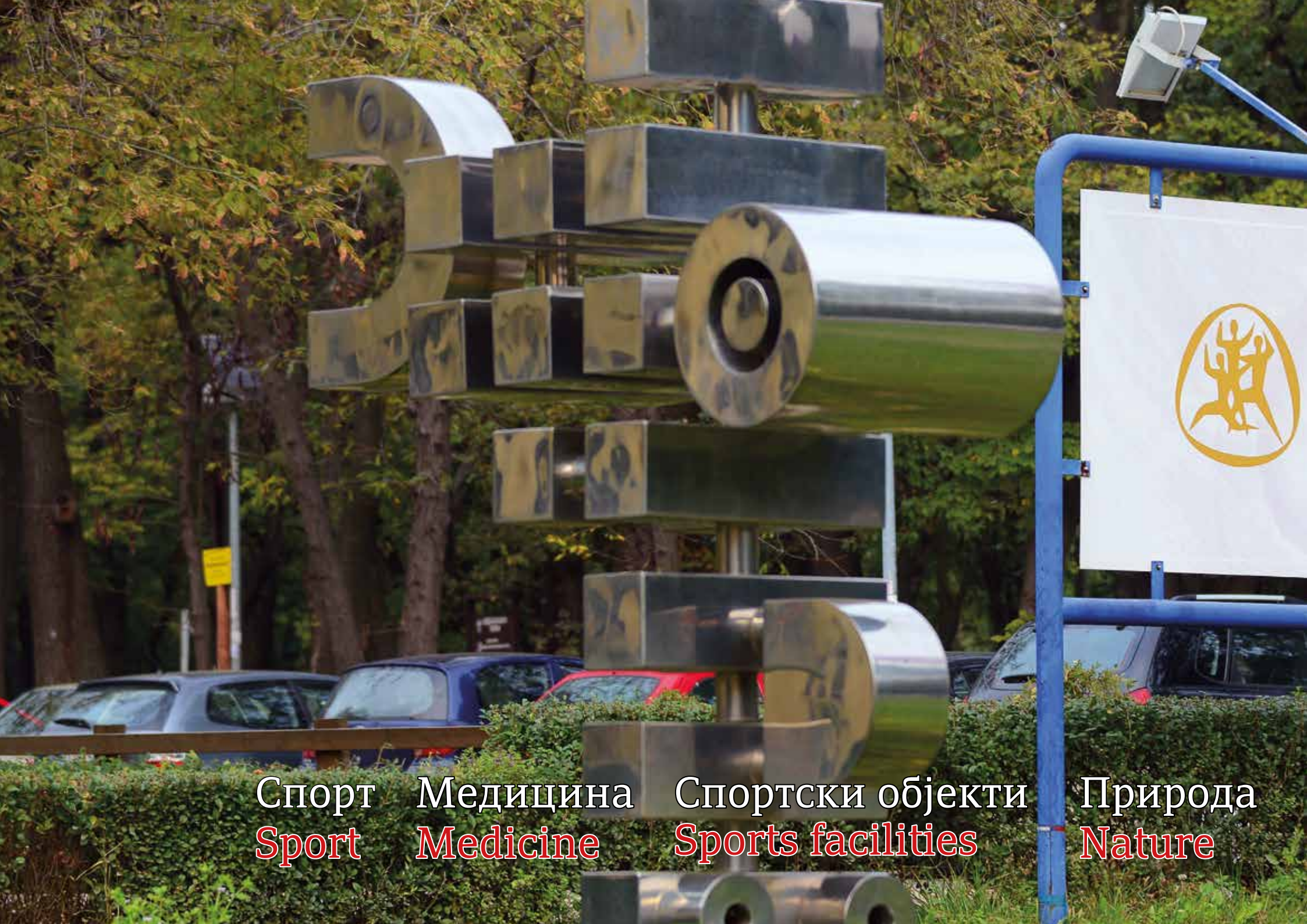




ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА РЕПУБЛИКЕ СРБИЈЕ

SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE





Спорт
Sport

Медицина
Medicine

Спортски објекти
Sports facilities

Природа
Nature



- LEADER IN WORKING WITH ATHLETES
- AN INDISPENSABLE STOP ON THE WAY TO WINNING MEDALS IN GREATEST SPORTS COMPETITIONS
- CONTEMPORARY METRIC TECHNOLOGIES AND METHODS
- TEAM OF INTERDISCIPLINARY EXPERTS
- EXCEPTIONAL INFRASTRUCTURE FOR PRACTICING SPORT
- THE MOST COMPREHENSIVE DATA BASE ON CHARACTERISTICS OF TOP AND YOUNG ATHLETES

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Preface

Sport, especially professional sport, has long been recognized as a social phenomenon that generates positive change in A society. In Serbia, professional sport has a special place which is best evidenced by the serious attitude towards this phenomenon and, on the other hand, by shiny medals that are the result of such an attitude. Sport in Serbia has become an inseparable part of the national culture and today much attention is dedicated to sport as an important factor in the physical and mental health of people, especially children.

For decades, the Serbian Institute of Sport and Sports Medicine has been the backbone of development of sport in Serbia. As a unique institution that dedicates its attention to both top athletes and the youngest ones, we have been continuously working to improve, expand and enhance our activities. In this way, we directly influence both the results of professional athletes, and the proper development of children and youth. Our work over the years has been recognized in the new Law on Sports, in which we were given the status of the National Training Center, which is a great honor for us, but also an even greater responsibility.

The Serbian Institute of Sport and Sports Medicine is today the base of professional sport in every respect. Our specialists from various fields of medicine, biomechanics, motoric tests, psychology and other scientific disciplines, prepare athletes on their way to winning medals, regularly control and monitor the progress of athletes. In addition to regular testing, the Institute manages sports

facilities that are available to not only elite professional, but also to general public, with accompanying educational, sports and health-care programs.

The state of the art diagnostic technology, continuous education of employees, building partnerships with other leading institutions in the field of sport and sports medicine, as well as continuous monitoring and implementation of the latest trends in these areas are what the Institute is especially proud of, given that our activities are directly reflected in the results of our athletes.

The season of won medals behind us is the best evidence of the serious attitude of the state toward sport, and we are proud that the Serbian Institute of Sport and Sports Medicine has contributed to this glow. In the past year we have received the status of the National Training Center, and have become an unavoidable point on the map of Serbian sports, and have remained the leading institution in the field of sports medicine, not only in the country but in the region, while at the same time we have expanded the range of services especially in the sports camp Karataš, which is mostly used by young people.

The catalog in front of you reflects only a part of what we do every day and what we are able to offer to professional athletes and general public. What this catalog cannot convey is the great atmosphere and good, healthy, sport energy, and we invite you to visit the Serbian Institute of Sport and Sports Medicine and to take full advantage of the capacities and possibilities that we offer.



Introduction by the Director

The Serbian Institute of Sport and Sports Medicine is a unique center in the region that integrates sport and sports medicine within one institution. As the only specialized institution with sports and sports medicine as its two primary areas, for many years we have developed a multidisciplinary system that today operates to the highest standards.

For many years we have been improving not only the infrastructure that includes outdoor and indoor swimming pools, Sports Hall, tennis, football and other courts, trim trail and Trim Hotel for accommodation of athletes, but we have been simultaneously working on the modernization of the Institute and training of personnel.

Today, services are offered to athletes, people practicing sport as a recreation and general public by specialists in the field of sports and sports medicine, from various scientific disciplines. The Institute has set up teams that are involved in testing, analytics, as well as scientific and other research in order to promote top-level sport and the general health of the population.

Since its foundation, the Serbian Institute of Sport and Sports Medicine has focused its research and activities focused on top athletes. Our continuous research is a repository of valuable in-

formation for creating policies dealing with the highest achievements in professional sport, and proper development of children. We have been actively participating in this, with the support of the Ministry of Youth and Sports of the Republic of Serbia. We believe that athletes are the most important resource of our country, together with young people who are part of our institute.

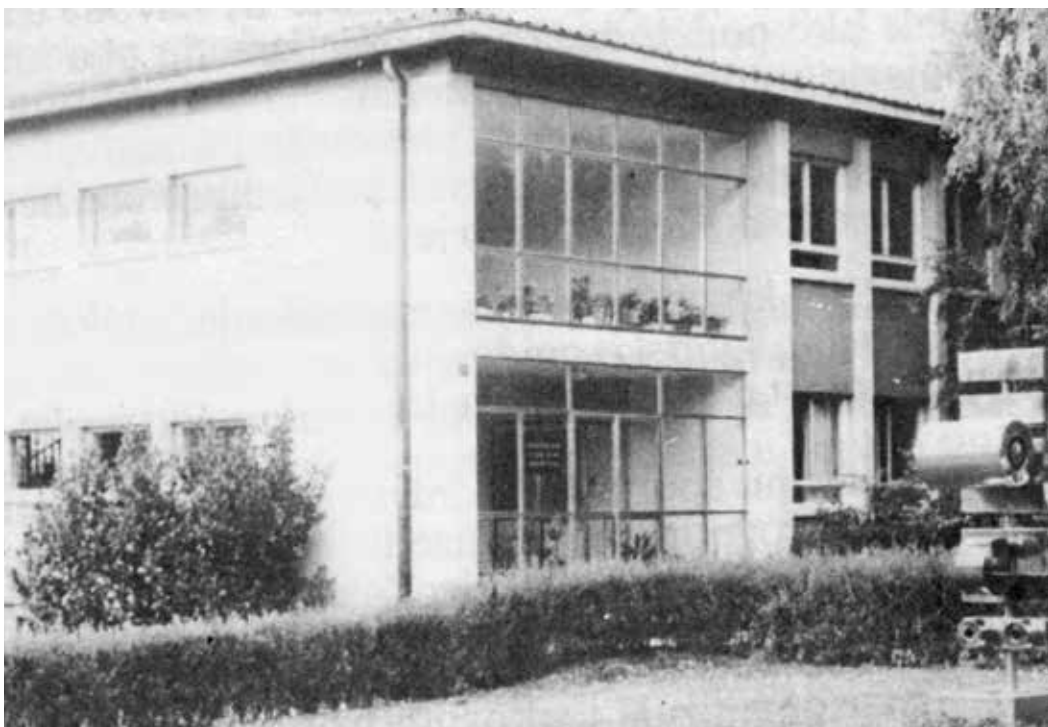
We have every reason to be proud because new people are constantly coming to us, young people and those in their best age, and also those who return to us again and those who have been very early on entrusted to us the care about their condition, health and results.

This publication will inform you in more detail on individual segments of our work, and we invite you to visit us, to feel the sport spirit, to meet the leading experts in the field of sport and sports medicine and to experience a truly unique energy that characterizes us.

