

Curriculum vitae



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prof. Ph.D. Zoran B. Pajić

Education: Completed studies on Faculty of Sport and Physical Education, in Belgrade, in the year of 1985.

Title of qualification awarded: *Ph.D. in Physical Education and Sport, Full Professor*

OCCUPATION OR POSITION HELD:

- From 1986 to the 1994 worked as a **professor** at the Banja Luka High School.
- Since 1.03.1997. year working as a **Full professor** at the Faculty of Sport and Physical Education, in Belgrade, in the scientific field of **Basic Human Motorics**.
- **Principal subjects/occupational skills covered:**
 - **Antropomotrics** (*Basic Academic Studies, Basic Vocational Studies, Center for Permanent Education*)
 - **Research in Antropomotrics** (*Master Academic Studies*)
 - **Theory and Technology of Condition 3** (*Master Academic Studies*)
 - **Applied Research in Sport** (*PhD studies*)
 - **Motoric Abilities** (*PhD studies*)
 - **Seminars from Antropomotrics** (*PhD studies*)
- **Head of the Department of Motor and Methodology** (Anthropomotrics, Biomechanics, Motor Control, Analytics and Diagnostics in Sports and Kinesitherapy).
- Lecturer at **UEFA Serbia – School for football coaches** from the year 2005; (**B, A and Profy licence**)
- Lecturer at **Fitness Academy BAFA** (Belgrade Association of Fitness Instructors) within „Federation International of Aerobic and Fitness“ (FISAF)

WORKING EXPERIENCE, BESIDES ABOVE MENTIONED:

- Lecturer at **ECPD - European Center for Peace and Development**, on subject - Antropomotrics, in Belgrade;
- Lecturer at **International Faculty of Sport**, on subject - Antropomotrics;
- Lecturer at **College for sport coaches**, tennis department, on subject-Conditional preparation of tennis players, in Belgrade since 1.10.1999. untill 1.10.2004. year;
- Coordinator of an expert staff in the **International Mini-Maxi Football Camp**, in the mountain of Kopaonik;
- Coordinator of an expert staff in the **Elective Representative Mini-Maxi Football Camp**, in Kladovo;
- Coordinator of an expert staff in international **Mini-Maxi Football Camp-Axams-Insbruck**, in Austria;
- Coordinator of an expert staff in **Mini-maxi-EUROPA Football Camp Steinach am Brenner-Insbruck**", in Austria;
- Coordinator of an expert staff in football club "**Amkar**", in Perm, federal league, Russian Federation, diagnosis and prognosis in the Football Academy, (2009);
- Expert consultant for physical preparation in the football club "**Ermis**", **Larnaka**, federal league, in Cyprus;
- Coordinator of an expert staff in the representative **Mini-Maxi Football Camp Ruše**, in Slovenia;
- Expert consultant for physical preparation in the football club "**Borac**", in Banja Luka, premier league, in Bosnia and Herzegovina;
- Coordinator of an expert staff in many camps and expert consultant for physical preparation in many football clubs.

ACADEMIC AND EXPERT STATUS

- **Master thesis** was given on 13.06.1996. year, under the title: "*The Structure of Computer-Supported System for the Control of Sport Status*". Within master thesis, problem from the field of sports informatics was examined, ie. its application in diagnosis, prognosis and in the control of sport status;
- **Ph.D. thesis** was given on 26.10.2006. year, under the title:" *Effects of the Application of Inertial Loads on the Morphological Performances in the Stage of Running Development at Maximum Speed*";
- Diploma - **Higher Sports Coach in Football** - Personnel Center of the Faculty of Sport and Physical education, in Belgrade;
- Diploma **A – UEFA lisence** – honorary license holder as a lecturer of physical preparation at **UEFA Serbia** (13 years).
- In his rich scientific opus he has published over **50 scientific papers (5 papers on the SCII list)**, a large number of reports, participated in several national and international congresses and wrote two workshops and three textbooks:
- (2004): **Fitness preparation of tennis players with the basics of Anthropomotrics - theoretical part**. The script. Higher School for Sports Coaches, Belgrade.
- (2004): **Fitness preparation of tennis players with the basics of Anthropomotrics - practical part**. The script. Higher School for Sports Coaches, Belgrade.

- (2008): ***Fitness training of tennis players***. 1st edition Belgrade: Faculty of Sports and Physical Education, 106 pages, illustr. ISBN 978-86-80255-38-5. [COBISS.SR-ID 152605708] **University higher education textbook**.
- (2017): ***Agility in sport***. Faculty of Sports and Physical Education, University of Belgrade. ISBN 978-86-921149-0-8. COBISS.SR-ID 235850764. **University higher education textbook**, Monograph of national importance.
- (2022): ***Post-activation potentiation: a neuro-muscular phenomenon of fitness training***. Faculty of Sports and Physical Education, University of Belgrade. 190 pp., ISBN 978-86-89773-73-6. [COBISS.SR-ID 235897643]. **University higher education textbook**, Monograph of national importance.

