



## Europass Curriculum Vitae

### Personal information

First name(s) / Surname(s) **Jasmin Zahirović**  
Address Krečanska 13  
75000 Tuzla (Bosnia and Herzegovina)  
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E-mail(s) jasmin.zahirovic@untz.ba  
Nationality Bosnian-Herzegovinian  
Date of birth 19 October 1984  
Gender Male

### Work experience

Dates 2006 - 2007  
Occupation or position held a teaching fellow  
Main activities and responsibilities assisting professors and teachers on the course 'Psychomotricity with the fitness basics'  
Name and address of employer University of Tuzla, Faculty of Physical Education and Sports.  
75000 Tuzla (Bosnia and Herzegovina)

Dates 2007 - 2011  
Occupation or position held a junior assistant  
Main activities and responsibilities assisting professors on various courses held at the Faculty of Physical Education and Sports: assessing and evaluating students' participation and activity in classes; assisting at exam conduction  
Name and address of employer University of Tuzla, Faculty of Physical Education and Sports  
75000 Tuzla (Bosnia and Herzegovina)

Dates 2011 →  
Occupation or position held a senior assistant  
Main activities and responsibilities assisting professors on various courses held at the Faculty of Physical Education and Sports; evaluating and assessing students' participation and activity; assisting at the exam conduction  
Name and address of employer University of Tuzla, Faculty of Physical Education and Sports  
75000 Tuzla (Bosnia and Herzegovina)

### Education and training

Dates 2003 - 2007  
Title of qualification awarded Bachelor of physical and health education  
Principal subjects / occupational skills covered various courses related to physical education and sports  
Name and type of organisation providing education and training University of Tuzla (Faculty of Physical Education and Sports)  
75000 Tuzla (Bosnia and Herzegovina)  
Level in national or international classification Bachelor of physical and health education

Dates 2007 - 2011

Title of qualification awarded Master of physical and health education  
 Principal subjects / occupational skills covered various courses related to physical education and sports  
 Name and type of organisation providing education and training University of Tuzla (Faculty of Physical Education and Sports)  
 75000 Tuzla (Bosnia and Herzegovina)  
 Level in national or international classification Master of physical and health education

**Personal skills and competences**

Other language(s)

Self-assessment  
 European level (\*)

**English**

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Proficient user	C2	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user

(\*) [Common European Framework of Reference \(CEF\) level](#)

Social skills and competences fond of team work collaborating with professors and teachers on various projects/research; excellent communication skills, as a fitness trainer/instructor implements sports and recreational programs for all ages

Organisational skills and competences 2003 - 2012 Implementing prevention programs in sport  
 Guiding the patient through post-operative rehabilitation treatments  
 Prevention of sports training (proprioception, core stabilization, electro -muscle stimulation - Mi-complex program, aqua training - antigravity program)  
 Ankle and knee prevention and rehabilitation programs  
 Fitness programs in sport (programs that are used in the pre- preparatory and transitional period of athletes)  
 Sports training (training of sport trainers) - fitness, aerobics, psychomotor skills  
 Fitness in the service of prevention and re-adaptation of body motion in some sports fields, with and without music  
 Conditioning of tennis and soccer players (the emphasis put on the individual approach)  
 Conditioning in kick-box  
 Diagnosing the athletes' fitness condition through a standardized battery of tests and specific situational tests closely related to the sport or discipline of the athlete  
 Testing the fitness effectiveness of sport judges and umpires  
 Fit-kids programs for the preschool children' proper morphology and motor development

2006 - 2012 Conducted public fitness classes known as 'Aqua fitness class' since the opening of the Pannonica Lakes in Tuzla for people of all ages.  
 Selected as the aqua aerobics instructor for the largest record- breaking aerobic display in 2011 (approximately 3,500 citizens took part in exercising and breaking Guinness world record)

2011 School of Medical Studies, University of Tuzla - Programs for the locomotor posture prevention (physiotherapy, prevention of pain in the lower back in particular sports, exercises for people with special needs)

2010 – 2011 Organized mass public fitness classes with the aim of healthcare of Tuzla citizens and popularizing fitness lifestyle positively affecting human health in 2010 (4000 of Tuzla citizens took part in public fitness class) and in 2011 (6000 of Tuzla citizens took part in public fitness class)

2009 – 2011 Fitness classes for senior citizens as the recommended prevention of osteoporosis, in

cooperation with the Red Cross

2009 Conditioning of Bosnian sitting volleyball representation

2004 - 2008 Participated in realization of the morning programs for the local television station RTVTK, the sports program 'Morning exercise'.

1996 – 2004 Active handball player in the handball club 'Sloboda Solana' in Tuzla.

Computer skills and competences

Good command of Microsoft Office™ tools (Word™, Excel™ and PowerPoint™); the Internet and E-mailing