Goran Bojović

Director of the Serbian Institute
of Sport and Sports Medicine

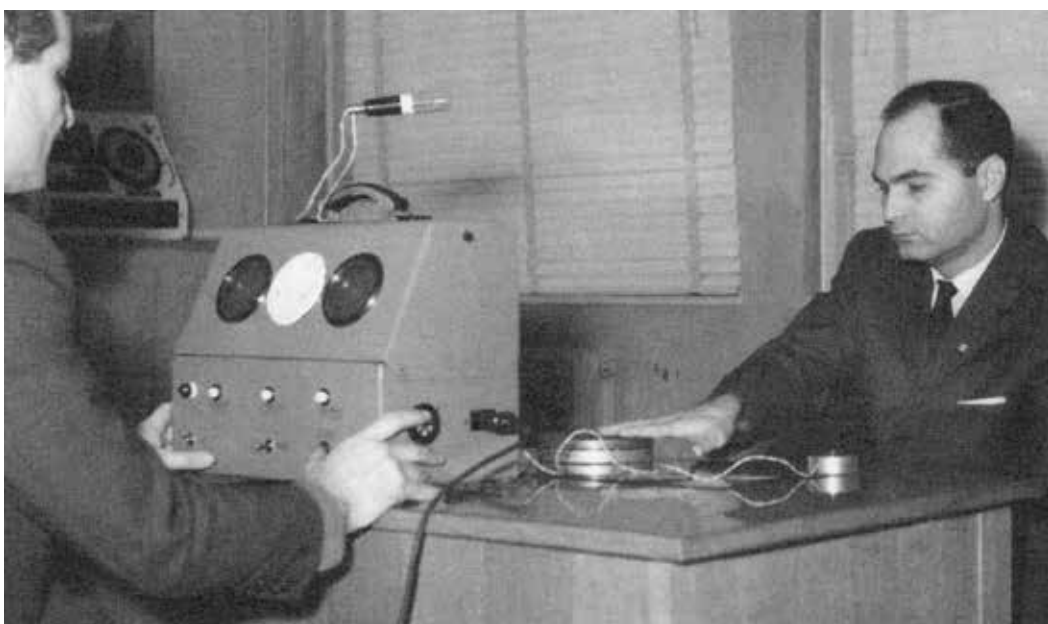




Institute through Decades

After World War II, it was obvious that sport can also contribute significantly to the affirmation in the world of what was then socialist Yugoslavia, and represent a means to improve cooperation and rapprochement between peoples and nations. In searching for ways and opportunities for faster progress of sport, it was identified that this could only be achieved by means of better quality professional work, and the Sports Association of Yugoslavia decided to establish a separate institution that would research the issues of professional sport. Thus, the Sports Institute of the Sports Association of Yugoslavia was established in 1953, as a professional and scientific institution with an objection to steer the activities in the direction of methodological research and development. The Institute was located in Gračanička street in Belgrade, and it was managed by Branko Polić.

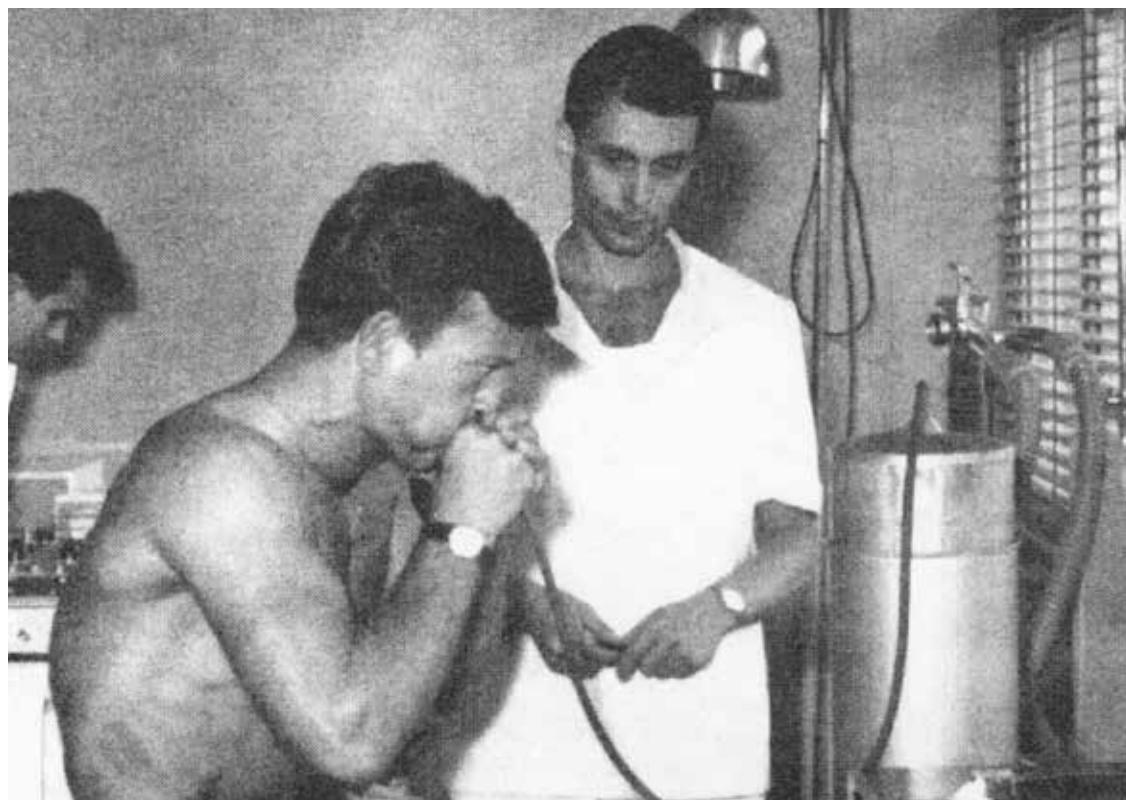
The Institute has oriented its work on recording the state and analyzing the conditions in which the sport developed in Yugoslavia and abroad, with the aim to identify factors that may contribute to its faster progress. The results of this research showed that steady and more intensive development of professional sport is not possible without an effort on improving physical culture in general, particularly physical education in schools. Such orientation exceeded the possibilities



and scope of activity of the Sports Association of Yugoslavia, and it was proposed to the Federal Commission for Physical Culture to submit a proposal to the Federal Executive Council to establish an institution that would, on the level of the Federation, study the possibilities for improving physical culture in general. Sports Federation of Yugoslavia abolished the Sports Institute and the Federal Executive Council accepted this proposal and on March 9, 1956 issued the Regulation on the establishment of the Federal Institute for Physical Education, signed by the president of Yugoslavia, Josip Broz Tito.

The staff and all assets of the Institute were made available to the newly created Federal Institute for Physical Education, which began its work on the same location. The Regulation granted the Institute a wide scope of work, and the Institute carried out its activities under the supervision of the Federal Executive Council, through the Federal Commission for Physical Culture. The tasks entrusted to the Institute, as an administrative institution directly managed by the Director appointed by the Federal Executive Council, included the study of the state of physical culture and conditions for its development.

During its existence, the Institute has changed its founders (the state until 1969, the city of Belgrade until 1996, and after this the Republic of Serbia) and adjusted its activities and changed the name in accordance with their rights and obligations (Federal Bureau of Physical Culture from March 9, 1956 to March 12, 1963, the Yugoslav Institute of Physical Education from March 12, 1963 to November 27, 1969; Yugoslav Institute of Physical Culture and Sports Medicine from May 28, 1971 to December 17, 1996, the Republic Institute for Sport from December 17, 1996 to March 31, 2011 and now the Serbian Institute of Sport and Sports Medicine).



The Role of the Serbian Institute of Sport and Sports Medicine

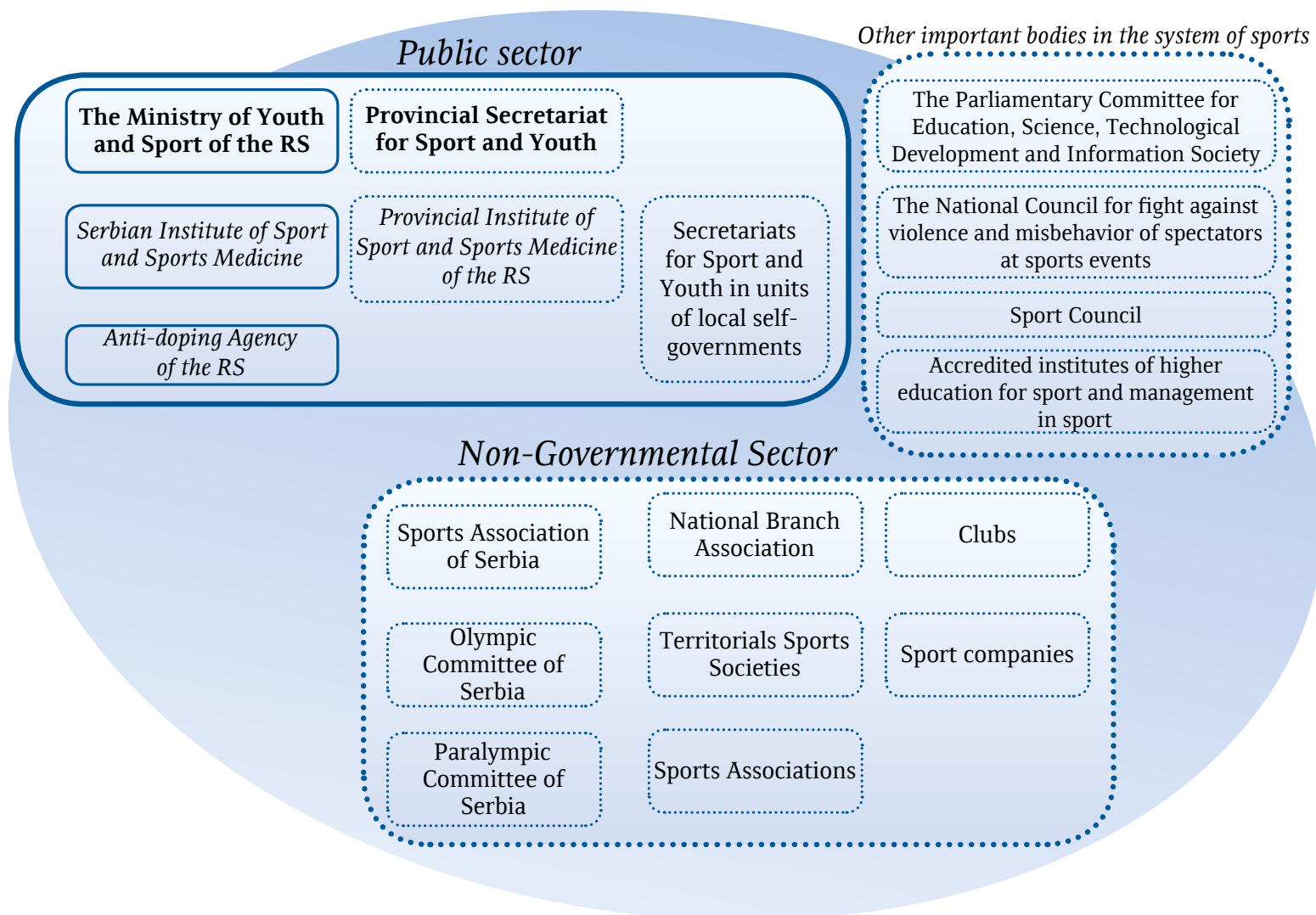


Diagram 1: The Institute in the system of sport of Serbia

Activities of the Serbian Institute of Sport and Sports Medicine

The activities of the Serbian Institute of Sport and Sports Medicine are regulated by the Law on Sports (the “RS Official Gazette”, no. 24/2011). The Institute holds a special place in the law, i.e. Articles 107, 108 and 109 specify in more detail the scope of work.

