



Marijana Podrug Arapovic

Date of birth: 31/08/1973 | **Place of birth:** Tübingen, Germany |

Nationality: Bosnian-Herzegovinian | **Phone number:** (+387) 61100419 (Mobile) |

Email address: marijana.podrugarapovic@fasto.unsa.ba |

Address: Patriotske lige 41, 71000, Sarajevo, Bosnia and Herzegovina (Work)

WORK EXPERIENCE

ASSISTANT AND SENIOR ASSISTANT – FACULTY OF SPORT AND PHYSICAL EDUCATION – 2018 – Current – SARAJEVO, BOSNIA AND HERZEGOVINA

GENERAL DIRECTOR, ADVISOR, SPORT SPECIALIST – ZOI 84 – 2011 – 2018 – SARAJEVO, BOSNIA AND HERZEGOVINA

HEAD OF OPERATIONS AT BUSINESS CENTER – TV HAYAT – TV HAYAT – 2010 – 2011 – SARAJEVO, BOSNIA AND HERZEGOVINA

DIRECTOR OF SPORTS ACTIVITIES – QSI INTERNATIONAL SCHOOL OF SARAJEVO – 2005 – 2007 – SARAJEVO, BOSNIA AND HERZEGOVINA

SPORTS TEACHER – QSI INTERNATIONAL SCHOOL OF SARAJEVO – 1999 – 2008 – SARAJEVO, BOSNIA AND HERZEGOVINA

PHYSICAL EDUCATION TEACHER – "NAFIJA SARAJLIĆ" ELEMENTARY SCHOOL – 1998 – 1999 – SARAJEVO, BOSNIA AND HERZEGOVINA

COACH OF THE BOSNIA AND HERZEGOVINA MEN'S SHORT TRACK SPEED SKATING NATIONAL TEAM

EDUCATION AND TRAINING

2011 – 2016 Sarajevo, Bosnia and Herzegovina

DOCTOR OF SCIENCE Faculty of Sport and Physical Education

Website <https://fasto.unsa.ba/> | **Field of study** Social Sciences | **Level in EQF** EQF level 8

2000 – 2005 Sarajevo

MASTER OF SPORT AND PHYSICAL EDUCATION Faculty of Sport and Physical Education

Website <https://fasto.unsa.ba/> | **Field of study** Social Sciences | **Level in EQF** EQF level 7

1994 – 2000 Sarajevo, Bosnia and Herzegovina

BACHELOR OF SPORT AND PHYSICAL EDUCATION Faculty of Sport and Physical Education

Website <https://fasto.unsa.ba/> | **Field of study** Social Sciences | **Level in EQF** EQF level 6

Field of study Engineering, manufacturing and construction | **Level in EQF** EQF level 4

28/10/2016 – 28/10/2016 Sarajevo, Bosnia and Herzegovina
CERTIFICATE OF SUCCESSFUL PROFESSIONAL EXAM Ministry of Education, Science and Youth of Sarajevo Canton

Field of study Education

15/06/2015 – 15/06/2015 Sarajevo, Bosnia and Herzegovina
DIPLOMA OF SUCCESSFUL COMPLETION OF COMPUTER COURSE PC Plus Computers

Field of study Information and Communication Technologies

● **LANGUAGE SKILLS**

Mother tongue(s): **BOSANSKI**
Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLESKI	B1	B1	B1	B1	B1

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

● **SKILLS**

MS Office (Word Excel PowerPoint) | Internet | microsoft office | Team work | Computer Skills | Adaptability | Computer Programs

● **SOCIAL AND POLITICAL ACTIVITIES**

2021 – 2024 Municipal Council Centar
Council Member

2022 – 2024 Municipal Council Centa
Vice-Chairperson

2020 – 2025 Sarajevo
Vice-President – Executive Board of Narod i Pravda

● **DRIVING LICENCE**

Driving Licence: B

● **PUBLICATIONS**

2025
[Postural disorders in preschool children](#)

Hadžimehmedović, D. V., Arapović, M., Bajramović, I., & Čović, N. (2025). Postural disorders in preschool children. Journal of Anthropology of Sport and Physical Education, 9(1), 7–11.
Authors: Hadžimehmedović, D. V., Arapović, M., Bajramović¹, I., & Čović¹, N. | **Journal Name:** Journal of Anthropology of Sport and Physical Education | **Volume, Issue and Pages:** 9(1), 7–11.

