

Curriculum Vitae

I. General Informations:

1. First Name:	Arben
2. Surname:	Boshnjaku
3. Nationality:	Kosovare
4. Date of Birth	23.02.1988
5. Birthplace-Municipality	Prishtine
6. Gender:	Male
7. Contact details:	
Email:	arben.boshnjaku@rezonanca-rks.com
Tel:	+383 44 477 337
Mob:	

II. Education and training

Undergraduate Study:

Institution:	University of Prishtina, Faculty of Medicine
Degree Date:	16.03.2010
Degree :	BSc in Physiotherapy

Postgraduate Study:

Master Study:

Institution:	Medical University of Tirana, Faculty of Technical Medical Sciences
Degree Date:	12.06.2013
Degree/ Master :	MSc Physiotherapy
Title of Master Thesis :	Rehabilitation in Cervical Spondylosis

Postgraduate Study:

Master Study:

Institution:	University of Prishtina (ToT European Master)
Degree Date:	01.04.2014
Degree/ Master :	MSc Sport Sciences and Health
Title of Master Thesis :	Differences in peak radial bone mineral density (17-30 y.a.) between female athletes (handball and soccer players) and non-athletes

	(female with sedentary lifestyle) and the comparison between dominant and non-dominant hands
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PhD Study:

Institution:	University of Vienna, Doctoral School of Pharmacy, Nutrition and Sport Sciences
Degree Date:	15.03.2023
Degree / Doctorate :	PhD
Title of PhD Thesis :	Age related loss of muscle mass and function in Kosovan older men and women and its association with the ACTN3 genotype

Specialization:

Institution:	
Degree Date:	
Speciality :	

Subspecialization:

Institution:	
Degree Date:	
Subspeciality :	

Training:

Institution:	
Degree Date:	
Training Course :	

III. Preview academic experience:

1	Chronology of gaining academic titles	Year	University	Faculty	Department
a	Junior Assistant				
c	Assistant	01.10.2015	College of Medical Science "Rezonanca"	Medicine	Pt
d	Lecturer	01.10.2022	University "Fehmi Agani" in Gjakova	Medicine	Pt
e	Senior Lecturer				
f	Prof. as.				
g	Prof. asoc.				

h	Prof.				
i	Academic of science				

IV. Subject/s in which you are involved as teaching

No.	Study Program:	Subject/s
1.	Bachelor	Physiotherapy
2.		
3.		

V. Research activities: Impact Factor Points for Academic Staff

V.A. The data for publications/Citations

No.	Author, title, paper, year, volume, number, pages	"Impact factor" points	Without "Impact factor"	Citation of your publication: Journal, Volum, Number, pages
1	Ibrahimi Kacuri D, Obërtinca R, Lahu N, Boshnjaku A . Association between the walking speed, cadence, cycle length with words per minute and anthropometric parameters. Acta Medica Mediterranea. https://doi.org/10.19193/039363842023118	0.22		
2	Boshnjaku A . Is age-related sarcopenia a real concern for my developing country? Journal of Cachexia, Sarcopenia and Muscle. https://doi.org/10.1001/jcsm.13107	12.06		
3	Boshnjaku A , Krasniqi E. Bone/Muscle interaction as a good biomarker for lifespan and quality. Geriatric Orthopaedic Surgery & Rehabilitation Journal. 2022, 13. https://doi.org/10.1177/21514593221111646	1.924		
4	Boshnjaku A , Bahtiri A, Feka K, Krasniqi E, Tschan H, Wessner B. Impact of Using Population-Specific Cut-Points, Self-Reported Health, and Socio-Economic Parameters to Predict Sarcopenia: A Cross-Sectional Study in Community-Dwelling Kosovans Aged 60 Years and Older. Journal of Clinical Medicine. 2022, 11, 5579. https://doi.org/10.3390/jcm11195579	4.964		
5	Boshnjaku A , Krasniqi E, Tschan H, Wessner B. ACTN3 Genotypes and Their Relationship with Muscle Mass and Function of Kosovan Adults. Int. J. Environ. Res. Public Health 2021, 18(17), 9135; https://doi.org/10.3390/ijerph18179135	4.614		
6	Krasniqi E, Boshnjaku A , Wagner KH, Wessner B. Association between Polymorphisms in Vitamin D Pathway-Related Genes, Vitamin D Status, Muscle Mass and Function: A Systematic Review. Nutrients 2021, 13(9), 3109; https://doi.org/10.3390/nu13093109	6.706		
7	Koçinaj D, Ukëhaxhaj A, Boshnjaku A , Ramadani N, Zogaj D, Allabashi R. Water Quality and Safety of Potable Water Wells in Gjakova Region, Kosovo. JOSHA. 2021, 8(3). https://doi.org/10.17160/josha.8.3.763		X	