It is essential that the Institute is an “institution that carries out its activities aimed at developing professional work and satisfying professional needs in the field of sport.”

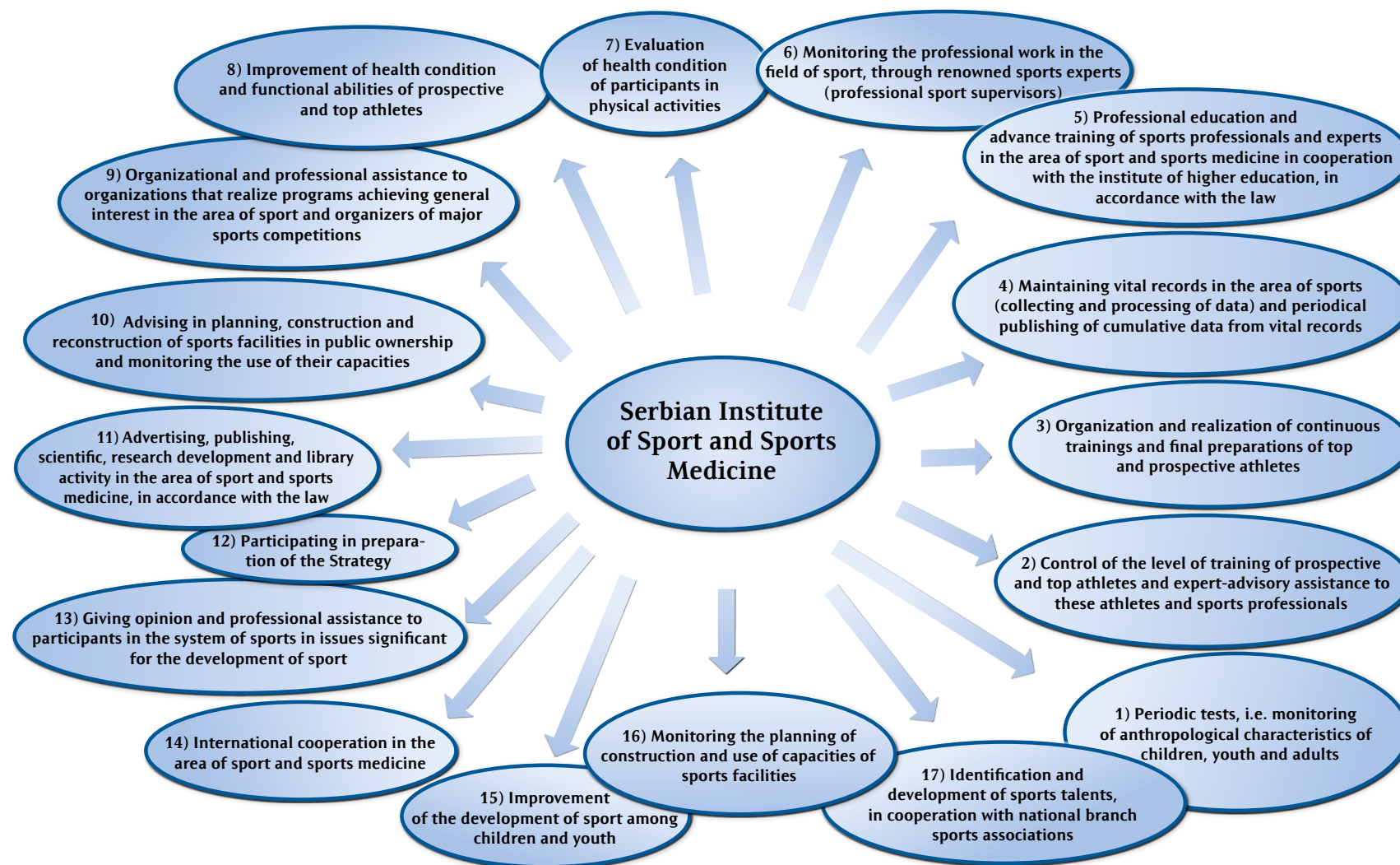


Diagram 2: Activities of the Institute

Our vision

The vision of the Serbian Institute of Sport and Sports Medicine is a society in which the importance of sport and the role of sport in society constantly complement one another by creating new values and new results. The right to sport is the right of every individual, while taking care of professional sport is the obligation of our institution, which we have been carrying out with great enthusiasm and good faith for more than half a century. When we imagine the future, we see the Institute with expanded facilities and stations outside the main building; we see the creation of new services specialized in specific areas that have yet to be developed locally; and finally, we aim at not following the trends in the field of working with professional athletes and young people, but to create them for the benefit and satisfaction of the society as a whole. The Institute has traditionally been one of the pillars of the sports culture in Serbia. We are aware of the responsibilities that such status entails and daily and again we are trying to justify it by developing new links with institutions and individuals who share our commitment to top-level sport, and also with those for whom physical activity of young people is the priority.

A society in which young people and children are healthy is something we strive for and something to which we contribute, by constantly working on the promotion of essential sport values and principles of a healthy lifestyle. These programs that we have been continuously developing, in addition to programs for the promotion of professional sport, lead us toward a society that we strive for from the beginning of this article.

The values of sport are actually pillars supporting a good quality society with equal opportunities for all, a society in





which fair play and respect for opponents are the adopted practice of communication and functioning, and a society where excellence is appreciated, and the results are measured and awarded. That is our vision. We are actively working have it become the reality, so that top athletes win even more medals, while the younger ones, at the beginning of their sports careers, become champions. We are not giving up the idea that every child of school age should be physically active in order to be healthy, and we have been constantly contributing to this in our work.

Our mission

- Developing policies and practices in order to finalize the process institutionalization of subjects in sport;
- Initiating the development of new policies, bodies and networks that work on improving professional sport and public health of young people;
- Acquiring of new skills and knowledge to improve the quality of work with professional and other categorized athletes, recreational sportsmen, young people and general population of all ages;
- Providing expert and consulting services to state authorities responsible for the implementation of policies in the field of top-level sport, sport in general and recreational activities of general population;
- Expert interpretation of statistical and technical data obtained from research and development projects and professional work of the Institute, in order to define the proposals aimed at enhancing top-level sport, increase physical activity of children and youth in order to develop a healthy lifestyle, and recreational activities for the general public;
- Creating high-quality professional and educational materials for activities of clubs and professional organizations in sport;
- Intensive promotion of a healthy lifestyle through physical activity and healthy diet;

- Continuous contribution to the implementation of standards and operations of the professional bodies in the field of sport;
- Providing technical support to organizations in sports and sports practice;
- Monitoring and application of the most advanced technical and scientific achievements in the field of sport, expert analysis and research;
- Preparation of valid information relevant to decision-making in the field of sport at the state level.

Our values

Synergy of sport and sports medicine with other disciplines and areas of interest constitutes the nucleus of our multidisciplinary approach. The synergetic work is the way in which we operate in practice, the model through which we create development strategies and approach that we take in achieving long-term goals.

Potential is the basic concept with which we work and what we do best. The purpose of motor testing together with diagnostics and analytics is to maximize the existing potentials, but also to recognize new potential, for which the conditions and manner of their development are later created. Identifying potentials and their proper development together with the work on maximizing the existing resources are particularly important for the development of top-level sport, which is our primary activity.

Organization of work at the Serbian Institute of Sport and Sports Medicine is based on synergy and teamwork, combined management approach characterized by a high level of professionalism, integrity in work, and functional and qualitative correlation of all relevant structures. In this way, departments and business units are connected into one and several parts, which creates a unique organizational scheme in which it is easy to integrate new procedures, without fear that it will cause a delay or reorganization of the existing operation flows.

Resources are the most valuable thing with what we own and something we pay a lot of attention to, especially when it comes to human resources. The best in their professions work with us, especially in the field of sports and sports medicine. These are top scientists and experts who are supported by experts from other fields who are engaged in the development, program and project activities. Managing resources related to buildings, land, and technical capacities, because of the nature of our business, is also placed first. Improving the functions and expanding the capacity of resources in quantitative and qualitative sense is something that we have been doing continuously and successfully.

Tradition of sport, which in Serbia is considered to be an integral part of the cultural fabric and identity, is certainly something to which the Institute has been nurturing a special approach, and to which it gives special contribution by continuously working with top athletes to ensure that the tradition of great results would never cease. Bearing in mind the tradition of the sport, we are trying to ensure that it will become, from an early age, an integral part of life of youth and children, and to make it a set of values and practical knowledge that they will carry forward as a way of life. The tradition that is firm and persevering, in combination with the most advanced scientific and technical achievements, is a proven recipe for success that we have been applying for six decades.

Our goals

The strategic objectives of the Serbian Institute of Sport and Sports Medicine are in line with our core businesses and with the existing strategies and action plans of the Ministry of Youth and Sports of the Republic of Serbia.

