju sa Evropskog prvenstva za kadete u hrvanju grčko-rimskom stilu**
Authors: Kapur, A., A. Mekic, H. Kajmovic, I. Radjo
- [2014] **Differences in Performance Between Winners and Defeated Wrestlers in the European Championships for Cadets**
Authors: Kajmovic, H., A. Kapur, I. Radjo, A. Mekić
- [2013] **Karate influences on asthma management in preschool children**
Authors: Bajraktarevic A., A. Hadzimuratovic, A. Masala, A. Mekic
- [2014] **Male athlete's body composition and postural balance correlation**
Authors: Metikoša, B., S. Kovač, N. Čović and A. Mekić
- [2014] **Fitness and Anthropometric Profiles of International vs. National Judo Medalists in Half-Heavyweight Category**
Authors: Drid, P., C. Calas, A. Mekić, I. Rađo, M. Srojanović, S. Ostojić
- [2014] **Level and structural differences of morphological characteristics and motor abilities**
Authors: Kapo. S., N. Čović, N. Smajlović, A. Mekić, Lj. Tarik
- [2014] **Identification of situational efficiency parameters in elite k-1 fighters**
Authors: Kapo, S., A. Mekić, H. Čutuk, A. Kapo.
- [2014] **Trend of situational efficiency in top level superheavy weight**
Authors: Kapo, S., A. Mekic, A. Kapo, M. Cutuk
- [2014] **Effects of changes in judo rules on attacking efficiency**
Authors: Kajmovic, H., I. Radjo, B. Crnogorac, A. Mekić, Safet Kapo

- [2014] **Differences in gripping configurations during the execution of throwing techniques between and female cadets at the European Judo Championship**
Authors: Kajmovic, H., I. Radjo, A. Mekic, B. Crnogorac, E. Colakhodzic
- [2015] **Speed training in difficult and easier conditions**
Authors: Bajramović, I., Likić, S., Mekić, A., Hadžimehmedović-Vranešić, D.
- [2015] **Influens of exercise on blood lipids in female Serbian judokas**
Authors: 29. Trivic T., I. Radjo, S. Tabakov, A. Mekic, P. Drid
- [2015] **The correlation of general and special physical fitness indices whit somatic indicators in 16-18 year old female judokas**
Authors: Wolska, B., M. Adam, A. Mekić
- [2016] **Somatotype of top serbian judokas**
Authors: Milošević, N., A. Mekić, N. Stanković, T. Purenović-Ivanović
- [2016] **Effects of high-intensity interval training on reduction of body weight, body fat and level VO2max of middle aged women**
Authors: Bajramović, I., G. Manić, H. Alić, E. Jelešković, S. Likić, A. Mekić, H. Ruždić
- [2016] **Functional Strength Training Effects on Knee Flexors and Extensors Power Output in Football Players**
Authors: Rađo, I., H. Alić, I. Bajramović, E. Jelešković, N. Čović, S. Likić and A. Mekić
- [2016] **Comparasion of efficiency of learning process of swimming skills between boys and girls**
Authors: Torlaković, A., R. Kebat, E. Mirvić, A. Zukovic, E. Hondo, A. Mekić
- [2016] **Effects of experimental training program on value of special Judo fitness test in young judokas**
Authors: Mekić, A., H. Alić, I. Bajramović, I. Rađo
- [2016] **The effects of an additional 10-weeks strength training on isokinetic knee joint potential of young Athletes**
Authors: Rađo, I., I. Bajramović, S. Likić, H. Alić, E. Jelešković, Č. Habul, A. Mekić
- [2017] **Difference in performed actions of winners and defeated female cadet wrestlers in a standing position**
Authors: Kajmovic, H., I. Radjo, A. Kapur, A. Mekic, S. Kapo
- [2017] **Differences between weight groups of schoolboy Greco-Roman wrestlwrs in their fitness abilities**
Authors: Biletić, I., M. Baic, N. Starcevic, I. Rađo, A. Mekić
- [2017] **Comparasion of performance of top-level female judo competitors from diferent levels of judo competition**
Authors: Kajmovic, H., I. Radjo, S. Kapo, N. Smajlovic, A. Mekić
- [2018] **The acute effect of stretching on force and power**
Authors: Pašalić, A., A. Mekić, B. Katana, J. Mahmutović, A. Mačak-Hadžiomerović
- [2018] **Efects of 8-weeks long muscular endurance training whit body weight in case of recreational athletes**
Authors: Bajramović, I., Č. Habul, M. Talović, S. Likić, N. Nurković and A. Mekić
- [2018] **Razlike u deformitetu i dužini lijevog i desnog stopala dječaka u osnovnoj školi**