PARTICIPATION IN CONFERENCES: some announcements on domestic and foreign meetings

- **Some testing aspects of football players.** Yugoslavian „Summer football school FSJ - Lepenski Vir - 2001". Expert meeting for instructors and selectors from Football league of Yugoslavia;
- **New dilemmas in contemporary physical preparation of football players.** Seminar for coaches and referees in the Football league of Vojvodina, in Subotica, 09.08.2002. year;
- **Analysis of worm-up structure of football players in some of the elite european teams.** New practices in sports. College for coaches No. 1, (5:13), in Belgrade;
- **New methodological and practical aspects of testing football players.** Summer school of football SCG - Lepenski Vir - 2005". Expert meeting for the instructores and selectors of Football league of Serbia and Montenegro, for the selections from 92 to 93;
- **Testing of football players.** International School for coaches „UEFA SCG" (A, B and profy licence), Zlatibor, in Belgrade from september of the 2005 year;
- **Flexibility of football players.** International school for coaches „UEFA SCG" (A, B and profy licence), Zlatibor, in Belgrade from september of the 2006 year;
- **Explosivity of football players.** International school for coaches „UEFA SCG" (profy licence), in Belgrade from september of the 2006 year;
- **Training Periodisation of elite football players.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade, from september of the 2007 year;
- **Optimisation of the conditional training of football players.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade, from september of the 2007 year;
- **Basic guidlines in conditional training of young football players.** Semminar for football coaches in the organisation - "Association of football coaches from football league of municipality of Požarevac and Braničevo";
- **Transfer motoric abilities in football training.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. year;
- **Speed in football players - technology of football training..** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. year;
- **Zones of endurance - technology of football training.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. year;
- **Motor Learning - Applications for Agility in soccer.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. year;
- **Tactical periodisation in football – acquisition days – strenght, duration, speed.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. Year
- **Cognitive, conative, affective and aspect of motor control in agility of soccer players.** International school for coaches „UEFA Serbia" (profy licence), in Belgrade from march to june of the 2018. Year.....and many others.

EXPERT WORK

Long-year experience as a physical fitness coach with active participation in over 500 domestic and international matches.

So far duties in collective sports:

- Chef of expert staff in volleyball club “**Gimnazijalac**”, in Banja Luka, first republic league (between 1983 and 1989), (golden medal on championship of Balkan for juniors, Belgrade, Poslovna Čukarica, 1989);
 - Physical fitness coach of **male senior and junior A national table tennis team of Yugoslavia**, with selector **Milivoj Karakašević** (final prepare for the World Championship of the year 1999);
 - Physical fitness coach of **male senior A national table tennis team of Greece** (common preparation with the national team of Yugoslavia, Athens, from 19-31.12.1998);
 - Physical fitness coach of **male A national football team of Iraq** with the selector **Milan Živadinović** (final preparation for Asian championship, from 1-30.10.2000., qualification for World Championship / Mondial 2002);
 - Physical fitness coach of the **national football team of Yugoslavia** – age of 16 with the selector **Momčilo Vujačić** (final preparation for the european championship of the year 2001);
 - Physical fitness coach of the **national football team of Yugoslavia** – age of 21 with the selector **Nikola Rakojević** (final preparation for the european championship, between 2001 and 2002);
 - **Associate (instructor for physical preparation) in the national football team of Yugoslavia** - pioneers, older pioneers, and young cadets (2001);
 - **President of Expert Staff in Volleyball association of Serbian republic** (between the year 1999 and 2001);
 - Physical fitness coach in football club „**Komgrap**”, Serbian league (between 1999 and 2000), with **Boško Đorđević**;
 - Physical fitness coach in football club „**Čukarički-Stankom**”, first federal league, with **Vladica Popović**, Bora Raduka, Nikola Marjanović, **Goran Stevanović**, **Miloljub Ostojić** i **Miroslav Vukašinović**, from 1.10. 1998 to 30. 05. 2002);
 - Physical fitness coach in football club „**Hajduk Rodić MB**”, first federal league, with **Miloljub Ostojić** from 01.07. 2002 to 01.07. 2003;
 - Physical fitness coach in football club „**Zemun**”, first federal league, with **Miloljub Ostojić** and **Dušan Mitošević** from 01.07. 2003 to 31.07.2005;
- **Physical fitness coach in football club “Crvena Zvezda”, winner of the European Champions Cup, World club champion, first federal league:**
First team - with Walter Zenga, Dušan Bajević, Boško Đurovski, from 01.08. 2005 – (double champions of Serbia and double cup winners in the season of 2005/06 and 2006/07, two qualifications for Champions League and two participations in UEFA Champions League);
- **Youth school in football club “Crvena Zvezda”, – with Zoran Perković** – young selection of football players (won cup of Serbia and Belgrade, first place at international tournament in Amsterdam, 2007, Holland);
 - **Youth school in football club “Crvena Zvezda”, with Dušan Kljajić** – cadets (first place at the international tournament in Amtzel, 2008, Germany).

