

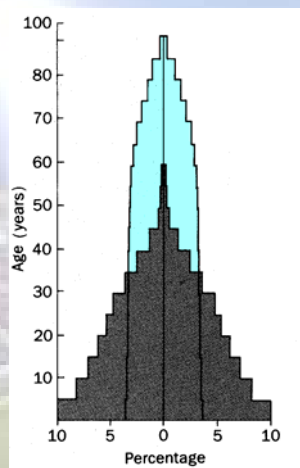


## ALIGNMENT TO BOLOGNA PROCESS AND INTRODUCTION OF THE NEW CURRICULA FOR SPORT SCIENCES IN ALBANIA

**Daniela Caporossi**

Professor of Biology and Genetics  
Rome University of Movement Science - IUSM

BOLALBA European Tempus Project



### Age Pyramids

Population Structure in Preindustrial vs  
Postindustrial Populations

**Background blue area**

Modern industrial or postindustrial  
population:

- most people survive to over 60

**Black area**

Demographic structure of a  
preindustrial population

74% less than 25 yr

- 6% over 40 yr

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## The changing Public Health picture over the last century



## Widespread recognition of the Importance of Physical Activity in Public Health and Society

**Sport and Physical Activity**  
*increasingly recognised as powerful tool in*

**Education**  
**Social integration**  
**Wellbeing**

**Personal Growth**  
**Experience**  
**Maturation**

**Prevention**  
**Rehabilitation**  
**Coping**

*in public health, and in social and economic policies.*

**Several pronouncements by WHO**  
**and by other prominent scientific and governmental bodies**

**2004 - EU**  
**European Year of**  
**Education through Sport**

**2005 UN**  
**International Year of**  
**Sport and Physical Education**





## The expansion of Physical Education and Training into the modern discipline of Sport Science

Sport events as global phenomenon of unprecedented social impact

The practice of sport and physical activity as a mass phenomenon

Great progress in basic and applied research related to sport

(training, biomedical, psychological and social sciences)

The notion of Physical Education has been absorbed into the wider notion of **Sport Science**.

Academies of Physical Education (education of school teachers)



Sport Science University Structures (variety of new curricula)



## Monitoring Sport Science Curricula in Europe

### The AEHESIS Thematic Network

“Aligning a European Higher Education Structure in Sport Science”

Assess existing programs through *Tuning* methodology and ensure they relate to the needs of the market.

4 MAIN AREAS:

- 62 partners – 24 countries - 219 programs
- 109 First degree and 61 Master programs
- About 50% on issues related to health or leisure (HF, APA, elderly).
- Many links with Sport clubs / Federations.
- Great diversity in the notion of “vocational”.

Coaching

Physical Education

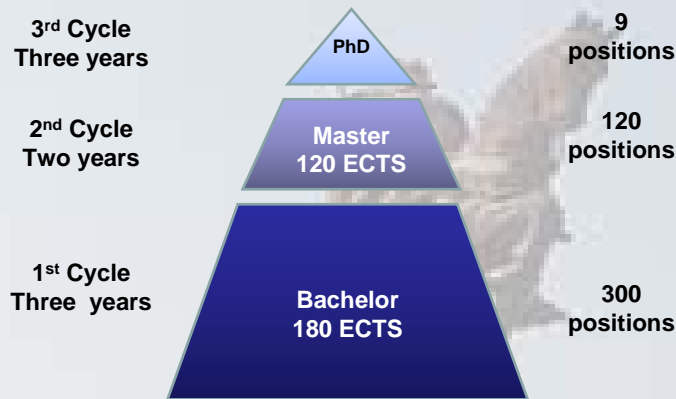
Health & Fitness

Sport Management





## Higher Education System in Sport Science



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## Sport Science Curricula in Albania & Bologna Process A Tempus Joint European Project (JEP 40087-2005)

### The Consortium

#### GRANT HOLDER

**Prof. Paolo Parisi** – Rector, Rome University of Movement Science – **Italy**

#### EXECUTIVE COORDINATOR

**Prof. Daniela Caporossi** - Rome University of Movement Science – Scientific Committee of European College of Sport Science - **Italy**

#### CONSORTIUM MEMBERS

**Prof. Vejsel Rizvanoli**, Rector, Academy of Physical Education and Sport, Tirana, **Albania**

**Prof. Norbert Bachl** – President, European Federation of Sport Medicine Associations, and Dean, Sport Science Faculty, University of Vienna - **Austria**

**Prof. Harry Tschan** - Sport Science Faculty, University of Vienna – **Austria**

**Prof. Karsten Froberg** – President, European Sport Science Thematic Network AEHESIS, Director, Child Research Center, University of Odense – **Denmark**