2024
[PREVALENCE OF SPINAL DEFORMITIES IN PRESCHOOL CHILDREN LIVING IN THE SOS CHILDREN'S VILLAGE IN SARAJEVO](#)

Vranešić, D., Podrug-Arapović, M., Hodžić, A., & Mašić, S. (2024). PREVALENCE OF SPINAL DEFORMITIES IN PRESCHOOL CHILDREN LIVING IN THE SOS CHILDREN'S VILLAGE IN SARAJEVO. Homo Sporticus, 26(1).

Authors: 3. Vranešić, D., Podrug-Arapović, M., Hodžić, A., & Mašić, S. | **Journal Name:** Homo Sporticus | **Volume, Issue and Pages:** 26(1).

2024

Wall Touch-Single Limb Stance Exercise for Dynamic Gluteus Maximus Activation in a Patient with Chronic Lumbar Radiculopathy: A Case Report

Rani, B., Sharma, S., Podrug Arapović, M., & Čaušević, D. (2024). Wall Touch-Single Limb Stance Exercise for Dynamic Gluteus Maximus Activation in a Patient with Chronic Lumbar Radiculopathy: A Case Report. Journal of Orthopedics and Sports Medicine, 6

Authors: 1. Rani, B., Sharma, S., Podrug-Arapović, M., & Čaušević, D. | **Journal Name:** Journal of Orthopedics and Sports Medicine, 6, 193-197. | **Volume, Issue and Pages:** 193-197.

2023

THE RELATIONSHIP BETWEEN VERTICAL JUMP HEIGHT AND NEGATIVE BLOCK PERFORMANCE OF ELITE MALE VOLLEYBALL PLAYERS AT THE SPIKER AND MIDDLE PLAYER POSITIONS

Görkem, İ.M., Mahmutović, I., Fatma, T., Arapović-Podrug, M., & Serdar, U. (2023). THE RELATIONSHIP BETWEEN VERTICAL JUMP HEIGHT AND NEGATIVE BLOCK PERFORMANCE OF ELITE MALE VOLLEYBALL PLAYERS AT THE SPIKER AND MIDDLE PLAYER POSITIONS. Homo Sporticus, 25(2).

Authors: Görkem, İ. M., Mahmutović, I., Fatma, T., Arapović-Podrug, M., & Serdar, U. | **Journal Name:** Homosporticus | **Volume, Issue and Pages:** 25(2).

2023

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY OF WOMEN, RATING PERCEIVED EXERTION AND BODY IMAGE SATISFACTION.

Šebić, L., Đapo, J. K., Ljubojević, A., & Podrug-Arapović, M. (2023). THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY OF WOMEN, RATING PERCEIVED EXERTION AND BODY IMAGE SATISFACTION. Sports Logos/Sportski Logos, 21(35).

Authors: Šebić, L., Đapo, J. K., Ljubojević, A., & Podrug-Arapović, M. | **Journal Name:** Sports Logos/Sportski Logos | **Volume, Issue and Pages:** 21(35)

2021

THE EFFECTS OF SHORT-TERM PROPRIOCEPTIVE TRAINING ON THE PERFORMANCE OF ICE-SKATING ELEMENTS IN CHILDREN AGES 6-8.

Lakota, R., Turković-Malkić, B., & Arapović, M. P. (2021). THE EFFECTS OF SHORT-TERM PROPRIOCEPTIVE TRAINING ON THE PERFORMANCE OF ICE-SKATING ELEMENTS IN CHILDREN AGES 6-8. Homo Sporticus, 23(1).