- **Physical fitness coach of the A football national team of Serbia and Montenegro, with the selector Ilija Petković (preparation and participation on World championship Mondial from 2006, in Germany);**

- Physical fitness coach in football club “**Mogren**”, first federal league of Montenegro, with **Dejan Vukićević**, from 01.07. 2009 to 01.11. 2009, champions of Montenegro;
- Physical fitness coach in football club “**Radnički Niš**”, first federal league of Serbia, with **Zvonko Đorđević**, from 01.07. 2009 to 20.11. 2011; first place at the autumn part of the championship.

Many prominent football players from the national team:

- **Nemanja Vidić** (captain of the Manchester United, 211 matches, Inter 23, national team 56)
- **Mateja Kežman** (Chelsea 25, Atletico Madrid 30, PSV Eindhoven 122, national team 49)
- **Dejan Stanković** (Lazio 137, Inter 231, national team 103 games)
- **Savo Milošević** (Aston Villa 90, Real Zaragoza 89, Osasuna 82, national team 102)
- **Goran Gavrančić** (Dynamo Kiev 135, national team 28)
- **Predrag Đorđević** (Olympiacos 344, national team 37)
- **Mladen Krstajić** (Verder Bremen 112, Schalke 04 131, national team 59)
- **Dušan Basta** (Lazio 88, Udinese 105, national team 36)
- **Boško Janković** (Verona 51, Genova 83, Palermo 27, national team 54)
- **Milan Biševac** (Paris Saint-Germain 19, Lyon 76, national team 35)
- **Ibrahima Gueye** (CSKA Sofia 161, Red Star 57, Lokeren 68, national team 2)
- **Blagoy Georgiev** (Red Star 20, Slavia 172, Terek 105, national team Bulgaria 50)
- **Segundo Castillo** (El nacional 112, Red Star 48, Barcelona 48, national team Ecuador 88)
- **Hernan Barcos** (Red Star 19, Gremio 68, LDU Quito 97, national team Argentina 4)
- **Mauricio Molina** (Red Star 12, Fc Seoul 159, Independiente Medellin 119, national team 12)
- **Wilson Palacios** (Red Star, Tottenham Hotspur 65, Olimpia 102, national team Honduras 97)
- **Frenklin Salas** (Red Star 14, Deportivo 26, national team Ecuador 97)
- **Joao Lucas** (Red Star 14, Boavista 86, national team Portugal 10)and many others

Many prominent tennis players:

- **Renata Ljukovčan**, multiple winner of the Yugoslavia (1996-1998);
- **Milica Koprivica**, long-year placed on ATP list (1997-1999);
- **Igor Račić**, champion of the Yugoslavia, pioneer (1989);
- **Tanja Vučković**, champion of the Yugoslavia, senior level (1990);
- **Aleksandar Antonijević**, champion of the Yugoslavia, age of 18 (1997);
- **Miloš Živković**, vice-champion of Yugoslavia, age of 18 (1999);
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- **Jelena Janković**, World championships/ first place at the ATP list (2008), Wimbledon (2007) (since 2016-);
- **Olga Danilović**, winner of junior double in US Open and Wimbledon 2017 (from 2017-)....
- **Hamad Međedović**, vice-champion of the World for youth, in Tarouba (2017), and Europe for the players at the age of 14 (since 2017-)
- **Natalija Kostić**, winner 13 ITF, Highest ranking No. 162 (18 November 2019)and many others

So far, I have performed the activities of a fitness trainer in individual sports (most important athletes):
Table tennis players:

- **Aleksandar Karakašević**, quadruple European (dubl) champion, third in the Europe (2011);
- **Zoran Kalinić**, senior champion of the World, 15 medals from European and World championships;
- **Ilie Lupulesku**, champion of the World (1987), Olympic (1988) and Europe (1990) ;
- **Slobodan Grujić**, third in the Europe (2007), winner of three champions league (2004-06).
- **Dimitrije Levajac**, senior champion of Serbia for 2018 (from 2018-); Hero of the qualifications of the Serbian national team, participant in the Olympic Games in Tokyo in 2021.

Many Athletes from other sports:

- Taekwondo **Aleksandra Radmilović**, (16 medals), multiple senior champion of Serbia, participant in four World Championships, eight European Championships, fourth place in Europe in 2017, gold medal at the Universiade in Chinese Taipei in 2017 (since 2011-);
- Handball player **Mladen Bojinović**, Yugoslavia, Barcelona, Montpellier champion of the Europe (since 2001-);
- Karate **Miroljub Kremenović**, champion of the Europe (1988), second on the World Cup in Budapest (1999), in the category of juniors

.....and many others.