**Prof. Vassilis Klissouras & Prof. Nickos Geladas** – Department of Exercise Physiology, University of Athens - **Greece**



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The Rome University of Movement Sciences (IUSM)  
The German Sport University, Cologne  
The University of Southern Denmark, Odense  
The Norwegian University of Sport Sciences, Oslo  
The University of Vienna



*with the contribution of the Universities of  
Athens – Bristol – Groningen – Leeds -- Lisbon – Malta –  
Poitiers – Porto – Saarbrücken - Thessalonika*

### **European Master in Health and Physical Activity**

*Health and Prevention – Fitness/Wellness – Movement Reeducation & Therapy  
in the General and Special Population Across the Lifespan*

**Children – Adults -- Elderly**

*A Postgraduate Program of 120 ECTS  
in the new generation of European university curricula*

*Rome – Odense – Oslo – Vienna*

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**Tirana, 28 – 29 marzo 2008**



## **Tempus Project Goals**

Academy of Physical Education and Sport  
"Vojo Kushi", Tirana  
2006-2008

- ✓ Survey of job-market needs & public health indicators
- ✓ Revision of sport science curricula based on AEHESIS experience, Bologna Process guidelines, local needs, etc.
- ✓ Implementing University facilities, language courses, mobility, etc.
- ✓ Participation to European Master of AEFS graduates
- ✓ Research context and facilities
- ✓ Intensive Program in Tirana with key lectures from European Master • Discussion of final theses
- ✓ Dissemination throughout the country, region

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Il Processo di Bologna e La Ricerca*

Tirana, 28 – 29 marzo 2008



**September 2006 – March 2008**

- **Visits of European Partners in Tirana and Coordinating Meetings Meeting with the Academy staff and seminar on Bologna Process Discussions in the departments for the new curriculum, ECTS, credits and accreditation, referring to the specifics of the departments**
- **Visits of Albanian Partner, academic and administrative staff, in Rome and Vienna. Coordinating Meetings – Visit to university facilities, labs, programs**
- **Organising the survey of the graduate tracking, job-market in sport-related activities and social and public health needs**
- **Discussion of the structure and contents of study programs within the Academy, with special respect to the recommendations of Bologna Process and reference curriculum produced by AEHESIS.**

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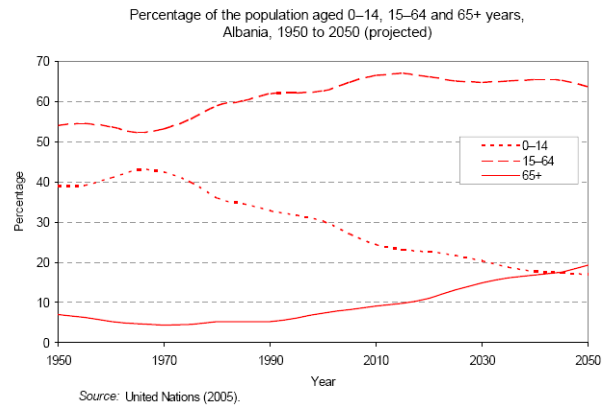


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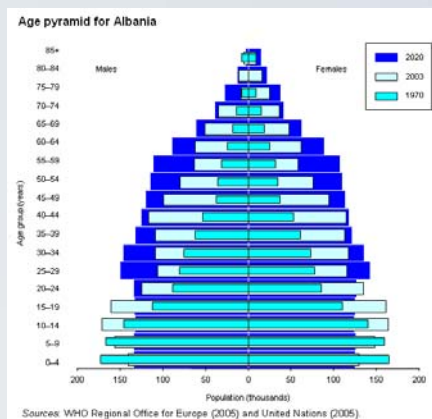
## Demographic Information



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## Age Pyramids in Albania



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Shkaqet e vdekjeve sipas grup-sëmundjeve, për 100,000 banorë  
Causes of deaths by group-diseases, per 100,000 inhabitants