- **Development and improvement of professional sport** through basic activities, by building capacities in the areas of sport and sports medicine and further improving professional and scien-

tific research in these areas for the benefit of professional sport. Directly related to this is also improvement of conditions for the development of an athlete to superior results by expanding the existing human and technical capacities, by creating special development programs in the field of sport and sports medicine;

- **Increasing the coverage of general population practicing sports** through development and promotion of sports and recreation by extending the contents for citizens of all age groups, especially children and third generation citizens. Through programs that encourage and reinforce awareness of the importance of regular physical activity, and with the encouragement of local self-governments to establish cooperation in these areas.
- **The systematic development and improvement of sports infrastructure**, which is under the authority of our Institution, and in order to improve professional sport and to increase the coverage of general population practicing sports and for the purpose of gradual transformation into a regional center for sports and sports medicine in addition to providing professional services in establishing a complete data base.
- **Improvement of professional and scientific-research work** in sport and sports medicine and related fields, with an active connection with institutions of higher education, in order to achieve the above mentioned objectives.
- **Improvement of international cooperation and developing bilateral platforms and bodies**, with the purpose of improving professional sport, building new regional, local and global centers for sports and sports medicine, equipping them and the existing buildings, development of sports medicine and development and implementation of practical programs that will result in increased physical activity of citizens, through the activities of the Serbian Institute of Sport and Sports Medicine.
- **Integrating the activities of the Institute of Sport and Sports Medicine** in all spheres of society, with special emphasis on the

benefits of sport as a social phenomenon and with reference to the economic benefits of sport in terms of economic development of local self-governments through a dedicated and general tourism, environmental protection, stimulating sports industry and other similar activities.





The Institute today

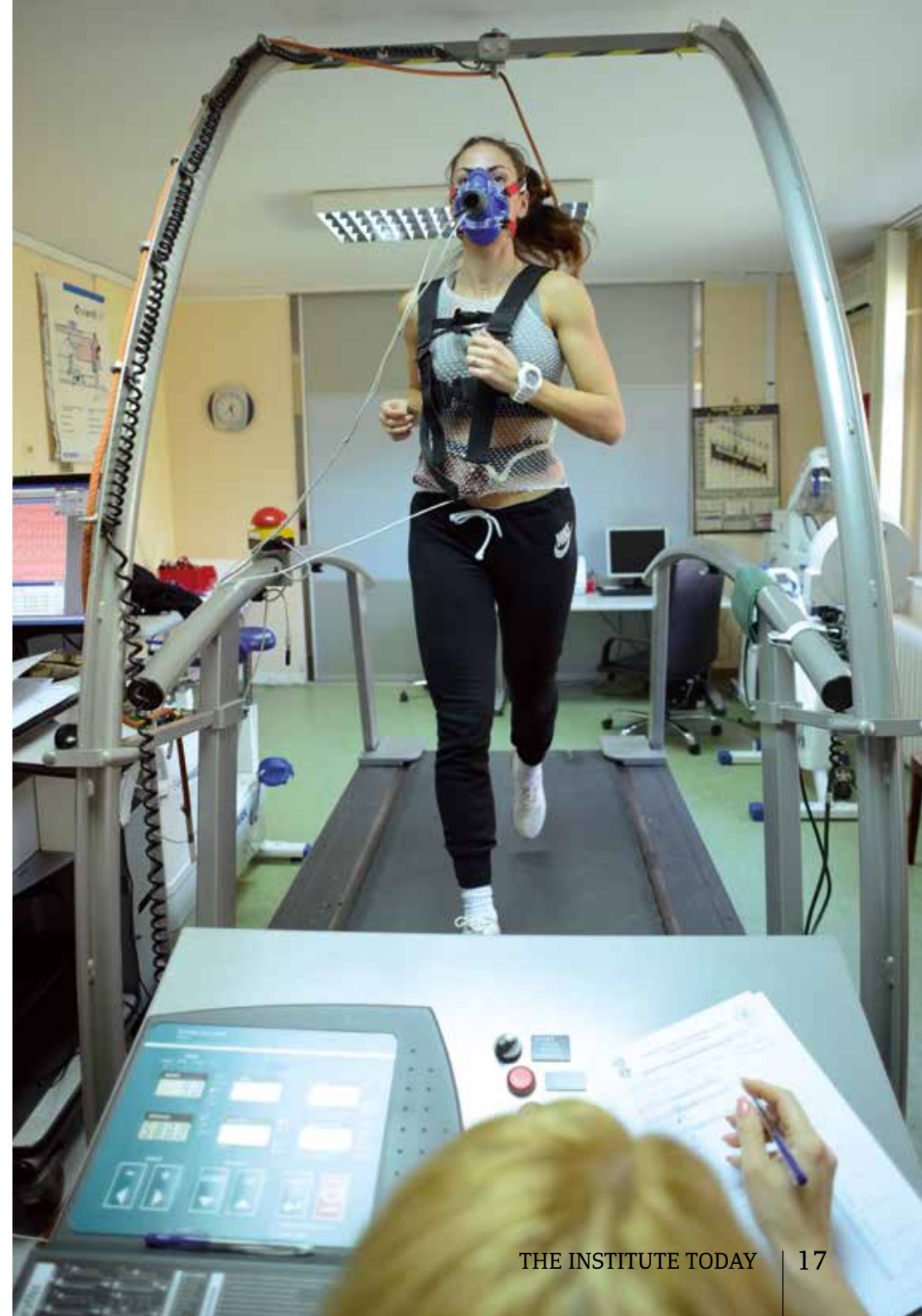
The Institute is now a modern facility, with modern equipment, in which highly qualified professional staff work, monitoring the latest technical and scientific achievements in the field of sports, physical culture, sports medicine, psychology and many other disciplines with the aim of providing the best quality services to its users.

The continuous monitoring and improvement of technology of professional work, control of the level of training of athletes, providing technical and advisory assistance, as well as through various forms of professional training of staff, the Institute has been providing expert support to sports practice.



You can do the following at the Institute

- Different types of tests, which include all aspects of importance for sports training and physical exercise (sports-medical, psychological and motor diagnostics);
- Control of preparedness of professional and other categories of athletes, children, athletes and people engaged in recreation;
- Providing advisory assistance to coaches and athletes by the expert team of the Institute.



Sports-Medical Examinations

Article 1 of the Law on Sports (the “RS Official Gazette”, no. 24/11 and 99/11 – other law), and as defined in the “Rules on determining the ability of athletes to perform activities and participate in sports competitions” (the “RS Official Gazette”, no. 15/2012), stipulates that “athletes whose health ability to perform the sports activities was determined in the period of six months before the date of the sports competition can participate in a sports competition”. Article 2 stipulates that “general and special health ability of athletes shall be determined by the competent healthcare institution, i.e. establishment in charge of sports and sports medicine, in accordance with the law and these Rules”.

Health examination of athletes includes:

- Laboratory analysis of blood
- Anthropometric measurements
- Cardiology examination
- Medical history
- Examination by system
- Postural status: examination of the spinal column, chest and feet
- Functional testing of the respiratory and cardiovascular system
- Dental exam







Laboratory blood analysis

The Institute performs:

- Complete blood work
- Biochemical blood analyses (glycemia, urea, total cholesterol, triglyceride, transaminase, serum iron)
- Analysis of blood during exercise and recovery (lactate, fatigue markers, electrolytes)

Anthropometric measurements (morphologic diagnostics)

- Body height
- Body weight
- Body composition (percentage of muscle, fat, bone matter and water, the measuring is performed with scale Bioimpedance in Body 370)
- Length, diameters and volumes of body segments
- Skinfold thickness

Cardiac examinations

Persons exposed to great physical strain due to training and competitions, regardless of whether they are professional athletes or amateurs, should, for their own safety, regularly take specialist cardiology examinations. Regular examinations and controls are the best prevention in early detection of structural changes in the heart muscle, as well as certain cardiac diseases, especially among professional athletes.

Cardiac examination includes:

- Ultrasound of the heart
- Ergometer tests (stress tests)
- Holter ECG monitoring, 24-48 hours in the diagnosis of cardiac arrhythmias with the option of 12 channel ECG recording



- Holter ECG monitoring on a specially designed device for water sports
- Holter monitoring of blood pressure
- Consultations

Functional tests

The Institute performs the following functional tests:

- Spirometry
- Ergometry
- Ergospirometry
- Determining the level of lactate in the blood

Based on the analysis of the examination and obtained results of functional tests, the decision shall be made on health condition and ability to actively participate in sports. The final report is made by comparing the obtained test results with the assessment of the requirements of the sport i sports discipline that the respondent is engaged in.

Spirometry

It is a method used to determine the ability of pulmonary ventilation through the examination of:



- Vital capacity (VC)
- Forced vital capacity (FVC)
- Forced expiratory volume in the first second (FEV1)
- Maximum voluntary ventilation (MMV)

Apparatus: Pony graphic, Cosmed spirometar

Ergometry

It is an indirect method used to determine the maximum oxygen consumption by using different types of protocols.

Ergometry is also used on amateur athletes, where different modified protocols in accordance with medical indications are typically being used.

Ergospirometry

Ergospirometry is a diagnostic procedure that allows the continuous monitoring of various parameters, especially breathing and heart rate during submaximal and maximal exercise tests.

The following is performed on the basis of ergospirometry parameters:

- assessment of health status (cardiovascular, pulmonary and metabolic system)
- determination of absolute or relative contraindication for conducting a physical activity
- assessment of functional abilities
- determining the individual pulse training zones
- determining the type, intensity and volume of training for achieving the desired objectives with maximum efficiency
- monitoring the effects of training
- Early identification of talented children and their timely guidance into the appropriate sport

Determination of lactate in the blood

Blood lactate is accurately determined by means of a laboratory analysis of blood samples during the activities of the increasing intensity.

