

Semir Mašić

University of Sarajevo

BOSNIA AND HERZEGOVINA



Semir is a Senior Teaching Assistant at the University of Sarajevo – Faculty of Sport and Physical Education, Bosnia and Herzegovina. His main research interests include public health, strength and conditioning, and rehabilitation. He recently completed his PhD at the Faculty of Sport and Physical Education, where he explored “The Prediction of Successful Performance of Artistic and Rhythmic Gymnastics Elements Based on Morphological Characteristics and Motor Skills.”

Before commencing his academic career at the Faculty, Semir worked in an elementary school as a classroom assistant, supporting teachers in working with children with disabilities, as well as teaching physical education classes. Following his doctoral studies, he began working as a strength and conditioning coach at a rhythmic gymnastics club.

In his free time, he enjoys exercising, reading, and listening to music.

My Topics for the 26th International Teaching Week:

- 1) The Impact of Static Stretching on Physical health and Functional Mobility.
- 2) The Importance of Designing a Well-planned Strength and Conditioning Training Program in Rhythmic Gymnastics.