Shkaqet e vdekjeve	2002	2003	2004	2005	Causes of death
Infektive e parazitare	3.0	3.0	3.1	2.6	Infectious and parasitic diseases
Tumorale	86.9	95.5	93.1	88.3	Neoplasm
Endokrine e të ushqyerit	5.7	5.9	6.8	6.3	Endocrin,metabolic,nutritional
Gjakut dhe të organeve të saj	1.7	1.6	2.0	1.8	Blood, blood-forming organ dise.
Çrregullime Mendore	2.6	2.6	3.4	3.7	Mental disorders
Sistemi Nervor	12.9	15.3	16.0	14.3	Nervous system
Aparati i Qarkullimit	260.7	288.5	286.4	282.0	Circulatory system diseases
Aparati i Frymëmarjes	29.7	32.9	30.5	25.7	Respiratory system diseases
Aparati i Tretjes	10.0	10.1	10.1	9.6	Digestive system diseases
Sistemi Urogenital	9.0	8.3	8.0	9.0	Genitourinary system diseases
Ndërlkime të barrë lindjes	0.2	0.0	0.0	0.2	Complication of pregnancy
Lëkurës dhe indeve	0.2	0.3	0.2	0.3	Skin and tissue diseases
Kockave dhe muskujve	1.3	1.3	1.2	1.1	Bones, muscle system diseases
Malformime të lindura	1.5	2.0	1.8	1.5	Congenital malformations
Perinatale	3.3	3.0	2.2	2.0	Certain diseases of early infancy
Semundje të papërcaktuara	55.4	65.2	63.8	68.8	Ill defined conditions
Trauma, helmime dhe aksidente	40.3	39.2	38.9	38.7	External injury & poisoning

Health Status  
Information



Macroeconomic indicators for Health

Tregues makroekonomikë për shëndetsinë, sektori shtetëror

Macroeconomic indicators for health, public sector

në mln lekë/ in million lek

Treguesit	2002	2003	2004	2005	Indicators
Shpenzimet e Buxhetit të Shtetit për shëndetsinë në %	192,517	201,152	222,439	232,339	Expenditures budget for health in %
Produkti Brendshëm Bruto shëndetësia, sekt.shtet., në %	631,338	696,950	755,320	836,879	Gross Domestic Product health, public sector, in %



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**HOUSEHOLD EXPENDITURE PATTERNS ACCORDING TO MAIN GROUPS  
( 1993 ; 1994; 2000; 2005\* )**

( në % / in % )

nr. no.	Grupet e shpenzimeve					Patterns of expenditures
		1993	1994	2000	2005	
1	Ushqim,pije,duhan	72,1	68,9	57,8	51,6	Food, tobacco, beverages
2	Veshje,këpucë	2,8	2,4	5,3	6,8	Clothes, footwear
3	Banesa	6	4,9	6,9	8	Rent, electricity, water, fuel
4	Pajisje,orendi	7,6	10,5	6,3	7,1	Equipment, furniture
5	Kujdes shëndetësor	0,9	0,9	2,6	3,2	Health care
6	Transport,komunikacion	4,8	7,3	7,9	8,6	Transport, communication
7	Arsim,argëtim	3,7	4,1	5,4	6,4	Education, entertainment
8	Kujdes personal	0,4	1,0	2,3	3,8	Personal care
9	Të tjera	1,7	0,01	5,5	4,5	Other
	Gjithsej	100	100	100	100	Total

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Tirana, 28 – 29 marzo 2008

**Fitness Clubs  
year 1995**

**Fitness Clubs  
year 2000**

**Fitness Clubs  
year 2006**

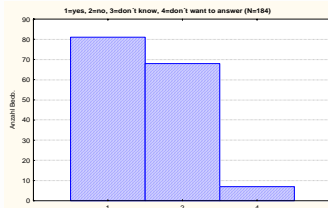
City	Club	Special.	Particip.	City	Club	Special.	Particip.	City	Club	Special.	Particip.
Tirana	15	28	285	Tirana	32	89	1950	Tirana	46	135	2755
Duresi	5	13	85	Duresi	17	41	410	Duresi	28	65	680
Berati	2	5	45	Berati	6	20	150	Berati	11	30	230
Elbasani	4	7	80	Elbasani	9	38	210	Elbasani	19	55	345
Vlora	3	9	55	Vlora	8	24	190	Vlora	15	50	370
Korca	2	5	42	Korca	6	24	195	Korca	13	52	380
Fieri	6	17	100	Fieri	9	40	290	Fieri	18	65	425
Shkodra	7	23	150	Shkodra	12	30	285	Shkodra	20	70	485
Gjirokastra	2	4	33	Gjirokastra	5	13	150	Gjirokastra	14	42	315
<b>Total</b>	<b>46</b>	<b>111</b>	<b>875</b>	<b>Total</b>	<b>104</b>	<b>319</b>	<b>3830</b>	<b>Total</b>	<b>184</b>	<b>564</b>	<b>5985</b>

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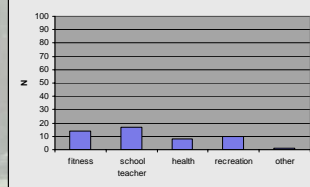
Would you rerun the studies?