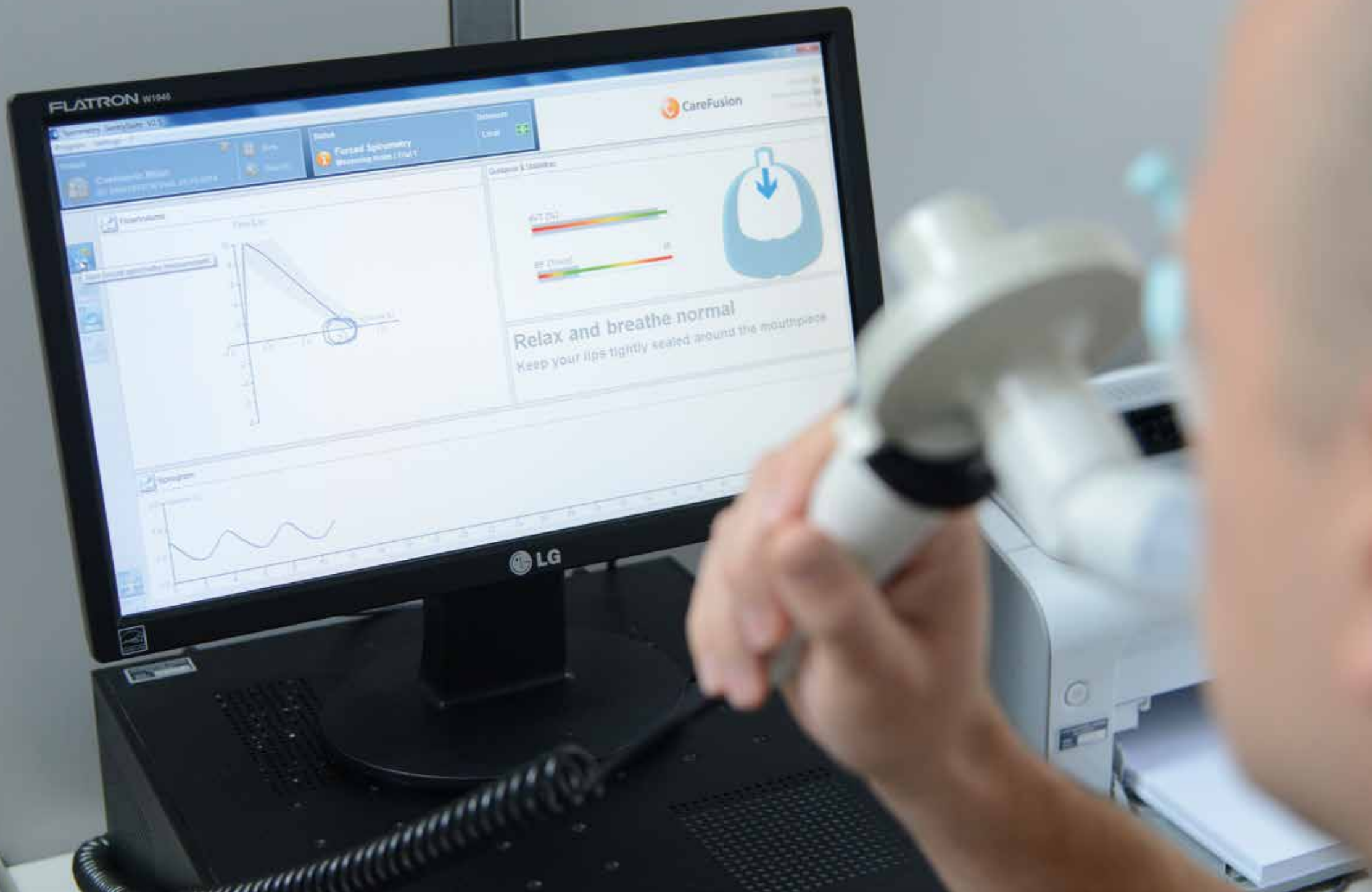
By determining the level of lactate in the blood, the following will be determined:

- Speed of recovery
- Anaerobic threshold and ventilatory threshold (critical ventilation)
- Indicators of endurance, indicating the ability of the muscles to receive and use oxygen

Dentistry

Our dental office is engaged in preservation and improvement of dental health through the following:

- Early diagnosis and repair of initial caries
- Giving advice regarding the use of the mouth guards that prevent injury when about practicing sports
- Referral to specialized institutions for further treatment



FLATRON W1540

CareFusion

Forced Spirometry

Gasflow & Volume



Relax and breathe normal
Keep your lips tightly sealed around the mouthpiece

LG





Evaluation of psychological condition

Psycho-diagnostics and assessment of psychological preparedness of athletes are carried out through:

- Determining the personality profile
- Determining the motivation of athletes
- Determining cognitive and intellectual abilities
- Determining psychomotor reactions
- Assessment of the psychodynamics of sports teams – sociometry
- Assessment of exhaustion of athletes
- Assessment of sports competitive anxiety
- Assessment of general and sports self-esteem and self-confidence

Based on the obtained data, the psychologist prepares a report with recommendations. When necessary, the following is performed:

- Advisory and consulting work with athletes, families and coaches
- Psychological education and psychological preparation for competition of athletes and coaches
- Testing and training by applying *Biofeedback* method (improving efficiency and improving of mental functions of athletes)

The Institute has one of the richest databases of psychological testing of athletes.

Motor tests at the Institute

The Serbian Institute of Sport and Sports Medicine performs laboratory, isokinetic and field tests. The state of the art measuring equipment is used for the tests, and measurements are performed by highly qualified sports professionals, using tests that cover all

aspects important for the diagnosis of the level of training of athletes and identification of risk factors.

Field tests allow identification of strengths and weaknesses of tests for different sports under specific conditions.



Flexibility

Splits
Sit and reach



Speed

Sprints 5m-40m



Agility

T-test
Zigzag test
Eight
505 test



Power

Vertical and
horizontal jumps,
throws, kicks



Endurance

Shuttle run
YO-YO intermittent
tests
30-15 tests

FIELD TESTS

Laboratory tests allow detailed insight into the motor skills, examination of the causes of weaknesses and giving precise implications for training.



Flexibility

(measuring amplitude of the movement in different joints and plains; determining misbalance)



Power

(tests on ergometers and isokinetic dynamometer)



Endurance

(direct tests for the assessment of aerobe power, maximum oxygen consumption, lactate threshold, anaerobe capacity)



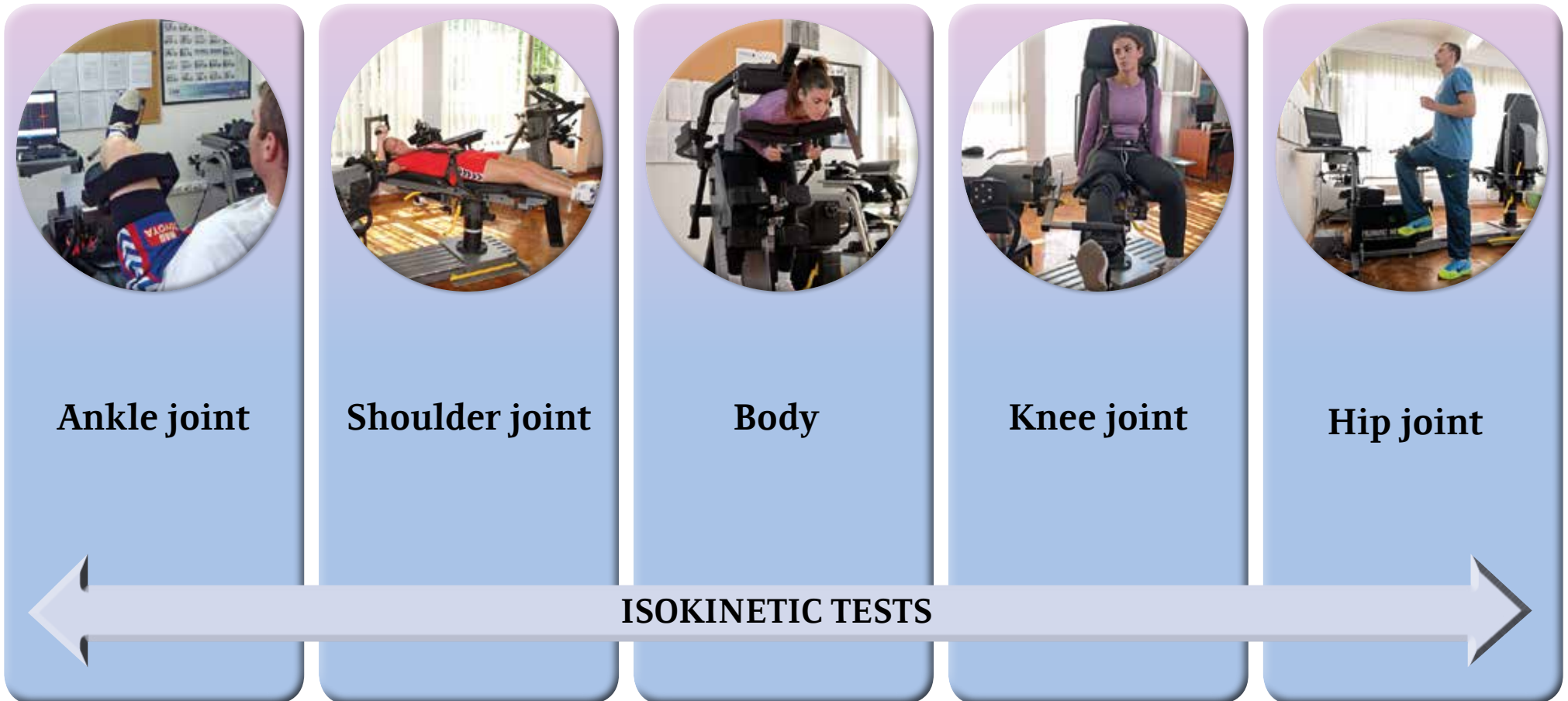
Strength

(isometric and isoinertial tests for the assessment of strength and speed of development of strength)

LABORATORY TESTS

Measurements on the isokinetic dynamometer enable us to obtain a detailed insight into the function of the joint, the relationship between agonist and antagonist and bilateral comparison of the same muscle groups.

In addition to measurements, sports experts of the Serbian Institute of Sport and Sports Medicine also use the isokinetic dynamometer to implement rehabilitation programs.



Direct assessment of cardiovascular endurance is performed by testing on FITMATE PRO device by:

- Determining maximal oxygen consumption through direct channels (VO_2 max)
- Determining maximal oxygen consumption in submaximal tests (VO_2)
- Determining anaerobic threshold
- Assessment of training and risk factors
- Determining the training zones in relation to heart rate and oxygen consumption.

Kinematic analysis of postural status and movement (Qualisys system)

By applying system with seven high-frequency cameras, we obtain 3D data, the processing of which is used to assess:

- The basic forms of human locomotion (walking, running, jumping), with special options for assessment of the quality of footwear
- Risk factors for injury (e.g. unfavorable positions and joint angles when taking different positions and movements)
- Monitoring the process of rehabilitation (postural status and movement techniques)
- Postural status and positions of most body segments and joints (head, neck, shoulders, spine, pelvis, knees, feet)
- Sports analyses: evaluation of sports techniques in various sports, such as athletics, golf, tennis, martial arts, kayaking, boating, swimming, basketball, football, volleyball, handball, archery, etc.

Data obtained in these tests is also used as a tool for prevention of injuries.







Physical medicine and rehabilitation

The Institute has a multidisciplinary approach to diagnostics and assessment of the state of musculoskeletal system.

At the department of physical medicine and rehabilitation, we perform the following:

- Diagnostics, prevention and treatment of sports injuries and other acute and chronic painful conditions
- Determining the postural status

Physical therapy

- Electrotherapy
- Ultrasound therapy
- Magnetic therapy
- Laser therapy
- Shock wave therapy
- Vacuum therapy
- Mechanical lymph drainage
- Massage

- Accelerating the natural mechanisms for tissue repair and pain reduction in injuries and inflammations (Proionic® system of INDIBA® activ)

Kinesitherapy

- Rehabilitation of injuries by individual programs
- Exercises for prevention of injuries
- Corrective exercises

Within the preventive-corrective gymnastics, the following is carried out:

- Identifying, monitoring and improving posture status of children, youth and athletes (Spinal Mouse® device for assessment of postural status)
- Education of children, parents and coaches about the importance of early detection of postural disorders and deformities and preventive measures
- Monitoring the development of motor skills in children.