- Authors:** Rašidagić, F., i A. Mekić
- [2018] **Effects of specific programmed training on physical fitness, physiological and performance responses in elite judokas**
Authors: Mekić, A., H. Kajmović, S. Kapo, I. Bajramović and N. Čović
- [2019] **Differences in Body Hydration Before and After the judo training of young athletes**
Authors: Mekić, A., F. Rašidagić, I. Bajramović, S. Likić, M. Merdan
- [2019] **Self-Reported and Objectively Measured Physical Activity of Elderly Men from the Canton**
Authors: Bajramovic, I., Čaušević, D., Vranešić-Hadžimehmedović, D., Mekic, A., Podrug-Arapović, M., Likić, S.
- [2019] **Food habits and physical activity of students at the university of Sarajevo**
Authors: Mekić, A., E. Nikšić, E. Beganović, A. Pašalić and I. Taljić
- [2020] **Consumption of stimulating agents in sport**
Authors: Mekić, A., E. Nikšić, E. Kovačević, S. Čičić, E. Beganović, E. Vrečić
- [2020] **Differences in the Isokinetic Strength of Thigh Muscles between Track and Field and Karate Athletes**
Authors: Mekić, A., S. Kapo, Alic, H., Bajramovic, I., Likic, S., Besirevic, D., Covic, N.
- [2020] **Lifestyle Identification and Degree of Risk of Type 2 Diabetes**
Authors: Bajramović, I., Imamagic, N., Djozic, E. Kovačević, E., Hodžić, A., Doder, I., Mekić, A., Likic, S.
- [2020] **Differences in the Quality of Movement Functionality between Judokas, Karatekas, and Non-Athletes**
Authors: Mekic, A., E. Vrečić, P. Malović, S. Kapo, H. Kajmović
- [2021] **Physical activity levels of sarajevo university students**
Authors: Doder, I., E. Kovačević, E. Abazović, F. Babajić, A. Mekić
- [2022] **Analysis of nutritional status and body composition of elementary school students**
Authors: Nikšić, E., E. Beganović, A. Mekić
- [2022] **Differences in the nutritional status and body composition of 6 th and 7 th grade students in Bosnia and Herzegovina**
Authors: Nikšić, E., E. Beganović, A. Mekić
- [2022] **Normative values of elite taekwondoists**
Authors: Mekic, A., E. Nikšić, A. Čukurija, E. Beganović, E. Vrečić
- [2022] **Fitness profile of junior judoists**
Authors: Mekic, A., E. Nikšić, A. Čukurija, E. Beganović, E. Vrečić
- [2022] **Analysis of differences between boys and girls in the sixth grade of primary school in the degree of nutrition and body composition**
Authors: Nikšić, E., E. Beganović, A. Mekić
- [2022] **Judo injuries during high-level competitions in poland**
Authors: Wieslav Blach, A., Mekić
- [2022] **Differences in morphological characteristics between female volleyball national teams of Montenegro and Kosovo**
Authors: Bojanić, D., M. Ljubojević, D., Krivokapić, A., Muratović, A., Mekić