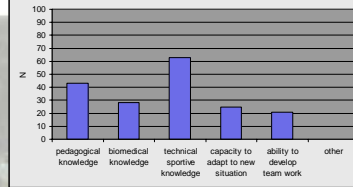
Employed or Self – Employed



At which sector are you looking for a job (N=184)



Which part of your curriculum would help you to find a new job (N=184)




September 2006 – March 2008

- Language Lab & Teacher (established and a lecturer is appointed)
- Network, Informatics, IT & Teacher (established & Teacher is appointed)
- New: 16 computers & 5 overhead projectors, 5 printers purchased
- Basic Electronic English Course focusing on Sport Science terms and situations
- Advanced e learning course on English Academic Writing
- International office established


[www.aefs.edu.al](http://www.aefs.edu.al)




AKADEMIA E EDUKIMIT  
FIZIK DHE SPORTEVE  
VOJO KUSHI

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Miresevini

Punonjësit e brendshëm mësimorë dhe shkencorë duhet të shërbejnë, duke qenë të zënë me punë të paktën deri në kufirin minimal të normës vjetore. Për çdo kategori punonjësish mësimorë shkencorë, kjo normë, rastet e lejit të uljes së saj, elementët përbërës të saj si dhe konvertimi i elementeve përkatës.

**Fjala e Rektorit**

**Departamentet**

-  **Departamenti i Shkencave te Edukimit Profesional**  
[meso me shume]
-  **Departamenti i Sporteve Individuale dhe Kalitese**  
[meso me shume]
-  **Departamenti i Lojerave Sportive**  
[meso me shume]
-  **Departamenti i Mjeksisë Sportive**  
[meso me shume]

[Shqip](#) [English](#)

Rr. Muhamet Gjollësia, Tirane / Nr. Tel +255 4 225266 / E-Mail: [contact@aefs.edu.al](mailto:contact@aefs.edu.al)

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The new language and....





.. IT laboratories

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Education and Culture DG



**September 2006 – March 2008**

- Participation of Faculty staff and graduate students to the European Master in Health and Physical Activity 2006 – 2008 and 2007-2009 courses
- Purchase of equipments to implement institutional, teaching and research facilities
- Dissemination of Project's objectives and results

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**Retraining of  
Academic Staff or  
Training of  
Graduated Students**  
by participation to  
*European Master in  
Health and Physical  
Activity*

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## Implementation of The Exercise Physiology Lab



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### September 2006 – March 2008

- ➔ Meetings with the Minister of Education and Science of Albania  
Mr. Genc Pollo.
  - ☑ National Library
  - ☑ New Gym and infrastructures
  - ☑ Support for new curriculum & University structure
  - ☑ Project in compliance with national master plan 2006 - 2016
- ➔ Meeting with Vice Minister of Culture, Sports and Tourism
- ➔ Meeting with the President of Olympic Committee of Albania

Official agreements between the Academy and all the stakeholders in  
Albania: Ministry of Education and Sciences, Ministry of Culture,  
Sports and Tourism of Albania, Ministry of Health, Olympic Committee

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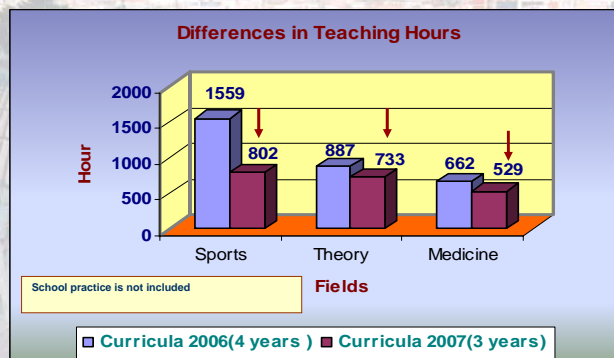
## New Gym and Infrastructures



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## New Curriculum in Sport Science Implementation in the 2007 – 2008 Academic Year



➤ Total hours, old curriculum **3348**

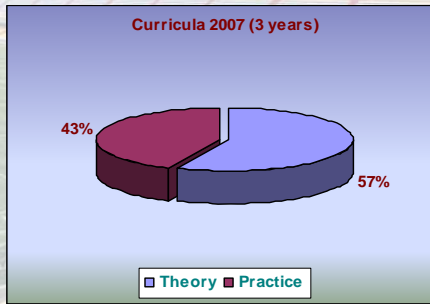
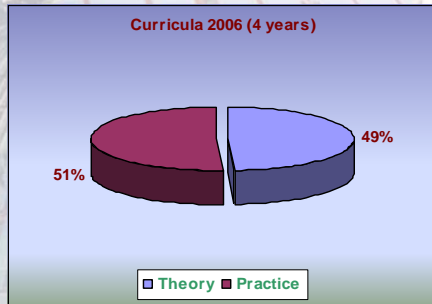
➤ Total hours, new curriculum **2170**