Authors: Lakota, R., Turković-Malkić, B., & Arapović, M. P. | **Journal Name:** Homo Sporticus | **Volume, Issue and Pages:** 23(1)

2020

THE CONTRIBUTION OF MOTOR SKILLS IN PREDICTING THE SUCCESS OF PERFORMING THE BASIC ELEMENTS OF ALPINE SKIING

Turković, B., Lakota, R., Hodžić, A., & Podrug Arapović, M. (2020). The contribution of motor skills in predicting the success of performing the basic elements of alpine skiing, December 2020 Homosporticus 22(1):33-37

Authors: Turković, B., Lakota, R., Hodžić, A., & Podrug-Arapović, M. | **Journal Name:** Homo Sporticus | **Volume, Issue and Pages:** 22(1):33-37

2019

Self-Reported and Objectively Measured Physical Activity of Elderly Men from the Canton Sarajevo

Bajramovic, et al. (2019). Self-reported and objectively measured physical activity of elderly men from the Canton Sarajevo. Journal of Anthropology of Sport and Physical Education, 3(3), 17-20.

Authors: Bajramovic, I., Causevic, D., Vranesic-Hadzimehmedovic, D., Mekic, A., Podrug-Arapovic, M., & Likic, S. | **Journal Name:** Journal of Anthropology of Sport and Physical Education | **Volume, Issue and Pages:** 3(3), 17-20

2018

The effect of different activation stimuli on size and duration of pap effect.

Kovačević, E., Vrcić, M., Čaušević, D., Zlatan, K., Podrug, M., & Arapović, E. K. (2018). The effect of different activation stimuli on size and duration of pap effect. Homo Sporticus, (2).

Authors: Kovačević, E., Vrcić, M., Čaušević, D., Zlatan, K., Podrug, M., & Arapović, E. K. | **Journal Name:** Homo Sporticus | **Volume, Issue and Pages:** 20(2):24-28

2016

Analysis of Morphological Characteristics Differences in Girls Engaged in Different Aesthetic Movement Activities

Torlaković et al. (2016). Analysis of morphological characteristics differences in girls engaged in different aesthetic movement activities. International Scientific Conference, University of Belgrade, Faculty of Sport and Physical Education.

Authors: Torlaković, A. Šebić, L., Podrug Arapović, M., Ljubojević, A., Nožinović, A., | **Journal Name:** International Scientific Conference Effects of Physical Activity Application to Anthropologi...

2016

DIFFERENCES BETWEEN TRADITIONAL PROGRAMS AND TRAINING THROUGH GAME ON PERFORMANCE LEARNING ICE SKATING

Podrug Arapović, M., Šebić, L., Rađo, I. (2016). Differences between traditional programs and training through game on performance learning ice skating. InSSED - 2nd International, Sport, Science, Faculty of Education, University of Travnik, B&H.

Authors: Lejla Šebić, Marijana Podrug Arapović i Izet Radjo | **Journal Name:** Conference: InSSED 2nd International, Sport, Science, Education and Development Conference 2016

2011

RELATIONS OF BASIC MOTOR SKILLS AND STYLIZED MOVE STRUCTURES OF FIGURE SKATING

Arapović, M., & Šebić, L. (2011). RELATIONS OF BASIC MOTOR SKILLS AND STYLIZED MOVE STRUCTURES OF FIGURE SKATING. Proceedings Book, 198.

Authors: Lejla Šebić, Marijana Podrug Arapović | **Journal Name:** 6TH INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY INTEGRATIVE POWER OF KINESIOLOGY

2011

Aerobik – aerobna gimnastika

Šebić, L., & Podrug Arapović, M. (2012). Aerobik – aerobna gimnastika. Univerzitet u Sarajevu, Fakultet sporta i tjelesnog odgoja.

Authors: Šebić, L., & Podrug Arapović, M | **Volume, Issue and Pages:** 1

HONOURS AND AWARDS

14/04/2025

Certificate of Appreciation for Contribution, Development, and Promotion of FASTO UNSA – Faculty of Sport and Physical Education

22/05/2024

Certificate of Appreciation for Support in Implementing the STEAM Lab Equipment Project – Elementary School "Mehmed-Beg Kapetanović Ljubušak," Sarajevo

24/05/2023

Certificate of Appreciation for Invaluable Support to the Work and Development of Our School – Elementary School "Mehmed-Beg Kapetanović Ljubušak," Sarajevo