- [2022] **The Effects of Increased Intensity and Number of Repetitions of Training on SJFT in Juniors and Cadets**
Authors: Mekić, A., E. Nikšić, E. Beganović, M. Merima, H. Ramić
- [2022] **Anxiety and behaviors of wrestlers caused by the covid-19 pandemic**
Authors: Pekas, D., D., Bagarić, D. Vračan, A., Mekić, N., Trajković
- [2022] **Changes between initial and final state of basic-motor skills of students in standard model of teaching**
Authors: Vrcić, M., R. Pavlović, E., Kovačević, S., Solaković, L., Šebić, A., Mekić
- [2022] **Differences in attitude towards martial sports in men and women of different educational status**
Authors: Merdan, M., A., Mekić, E., Tihić, T., Bišćević
- [2023] **Short term agility and speed training programme effects on speed, agility and dribbling in young football players**
Authors: Zahirović, M., H. Alić, N. Čović, M. Ibrahimović, M. Talović, E. Jelešković, A. Mekić, D. Vranešić-Hadžimehmedović
- [2023] **Heart rate dynamic and structure of running activities in bih premier league football referees during matches and fitness testing**
Authors: Peljto, I., H. Alić, N. Čović, M. Talović, E. Jelešković, I. Bajramović, Š. Ormanović, A. Mekić
- [2023] **Is the handgrip strength influential factor on the competition result in elite male artistic gymnasts**
Authors: Paunović, M., D. Marinković, S. Veličković, P. Veličković, N. Čović, D. Vranešić-Hadžimehmedović, A. Mekić, E. Jelešković, M. Kozul, L. Miličić, R. Bobinec, M. Tomljanović, G. Sporiš, Z. Fiser
- [2023] **Speed and Agility Training in Female SoccerPlayers - A Systematic Review**
Authors: Stanković, M., D. Djordjević, B. Katanić, A. Petrović, I. Jeleska, D. Bjelica, A. Mekić
- [2023] **Anthropometric Characteristics and Weight Status of EarlyAdolescents (Aged 12-14) in Montenegro**
Authors: Katanić, B., D. Bjelica, M. Stanković, Z. Milošević, J. Vuković, A. Mekić
- [2024] **Barriers to Physical Activity (PA) in the Working Population**
Authors: Hadžović, M., R. Rakočević, P. Ilić, A. Mekić, D. Bjelica, B. Katanić
- [2024] **Basic motor skills among 2nd-9th-grade elementary school students**
Authors: Nikšić, E., F. Rašidagić, A. Mekić, E. Beganović
- [2024] **Differences in the level of anthropometric measures and body composition between different age categories of taekwondo players in Bosnia and Herzegovina**
Authors: Mekić, A., E. Nikšić, M. Vrcić, M. Merdan, B. Ceylan
- [2024] **Locomotor injuries in combat sports: systematic review**
Authors: Živković, M., A. Mekić, S. Furunović, N. Stojanović, N. Milošević, A. Đošić, D. Živković
- [2024] **Differences in Anthropometric Characteristics and Body Composition between Professional Montenegrin Footballers and Karate Athletes**
Authors: Katanić, B., D. Bjelica, A. Mekić, T. Krističević
- [2024] **Anthropometric Profile of Elite Male and Female Cadet Taekwondo Competitors**
Authors: Mekić, A., R. Lakota, M. Živković, N. M. Čelik, M. Merdan

- [2024] **The influence of muscle mass on jump height throughout biological maturation**
Authors: Živković, M., N. Stojanović, A. Mekić, A. Đošić, D. Živković, S. Pantelić
- [2024] **Differences in the body composition of selected judokas based on weight categories**
Authors: Milošević, N., N. Stojanović, M. Paunović, M. Živković, A. Mekić
- [2025] **Comparison of Anthropometric Characteristics and Body Composition between Professional Montenegrin Footballers and Karatekas**
Authors: Katanić, B., D. Bjelica, A. Mekić, T. Krističević, M. Ćurić, M. Stanković
- [2025] **Investigating The Relationship Between Athlete ValueOrientation and Sportsmanship Levels of Elite Judoka May 2025**
Authors: Yenturk, B., M. Koroglu, N. Muhammet Celik, A. Mekić
- [2025] **Analysis of differences in motor skills, nutritional status and body composition, and leisure time between second and third-grade elementary school students**
Authors: Nikšić, E., F. Rašidagić, A. Mekić, E. Beganović
- [2025] **Original research eating patterns of users of two different fitness centers - comparative analysis**
Authors: Taljić, I., L. Biber, A. Toroman, A. Mekić
- [2025] **Differences in Morphological Characteristics and Motoric Abilities Between Boys and Girls From II to V Grades of Elementary School**
Authors: Nikšić, E., F. Rašidagić, A. Mekić, E. Beganović, A. Kalabušić
- [2025] **Severe Hypohydration And Inadequate Knowledge, Attitude, And Behaviour Among Collegiate Combat Sport Athletes**
Authors: Taksin, B., C. Bayram, J. Šimenko, A. Mekić, B. Bilgehan