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**New Curriculum in Sport Science  
Implementation in the 2007 – 2008 Academic Year**



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No.	Year – I Subject	Credits S1+S2	Week Hours		Exams	
			S1	S2	S1	S2
1	Human Functional Anatomy	8	2	3	-	+
2	General Human Biology	4	3	-	+	-
3	Anthropology	3	-	2	+	-
4	Psychology	6	4	-	+	-
5	Informatics – Statistics	4	2	2	-	+
6	Movement Theory	4	-	3	+	-
7	History of Physical Education & Sports	4	3	-	+	-
8	Foreign Languages	4	2	2	-	+
9	Biochemistry	3	-	2	-	+
10	Athletics	7	3	3	-	+
11	Basketball	7	3	3	-	+
12	Élective courses	3	-	3	-	+
13	Winter Sports	3	2 W		+	-
Total number of hours YEAR I – 730 hours		60	22	23	6	7
		60				

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No.	YEAR – II	Credits	Week Hours		Exams	
	Subject		S3+S4	S3	S4	S3
1	Human Physiology	6	4	-	+	-
2	Sports Psychology	3	-	2	-	+
3	Biomechanics	4	3	-	+	-
4	Pedagogy	6	-	4	-	+
5	Sociology	2	2	-	+	-
6	Education Theory	3	-	3	-	+
7	Games	2	2	-	+	-
8	Foreign Languages	2	2	-	+	-
9	Gymnastics	7	3	3	-	+
10	Volleyball	7	3	3	-	+
11	Football	6	3	3	-	+
12	Combat Sports	4	-	3	-	+
13	Weightlifting	2	2	-	+	-
14	Elective Courses	3	-	3	-	+
15	Water Sports	3	-	-	-	+
	Total number of hours	60	24	24	6	9
	YEAR II – 760 hours	60				

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Tirana, 28 – 29 marzo 2008

No.	YEAR – III	Credits	Week Hours		Exams	
	Subject		S5+S6	S5	S6	S5
1	Exercise Physiology	2	2	-	+	-
2	Sports Medicine	4	-	3	-	+
3	General Applied Hygiene	3	2	-	+	-
4	Motor Activity and Aging	4	3	-	+	-
5	Organization of Physical Education & Sports	3	-	3	+	-
6	Marketing	5	4	-	+	-
7	Didactics	5	4	-	+	-
8	Theory and Methodology of Training	4	-	3	-	+
9	Rhythmic Gymnastics	2	-	2	-	+
10	Tourism & Recreation	2	-	2	-	+
11	Dance and Choreography, Folk	4	-	4	-	+
12	Trauma and First Aid	2	2	-	+	-
13	Preventive and Curative Motor Activity	2	2	-	+	-
14	Orientation					
	a. Physical Activity & Health	5	2	3	-	+
	b. Training					
15	School Practice/ Stages	7	-	4 W	-	+
16	Theses	6				
	Total number of hours	60	21	20	8	7
	VITI III – 674 ore	60				

**Elective Courses**

The elective courses will be available in the first and second year. The subjects that can be offered are as follows:

Endocrinology of physical activity	Fitness
Nutrition	Beach volley
Massaging	Mini football
Physiotherapy	Wrestling (Greco-roman)
Prevention of sport injuries	Free-style Wrestling
Experimented Ergophysiology	Boxing
Conditioning Athletics	Kick boxing
Mini-basket	Teakwondo
Acrobatics and Tumbling	Karate
Sport Rhythmic Gymnastics	Weightlifting
Tennis	Bodybuilding
Handball	Diving
Ice skating	
Aerobics	

**By the end of the project**

- Intensive Course of European Master Lecturers in Tirana AEFS
- Proposal for a Second Curriculum focusing on **Physical Activity and Recreation**
- Dissemination and quality assurance



## In the next future

- **Introducing the 2<sup>nd</sup> Cycle Curricula in Sport Science, research oriented, opening the access of post/graduated students to PhD.**
- **Implementing research facilities.**
- **Participation in TEMPUS IV with a multi country project involving also Faculty of Physical Education in Kosovo and Macedonia.**