The Institute and people with physical or intellectual disabilities

The Institute se carries out medical examinations i tests of persons with disabilities, the Paralympic athletes i fellows of the Special Olympics.

Sports-medical examinations are adapted to the age, sex, type of sport, the length of sports experience and rank of the competition of the participant. In accordance with the requirements, examinations and measurements can be carried out in the laboratories at the institute or in the field.

Depending on the needs, the following can be applied:

- Periodic examinations (every 6 months)
- Control examinations (checking of fitness for sport)
- Extraordinary examinations (according to indications)
- Specific examinations under the statute of branch sports association.

The Institute has a rich database on tests, which is systematized by:

- Sports disciplines
- Age categories
- Competition ranks.



Infrastructure for persons with disabilities

The Institute has done everything to enable athletes with disabilities to have access to all facilities. Swimming pools are equipped with lifts for lowering the people with disabilities into the pool. At the entrance to the premises of the Institute there are ramps for people using wheelchairs. In the administrative building there is a stair elevator with a platform, and the building of the Sports Hall has an elevator, as well as locker rooms with showers and toilets adapted for people with disabilities.

All of our facilities have been adapted to be used by the said categories of athletes, recreational athletes and interested citizens.

Diagnostics for persons engaged in recreational sports

Being healthy is associated with being active through physical exercise. Participation in physical activity entails certain risk factors to health. One of the possibilities to reduce these risks is to previously perform the necessary functional and motor examinations. Based on the obtained results, it is possible to plan individual programs of exercise, monitoring the progress of the trainees, better motivation during exercises.

Experts of the Institute can carry out field tests even outside the Republic of Serbia.



Sports-recreational programs

The Institute with its staff potentials, many years of experience and numerous facilities for sports and recreation is one of the most reputable institutions in the field of providing services in the field of recreation in the Republic of Serbia.

A team of physical education teachers from the Department of Physical Education and Recreation has established and shaped customized recreational contents adapted to gender, age and needs of modern people.

Free of charge sports and recreational programs

Free sport schools for students during winter and summer holidays

For many years, during the winter and summer vacations, in cooperation with the City Secretariat for Sports and Youth, the

Institute has been implementing sports and recreational programs for elementary and secondary schools. Every year, several thousand school children master the basic elements of swimming, preventive-corrective gymnastics, acrobatics, table tennis, basketball, volleyball, aerobics, judo and self-defense, beach volleyball, orienteering, aerobics and other sports and recreational contents.

Recreation for senior citizens

The Serbian Institute of Sport and Sports Medicine pays special attention to recreation oldest citizens, so in recent years, in the Sports Hall, it has been implementing the program "Recreational Swimming for the Third Age 50+", which annually gathers more than 700 elderly people, of both sexes.







Commercial contents

In addition to the free of charge programs, the associates of the Department of Physical Education and Recreation also offer a variety of commercial sports and recreational programs. The programs are designed for children, parents, as well as companies and business systems, in the form of recreation for employees.

Commercial sports schools for children

In 2015, the “Swimming School” and “School of judo and self-defense” for children began to work within the Sports Hall and the balloon hall at the outdoor swimming pool. All programs are led by coaches with years of experience in working with children, through contents specially adapted to age and gender.

Commercial programs for general population

The offer for general population includes four sports – recreational programs – “Classic”, “Trim”, “Max” and “Blue”. The programs

are made up of programmed exercise, which is customized to each individual or group, consisting of a combination of carefully selected elements, which are realized through the work in the hall, gym, pool and sauna.

For families, there is the program called “Family Sport Pack”, which includes a variety of aerobic contents customized to group – family practice. In addition to the “family polygons” containing elements for improvement of agility, coordination, endurance and strength, the second part of the program includes “family swimming”, which completely achieves the beneficial effects of exercising in the company of close persons.

Commercial programs for employees

There are two programs offered to employees: “Business Pro-Fit” and “Trim Relax”. Both programs take place in a pleasant atmosphere, accompanied by music. The programs are designed with the aim to improve the general health status of employees, in addition to mitigation and correction of postural disorders of the spinal column, caused by long hours of everyday work.



Infrastructure of the Institute

The complex of the Serbian Institute of Sport and Sports Medicine is situated amidst the beautiful forest in the heart of Košutnjak, in Belgrade. The entire complex is spread over nearly 43 hectares, and all facilities and courts of the Institute are located within this area.

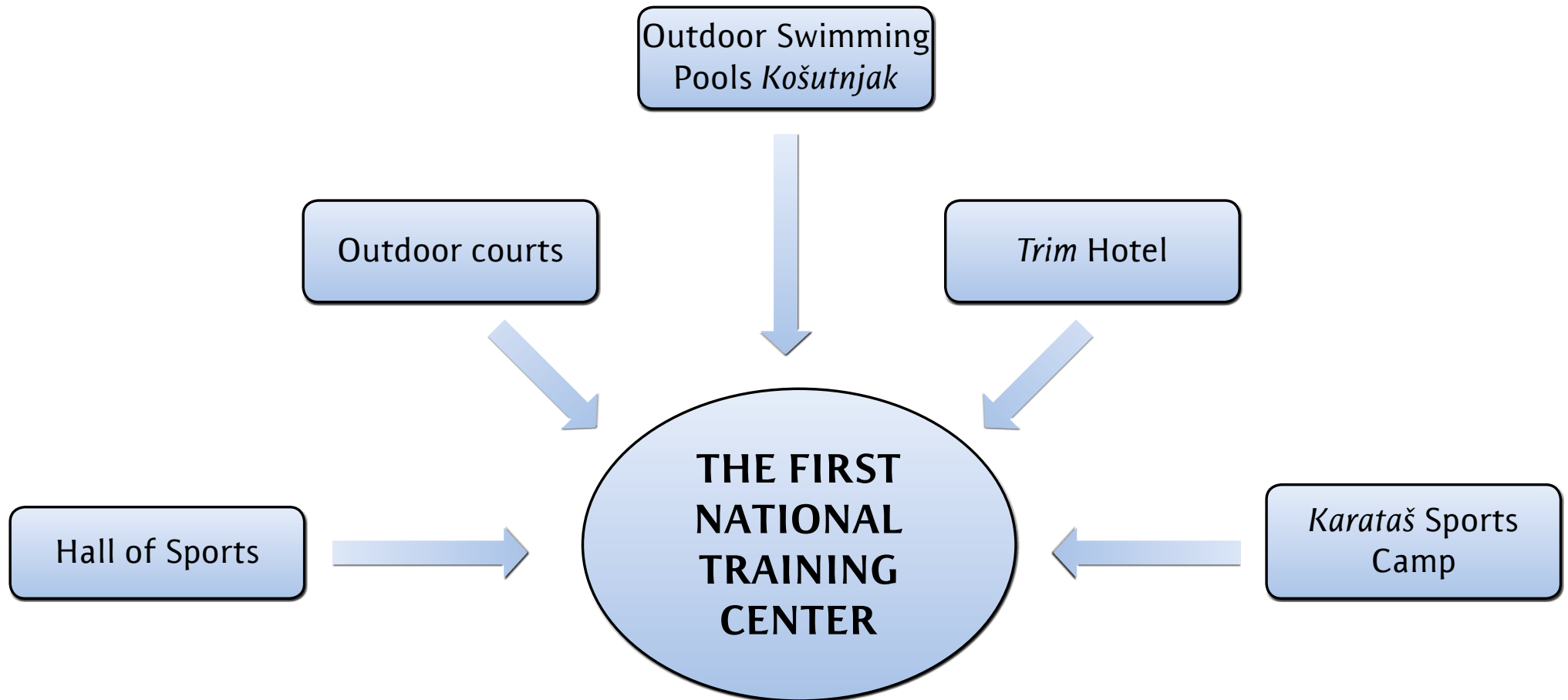
In addition to the administrative building, which contains: Department of Sports Medicine, Department for Professional and Development and Research Work in Sports, Department for Economic and Financial Affairs, INDOK Department (Information and Documentation Department and Library), the complex of the Institute also contains the building of the Sports Hall, Athletic Stadium, Trim Trail, within the complex of the Institute is located and building of sports, athletic stadium, fitness trails, as well as the entire complex of outdoor swimming pools.

For young and promising athletes, the Institute has at its disposal the Sports Camp Karataš, which is located in the municipality of Kladovo, near the Hydro Power Plant Đerdap. The complex covers an area of 16 hectares and has all the necessary sports facilities for the accommodation of young and promising athletes.

The First National Training Center

Pursuant to the new draft Law on Sports, the Institute has the status of a national training center and the obligation to organize and conduct continuous training and final preparations promising and

professional athletes within the competent national sports federations and other sports organizations and associations that implement programs that serves the general interest in the field of sport.





ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА РЕПУБЛИКЕ СРБИЈЕ

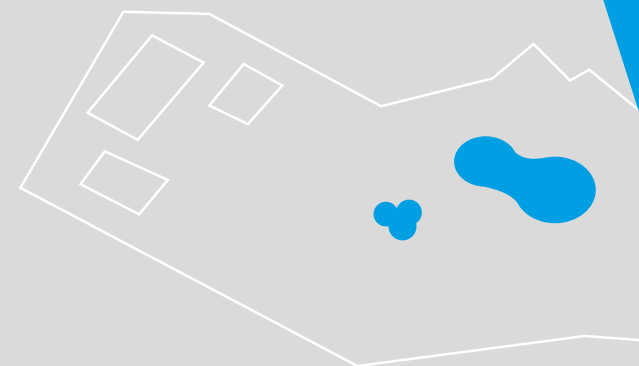
SERBIAN INSTITUTE OF SPORT AND SPORTS MEDICINE

- Спортска дворана / Sports Hall
- Атлетски стадион / Track and Field Stadium
- Трим стаза / Trim Trail
- Терен за одбојку / Outdoor volleyball court
- Терен за рукомет / Outdoor handball court
- Терене за кошарку / Outdoor basketball court
- Терен за фудбал / Outdoor football field
- 12 тениских терена / 12 tennis courts
- Отворено пливалиште / Outdoor Swimming Pools Kosutnjak
- Терен за боћање / Bocce courts
- Терен за мини голф / Mini golf courts

Тениски терен / Tennis court

Спортски терени / Sports court

Отворено пливалиште Кошутњак /
Outdoors Swimming Pools Kosutnjak





Атлетски стадион /
Track and Field Stadium



Трим стаза / Trim Trail



Хотел Трим / Trim Hotel

Благоја Паровића

Кнеза Вишеслава

Пионирска



Дом спортова / Sports Hall



Управна зграда /
Administrative building

Центар за моторичка
истраживања
Center for motor
Research





Sports facilities of the First National Training Center

Sports Hall

Sports Hall of the First National Training Center of the Serbian Institute of Sport and Sports Medicine is a facility that has state of the art conditions for a wide range of sports activities in the area of over 5,000 m². The Sports Hall houses:

- Hall (volleyball, basketball, handball, foosball, rhythmic gymnastics, badminton)
- Hall for judo





- Multifunctional hall (volleyball, basketball, soccer)
- Gymnastics hall
- Gym,
- Swimming pool (25 m)
- Sauna
- Cabinet for rehabilitation / clinic
- Auxiliary areas (changing rooms, toilets, storage areas)

All the above facilities are made available to athletes and interested amateurs.