PROJECTS

- [2018] **Nove tehnologije u sportu**
- [2019] **Nove tehnologije u sportu**
- [2020] **Nove tehnologije u sportu**
- [2021] **Nove tehnologije u sportu**
- [2022] **Nove tehnologije u sportu**
- [2023] **Projekat 60 godina Fakulteta sporta i tjelesnog odgoja (Međunarodni naučni simpozij NTS 2023.; 1. Sajam sporta, zdravlja i turizma 2023.)**
 člana Organizacionog odbora

- [2022] **Utvrdjivanje nivoa motoričkih sposobnosti, analize stanja uhranjenosti i kompozitnosti tijela pandemije COVID – 19 kod učenika os 2. do 9 razreda osnovne škole u 2022. godini**
- [2021] **Stručna edukacija profesora tjelesnog i zdravstvenog odgoja/sporta u osnovnim i srednjim školama na području Kantona Sarajevo**
- [2018] **Učestvovao u strateškoj organizaciji projekta prvog međunarodnog investicijskog sajma sporta “ISPLORI 2018”**
- Svjetskog prvenstva u sjedećoj odbojci – Sarajevo 2022. godine**
člana Organizacionog odbora
- Evropskog prvenstva U- 23 u judou – Sarajevo 2022. godine**
člana Organizacionog odbora
- Svjetskog kadetskog prvenstva u judou – Sarajevo 2022. godine**
člana Organizacionog odbora
- Projekat edukacije trenera u DŽS BIH i DŽS FBIH (voditelj i predavač)**
Voditelj

FAKULTETSKI UDŽBENICI

- [2010] **JUDO - Analiza situacijske efikasnosti**
Kajmović, H., I. Rađo, **A. Mekić**
- [2012] **JUDO – Način života**
Crnogorac B., **A. Mekić**
- [2014] **Džudo – Nauka i praksa**
Patrik, D., I., Todorov, **A., Mekić**
- [2015] **Dizajniranje savremenog kondicionog treninga**
Izet Bajramović, Slavenko Likić, Gordana Manić, **A., Mekić**
- [2016] **Pretilost djece osnovnih škola Kantona Sarajevo**
Ensar A., S. Hasanbegović, **A. Mekić**
- [2017] **Pretilost djece u srednjim školama Kantona Sarajevo**
Ensar A., E. Kovačević, **A. Mekić**
- [2017] **Institucionalni okviri menadžment u sport**
Almir, M., I. Rađo, **A. Mekić**
- [2018] **Pretilost djece u predškolskim ustanovama Kantona Sarajevo**
Erol K., E. Abazović, **A. Mekić**
- [2019] **Historija tjelesne kulture sa teorijom i praksom vježbanja**
Elvira N., F. Rašidagić, N. Nurković, **A. Mekić**, H. Hadžibulić-Nurković

[2021] **Pretilost studenata univerziteta u sarajevu**

Erol K., E. Abazović, **A. Mekić**

[2023] **Konceptualni okvir savremenog sporta.**

Bajramović, I., S., Likić, E., Kovačević, H., Alić, **A., Mekić**, E., Jelešković, D., Vranešić-Hadžimehmedović

[2025] **Utvrđivanje nivoa motoričkih sposobnosti, analiza stanja uhranjenosti i kompozitnosti tijela učenika od II do IX razreda osnovne škole**

Nikšić, E., F. Rašidagić, **A. Mekić**, E. Beganović