2023

Certificate of Appreciation for Contribution, Development, and Promotion of the Faculty – Faculty of Sport and Physical Education

18/02/2023

Certificate of Appreciation for Selfless Contribution to the Work of the Organization and the 105.mtbr Section – JOB Union of Veterans

26/05/2022

Certificate of Appreciation for Outstanding Contribution and Support in Improving Working Conditions in Our Institution – Elementary School "Mehmed-Beg Kapetanović Ljubušak," Sarajevo

21/01/2018

Certificate of Appreciation for Selfless Support to the Development and Promotion of Skating Sports in Bosnia and Herzegovina – Skating Federation of Bosnia and Herzegovina

21/10/2012

Certificate of Appreciation – 5th International Seminar “The Role of Sport in Health Preservation” – Sports Federation SBK/KSB

17/10/2012

Certificate – 5th International Seminar “The Role of Sport in Health Preservation” – Sports Federation of Bosnia and Herzegovina

02/2009

Awarded the “Badge” – ZOI 1984 – ZOI 84 Olympic Center Sarajevo

2007

Certified Pilates and Aerobics Instructor – Association of Certified Pilates Instructors of Croatia

2005

Plaque for Best Postgraduate Student – FASTO – Faculty of Sport and Physical Education

20/04/2003

ICP Certificate – Licensed Roller Skating Instructor – ICP

1996

Certificate of Appreciation for Outstanding Contribution to the Organization of the IAAF Athletics Solidarity Meeting Sarajevo 96 and the Renovation of the Olympic and Athletics Stadium – Athletics Federation of Bosnia and Herzegovina

Examination for National Judge in Figure Skating – ISU – ISU

● **PROJECTS**

1998 – CURRENT

Ice Skating School

2017

Sarajevo Roller Marathon

2017 – 2024

Fitness Summer

01/01/2017 – 01/03/2017

Ski School ZOI 84

2018 – 2019

“Lose to Win!” – Hayat TV

● **CONFERENCES AND SEMINARS**

2024 Sarajevo

Member of the Organizing Committee for the 40th Anniversary of ZOI

2023 – 2023 Sarajevo

NTS “1st Sports Fair 2023 – Sport, Health and Tourism”

2022 – 2022 Sarajevo

2022 WPV Sitting Volleyball World Championship

12/12/2019 – 13/12/2019 Sarajevo

11th International Symposium NTS

2018 Sarajevo

Member of the Organizing Committee NTS

10/12/2016 – 11/12/2016 Belgrade

International Scientific Conference “Effects of Physical Activity on the Anthropological Status of Children, Youth, and Adults”

04/11/2016 – 06/11/2016 Travnik

Invited Speaker: “Differences between Traditional Programs and Training through Game on Performance Learning in Ice Skating”

16/04/2016 – 16/04/2016 Zagreb

Progressive Education Workshop / Mobility & Stability Training

17/10/2012 – 21/10/2012 Vlačić

5th International Seminar “The Role of Sport in Health Preservation”

08/11/2011 – 11/11/2011 Opatija

**Invited Speaker: “Relations of Basic Motor Skills and Stylized Movement Structures of Figure Skating”
6th International Scientific Conference on Kinesiology: Integrative Power of Kinesiology**

08/09/2011 – 11/09/2011 Zagreb

Seminar Moderator: 6th International Seminar for Physical Education Teachers

2010 – 2010 Zaoštrog

Seminar Moderator: “New Methods in Physical Education: Innovation of PE Teaching Programs in Bosnia and Herzegovina”

28/09/2006 – 01/10/2006 Sarajevo

“International Conference Democratic Development Trought Grassroots Sport”

22/08/2005 – 25/08/2005 Zaoštrog

International Seminar for Physical Education Teachers: “Identification and Pedagogical Methods to Prevent Destructive Behaviors in Youth”

● **MANAGEMENT AND LEADERSHIP SKILLS**

General Director – ZOI 84

Director – LM Fitness

President – Association "Fit & Fun"

Vice-President – Executive Board of Narod i Pravda (NIP)

Director of Sports – QSI International School of Sarajevo