The Sports Hall is visited by several thousand users every week.



Outdoor sports facilities of the First National Training Center

The First National Training Center includes the following courts:

- Volleyball
- Basketball / basket
- Handball / foosball
- Football (2)
- Indoor football (artificial grass)
- Tennis (6, clay and hard court)
- Bowling
- Mini golf
- Athletic stadium
- Trim trail





Athletic Stadium

With the aim to help the development of athletics, the Institute has refurbished the Athletic Stadium of the First National Training Center. A new drainage system was mounted, the number of tracks expanded, new tartan floor was built, and new pits for jumping were made. The stadium meets the requirements for smaller competitions.

The stadium has:

- Six trails,
 - Two pits for long jump / triple jump
 - Runway for long jump / pole vault
 - A separate part for the auditorium with 1,700 seats
- A shot put court is located near the stadium.





Trim Trail

Trim trail was built in the early 1970', and is one of the most famous sports facilities in Košutnjak. When it was constructed, the trail was strewn with pine needles, but over time it was losing its function as nothing was invested in it for decades. The Ministry of Youth and Sports, at the initiative of concerned citizens, has donated funds for its renovation and rehabilitation. The aim of revitalization of the trim trail was to improve sport and recreation.

The restored trim trail, which is today equipped with solar lamps for lighting so that it could be used in the evening, is 250 m above sea level, it is 1,200 m long and 1.6 m wide. The trail is on both sides lined with wooden sleepers, drainage system is mounted and it is

covered with sawdust. Along the trail there are evenly arranged 16 "stations" for exercising, which do not disturb the natural environment of the forest. In front of each of them is a board with serial number and name of exercises, instruction on the proper way of performing the exercise, information about the severity of the task and dosing of the load. The exercises are adapted to all categories of users. To assist those who practice, distances are marked on the trail for every 100 m.

The trim trail is one of the opportunities for involvement in physical exercise that does not require additional material investments for participants. We suggest everyone to join a large number of our users who practice regularly and independently. This is one of the best ways to maintain a high level of physical abilities, which are necessary to preserve the quality of life.





Outdoor Swimming Pools Košutnjak

The complex of Outdoor Swimming Pools Košutnjak of the Serbian Institute of Sport and Sports Medicine was built with the financial support of the city of Belgrade in the period from 1967 to 1972 for the needs of the First World Championship in water sports in Belgrade in 1973. The competitions in swimming, water polo (men), synchronous swimming (women) and diving were under the auspices of FINA (Fédération Internationale de Natation Amateur) from August 13 to September 9, 1973. The competition in diving took place in Košutnjak on September 4.

One of the many competitions, which were held at the outdoor swimming pool Košutnjak, was the championship in diving within the Universiade in 2009.

The complex of Outdoor Swimming Pools includes five swimming pools (Olympic, "school", "recreational" and "children's" swimming pool and diving pool), with the necessary supporting infrastructure. Next to the Olympic pool there are bleachers with 650 seats. This complex also includes administrative building, clinic, gym, beach volleyball court, restaurant and 2 cafes.

For the needs of swimming and water polo teams, in the period from September to the beginning of the swimming season, a balloon is mounted over the pool. This area is available to national teams in water sports, sports and recreational swimming clubs and general population. The pool also has an indoor facility with locker rooms for 200 users, which can also be used by persons with disability.

When weather conditions allow, night swimming is also possible.

At the Outdoor Swimming Pools Košutnjak, in addition to swimming, it is also possible to organize training for athletes in water sports, competitions, swimming lessons, seminars and workshops.



Хотел Трим
Hotel Trim

Hotel Trim

Hotel Trim of the Serbian Institute of Sport and Sports Medicine is located in the most beautiful part of Belgrade, Košutnjak park-forest. The building is located 6 kilometers from the city center and 26 km from the Airport Nikola Tesla.

Hotel Trim provides accommodation for athletes of all categories, recreational athletes, and other interested persons, who want a quiet holiday in the countryside. The building has 12 single rooms, 11 double rooms and one suite in the main building, and 4 single, 3 double and 3 triple rooms in the annex. All rooms are equipped with telephone, TV, bathrooms with shower cabins and specially made beds that are 2.1 m long, and there is also Wi-Fi access.

The hotel has a restaurant with 80 seats and a summer garden with 110 seats, and for parents who bring their children there is a specially built space for playing. The restaurant provides exceptional service, variety of food with fast and simple adjustments to the needs of guests, particularly athletes, whose diet must be adapted to the requirements of the sport and the specificity of the training process.

The hotel also has a conference hall with 40 seats, suitable for various types of meetings. The hall is air-conditioned, equipped with a video projector and other necessary furniture. Catering services are offered for all seminars, trainings and meetings.

The hotel has a parking for 40 vehicles.

As a part of the complex of the Institute, Trim Hotel is surrounded by sports facilities. Interested professional and recreational athletes can train in the Sports Hall (multifunctional hall, hall for martial arts, gym, multifunctional hall, 25 m pool), on the athletic stadium and other outdoor courts (volleyball, basketball, futsal, bowling, mini golf, pools).



Sports Camp Karataš

In the decision of the Government of the Republic of Serbia, in September 2014 the Sports Camp Karataš was handed over under the management of the Serbian Institute of Sport and Sports Medicine, which expanded the capacities and professional operations of the leading institution in the field of sport in Serbia.

Karataš is located in Eastern Serbia, in the municipality of Kladovo, on the border with Romania, on the banks of the Danube in Corridor 7, next to Đerdap Hydro Power Plant. Corridor 7, or the Danube Corridor (2,300 km long), is one of the most important European ways and, together with the Rhine and Main, it is the most important waterway in the continent.



The camp is also along EuroVelo 6, one of the most popular cycling routes, stretching from the Atlantic to the Black Sea. This bicycle route enters Serbia near the city Bački Breg, follows the Danube along the Serbian-Croatian border all the way to the border crossing near Kladovo towards Severin in Romania. In the surroundings of EuroVelo 6 there are the coastlines, rivers, castles, and together with the flat topography this represents a dream travel for every cyclist.

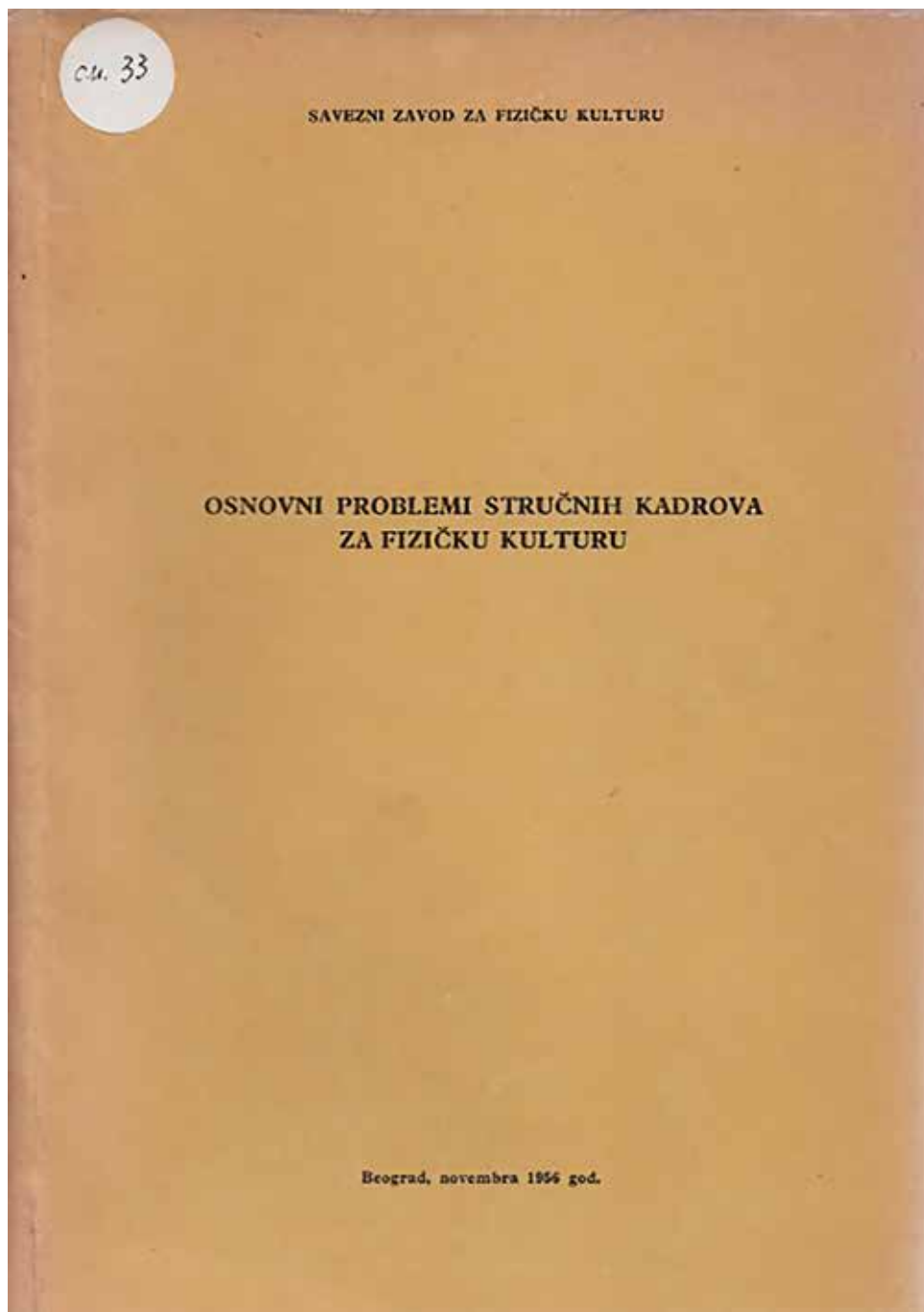
The camp has a long tradition and since its founding, due to its location and excellent infrastructure, it has been known as a superb place for sports. The camp complex covers an area of 15 ha. Karataš has the entire necessary supporting infrastructure for more than 20 sports – outdoor (basketball, football, tennis, swimming) and indoor sports facilities (halls, gym, shooting range, bowling alley, ballet hall), as well as the necessary equipment and props. In addition to the foregoing, the multifunctional hall has an artificial rock for ports climbing.

In addition to sports facilities, Karataš also has accommodation facilities with double and triple rooms and apartments. Besides this, the Camp also has eight eight-bedroom bungalows that, in addition to being well furnished, architecturally fully fit into the cultural heritage of this region. The offer of the Camp is complemented by a restaurant, with the menu adapted to the specific needs of athletes.

At the initiative of the Ministry of Youth and Sports and of the Institute, Karataš will be entirely renovated. It is planned that the revitalization of existing and construction of new facilities will result in maximum expansion of the space for sports activities. The goal of creating multifunctional sport venues is to create adequate conditions for the development of school, university and professional sports.

The camp is a good venue for organizing youth schools of sports, sport camps and preparations of sport teams, sport competitions, workers' sports games, creative workshops, art colonies, various kinds of educational programs, outdoor education and excursions.





INDOK

One of the most important activities of the Institute is its information-documentation activity that involves continuous collection and documentation of all information and data that are important for monitoring the development of sport in the Republic of Serbia, as well as trends of development of sport in the world.

Activity of INDOK Department includes:

- Maintaining master records in the system of sport of the Republic of Serbia,
- Continuous monitoring of the results of Serbian athletes, especially medal winners,
- Organizing professional events (seminars, conferences, round tables...), with the aim of permanent training of professionals working in sport,
- research and development activities, collecting and processing analytical documentation, preparation of analyses and certain strategic documents for the Ministry of Youth and Sports,
- Rich specialized library dedicated to professionals working in sport,
- Publishing activities for the needs of professional staff working in sport.

Library



Shortly after the establishment of the Institute, a library was founded, which collects, preserves and makes available the literature in the field of physical culture and sports, published professional papers of associates. While the Institute was expanding its activities, the Library itself was also expanding the structure of

its collection. In addition to publications, which are related to sports and physical culture, it also collects literature in medical sciences and health care. From September 24, 2007, the Library of the Institute was registered in the registry of the City Library.

In recent years, the Library has been completely renovated. The library fund contains almost 10,000 units. It is comprised of specialized monographs and serial publications (magazines and newspapers, almanacs, yearbooks, collections, reports, statistical bulletins, bibliographies...), a smaller number of doctoral dissertations and master's theses of employees, documents and papers by the associates of the Institute, as well as rare old books.



The structure of the fund is mainly related to sport in general; individual sports, sport for people with disabilities; sports events (Olympic and Mediterranean Games, world and European championships, school competitions, etc.); training of personnel in sport (professors, coaches); physical education and recreation (in pre-school education, in schools, in organizations), research in physical culture; medicine, biochemistry, biophysics, biomechanics; psychology, sports psychology, pedagogy, anthropology, anthropometry, andragogy, sociology, etc.; construction and architecture (for sports facilities, recreation grounds, swimming pools).



Activities entrusted to the Institute by the Ministry of Youth and Sport of the RS

The screenshot shows the website of the Institute of Sport and Sports Medicine of the Republic of Serbia. The header features the Serbian coat of arms and the text "ЗАВОД ЗА СПОРТ И МЕДИЦИНУ СПОРТА РЕПУБЛИКЕ СРБИЈЕ". Below this is a section titled "ЗАХТЕВ ЗА УПИС У МАТИЧНУ ЕВИДЕНЦИЈУ У ОБЛАСТИ СПОРТА". The main content area contains a form with fields for "КОРИСНИЧКО ИМЕ:" and "ЛОЗИЧКА:", and a "Унеси се" button. At the bottom, there is contact information for the Institute, including a phone number and an email address.

Vital records

Maintenance of vital records in the field of sport has been an activity entrusted to the Serbian Institute of Sport and Sports Medicine prescribed by the Law on Sport in 2011. The Law on Sports of the Republic of Serbia from 1996 prescribed to start the project of vital records, but its realization started 16 years later.

The Rules stipulate seven areas in which the vital records are maintained: categorized athletes and other competing athletes, entrepreneurs in sports, organizations in the field of sports, sports experts and experts in sport, implementers of programs that achieve the general interest in the field of sports, sports facilities and international sports events in Serbia.

This capital project, of great importance for the state, will allow many areas in Serbian sport to be regulated and it will present, in one place, the best quality information about sport in our country.

In addition, based on the data entered in the register, the sports facilities that have met the conditions required by the Rules on the national categorization of sports facilities, are ranked in one of three categories.

In accordance with the Law on Sports (the "RS Official Gazette", no. 24/11 and 99/11 – other law), and on the basis of the Rules on

the national categorization of sports facilities (the "RS Official Gazette", no. 103/13), in late 2014 the Serbian Institute of Sport and Sports Medicine performed the first ranking of sports facilities.

In order to regulate the system of sports infrastructure in the Republic of Serbia, the categorization of sports facilities is one of the steps towards creating possibilities for adequate monitoring of the state of sport infrastructure and planning of development and improvement in this area.

By entering data in vital records, conditions are created to apply for funds from the budget for maintenance, reconstruction and/or performing of sport activities.

Supervision of the professional work in the field of sport

Supervision of the professional work in the field of sport is a legal obligation of the Serbian Institute of Sport and Sports Medicine. The Rules on the supervision of the professional work in the field of sport is regulates the manner and procedure of conducting such supervision.

The professional supervision is performed by staff with the highest sport titles, with years of experience in the profession, as well as by staff who have achieved significant results in their work.

The primary objective of the supervision is to have insight into compliance with legal regulations, as well as to regulate the professional work of sports professionals, experts in sports and organizations in the field of sport.





Important sports events at the Serbian Institute of Sport and Sports Medicine

- Competition in diving within the First World Championship in water sports in Belgrade in 1973,
- Competition in diving at Universiade in 2009,
- Junior Swimming Championship, 2011,
- International White Crosses,
- St. Sava Tournament in a wheelchair basketball,
- Belgrade International Games – BIG (Europe's largest student competition),
- International University Tournament “Belgrade Sport Tournament – BEST”,
- International Handball Tournament for boys and girls up to 13 years of age,
- International Aikido Seminar,
- The first volleyball match within the project “Inclusion for All” under the auspices of the Special Olympics Serbia and i USAID,
- The First National Fitness Gathering – NAFIS,
- SOFA programs for students,

The sports teams from abroad that had their preparations in our facilities:

- Handball Club “Maccabi Castro” from Tel Aviva
- Argentina national basketball team U-19
- Football Club “Krasnodar” from Russia

- The cadet national basketball team of Egypt
- Pioneer Turkish national team in synchronized swimming
- Women's water polo team from Bulgaria
- Water polo national team of Spain

Local sports teams and national teams that have their preparations in our facilities:

- National basketball team of Serbia U-18
- Men's cadet national handball team
- National basketball team of Serbia U-16
- National volleyball team of Serbia
- National handball team of Serbia
- Women's volleyball national teams of Serbia
- Junior national team of Serbia in synchronized swimming
- National junior handball team of Serbia
- Cadet Taekwondo national team of Serbia
- Water polo national team of Serbia
- Senior national volleyball team of Serbia

The Institute also organizes continuing medical education.

In May 2015, in cooperation with the Orthopedic and Sports Medicine Hospital Aspetar from Qatar, The First Serbian International Sports Medicine Conference was organized.

Cooperation of the Serbian Institute of Sport and Sports Medicine with other institutions



Sport

- Sports Association of Serbia
- Athletic Association of Serbia
- Association of School Sport
- Association "Sport for All Serbia"
- Football Club "Partizan"

Faculties

- Faculty of Sport and Physical Education, University of Belgrade
- Faculty of Sport and Physical Education University of Novi Sad
- Faculty of Sport, University Union Nikola Tesla
- Faculty of Management in Sport Alfa University

Other

- Aspetar, Orthopedic and Sports-Medical Hospital from Qatar
- The City of Belgrade
- The International Police Association - Belgrade Region



Socially responsible institution with high environmental awareness

The Serbian Institute of Sport and Sports Medicine is a socially responsible institution that cares about preserving the environment.

The materials used in building the outdoor courts are natural. The Institute has also built solar panels for heating of technical and pool water, and lamps are mounted on the trim trail are constructed that are powered by solar photovoltaic panels and wind turbines.

As a way of raising environmental awareness, the Institute seeks to ensure that every year the most successful athletes plant one tree in the Park of Champions, located in the complex of the institute.

The Park of Champions

The Park of Champions was created in 2011, in order to celebrate the achievement of exceptional sport successes at the Serbian Institute of Sport and Sports Medicine. So far, several athletes

and sports teams have given their contribution to preserving and caring for the environment by planting white ash trees. The first tree was planted by the Ministry of Youth and Sports, namely the then Minister Snežana Samardžić Marković. In the same year, after winning gold medals at European championships, the male and female national volleyball teams of Serbia did the same.

The water polo team marked their success – placing first at the European Championship 2012 (and world champions 2009). On behalf of the team, a tree was planted by Živko Gocić and Slobodan Soro. Afterwards, the following athletes did the same thing: taekwondo master Milica Mandić for the Olympic gold, vice champion in archery at the Olympic Games in 2012 Ivana Maksimović and bronze winner Andrija Zlatić and European shot put champion Asmir Kolašinac in 2013. These three athletes planted their trees on May 17, 2013.

The Park of Champions is now richer by four trees as of August 11, 2015. The Minister of Youth and Sports Vanja Udovičić, women's national basketball team Serbia – European champions in 2015, men's national basketball team – winners at the European Basketball Championship for U-20 in Lignano 2015, and the winners of gold medals at the World Championship of the Special Olympics in Los Angeles in 2015 left their footprint in the Park.



Why us?

Because the interdisciplinary team of the Serbian Institute of Sport and Sports Medicine, composed of top experts in the field of sport, by using the state of the art equipment, can:

- Assess your abilities on which your success depends.
- Identify your strengths and weaknesses, in order to ensure optimal development of your abilities.
- Identify your risk for injury.
- Compare your skills with the data of top and perspective athletes.

- Plan, program and control your training process in relation to the objective and valid indicators.

And also because:

- It is ahead of all the others for its state of the art equipment.
- It has decades of experience.
- It has.

This team, comprised of top experts from various fields, is at your service!

Contacts

<i>Service</i>	<i>Place, address</i>	<i>Telephone</i>	<i>E-mail and web</i>
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SERBIAN INSTITUTE OF SPORT
AND SPORTS MEDICINE