8	Boshnjaku A , Krasniqi E. Life expectancy's relationship with behavioral factors and polypharmacy in Western Balkan countries. Macedonian pharmaceutical bulletin. 2020. 66(1)79-84, : https://doi.org/10.33320/maced.pharm.bull.2020.66.01.009		X	
9	Kocinaj D, Berisha I, Boshnjaku A , Grezda K. Challenges Through the Process of Transformation to Teaching Health Care Institutions. SOUTH EAST EUROPEAN JOURNAL OF SUSTAINABLE DEVELOPMENT.		X	
10	Krasniqi E,...., Boshnjaku A . The Association between N02BE, C07A and C09A medicines group usage and musculoskeletal health amongst 40-65 years old males and females in a developing country. Gazz Med Ital - Arch Sci Med. 177(9):430-4: https://doi.org/10.23736/S03933660.17.03594-X	0.14		
11	Krasniqi E..., Boshnjaku A . Pattern and factors associated with medicines usage in middle-aged adults: a population based cross-sectional study. Folia Med (Plovdiv). 2018;60(3):425-32. https://doi.org/10.2478/folmed-2018-0004	0.54		
12	Ukaj S,...., Boshnjaku A . Primary hemiarthroplasty for treatment of unstable pertrochanteric femoral fractures (AO/OTA Type 31 A2.3) in elderly osteoporotic patients. SICOT J. 2017;3:31. https://doi.org/10.1051/sicotj/2017013	1.91		
13	Krasniqi E,...., Boshnjaku A . Side to side differences between dominant and non-dominant arm's bone density and isometric handgrip strength in males and females aged 40-65 years old. Mater Sociomed. 2016 Oct; 28(5): 333-337; https://doi.org/10.5455/msm.2016.28.333-337		X	
14	Krasniqi E,...., Boshnjaku A . Musculoskeletal Health of 40-65 Year Old Males and Females in Kosova and the Impact of N05B, A02B (PPI, H2RA), H02AB and Lifestyle Factors on It. Med Arch. Med Arch. 2016 Oct; 70(5): 359-363; https://doi.org/10.5455/medarh.2016.70.359-363		X	
15	Krasniqi E, Boshnjaku A , Tozi L. Approved health claims for amino acids in/as food supplements. Pharmaceutical Macedonian Bulletin 2016; 62(1) 35 – 46; ISSN 1409 – 8695; UDC:613.292:577.112.37		X	
16	Boshnjaku A et al. Effect of sport training on forearm bone sites in handball and soccer female players. J Sports Med Phys Fitness. 2015	1.637		
TOTAL:				

V.B. The data for other publications

No.	Title, Specification	Year
1	Sarkopenia si sëmundje gerontologjike: diagnostikimi dhe rehabilitimi	2023
2	Përtej mundësive	2012
3		
4		
5		

V.C. Presentations/Participation in Conferences, Congresses, symposiums, etc.

No.	Author, title, scientific meeting, abstracts book page	Oral present.	Poster present.	Participation
1	Krasniqi E, Boshnjaku A , Wagner KH, Wessner B. FOKI and TAQI polymorphisms in the vitamin D receptor gene affect muscle strength and function in Kosovan adults. 25th Anniversary Congress of the ECSS, 28-30.10.2020 (online edition)	<input checked="" type="checkbox"/>		
2	Boshnjaku A et al. ACTN3 genotypes and its relationship with muscle mass and function of Kosovan adults. 24 th Annual Congress of the ECSS, 03-08.06.2019, Prague, Czech Republic. (04.07.2019)	<input checked="" type="checkbox"/>		
3	Boshnjaku A et al. Prevalence of sarcopenia based on EWGSOP criteria and population specific cut-points in adults aged 60 years and above in Kosovo. 23 rd Annual Congress of the ECSS, 04-08.07.2018, Dublin, Ireland. (05.07.2018)	<input checked="" type="checkbox"/>		
4	Boshnjaku A et al. An applicability study of functional and laboratory fitness tests for elderly to younger Kosovan adults. 22 nd Annual Congress of the ECSS, 05-08.07.2017, Essen, Germany. (08.07.2017)	<input checked="" type="checkbox"/>		
5	Krasniqi E,... Boshnjaku, A . Impact between medication usage, physical activity, nutritional status and osteomuscular health in male and female adults aged 40-65 years in Kosova. 21 st Annual Congress of the ECSS, 06-09.07.2016, Vienna Austria.	<input checked="" type="checkbox"/>		
6	Boshnjaku A et al. Side to side differences in dominant versus nondominant arm in BMD, Tscore and Zscore and isometric handgrip strength males and females aged 40-65 years old in Kosova. 21 st Annual Congress of the ECSS, 06-09.07.2016, Vienna Austria.	<input checked="" type="checkbox"/>		
7	Krasniqi E,... Boshnjaku A . Prescription of glucocorticoids, frugs for peptic ulcer and gastroesophageal reflux disease, phycholeptics, antidepressants and antiepileptics in the specialised rheumatology department within tertiary healthcare level in Kosova. 2nd HARC Conference on translational research in healthy ageing. May 11th – 13th, 2016. Lodz, Poland.	<input checked="" type="checkbox"/>		
8	Krasniqi E,... Boshnjaku A . Trends of A02B drugs prescription in the unit of gastroenterology of the university clinical center of Kosova. International Congress of Medical Sciences, Kiscoms 6, 06-08 Maj 2016, Prishtinë,	<input checked="" type="checkbox"/>		
9	Boshnjaku A et al. Effects of wheight bearing excercise on forearm bone sites of hanboll and soccer female players. 20th Annual Congress of the Euroean College of Sport Science (ECSS), 24 th – 27 th June 2015, Malmo, Sweeden	<input checked="" type="checkbox"/>		
10	Krasniqi S, Boshnjaku A et al . Female Football in Kosova. Conference Women’s Football, played, watched, talked about. FREE Project. 21-22.06.2013, Copenhagen. Denmark;	<input checked="" type="checkbox"/>		
11	Boshnjaku A . Krasniqi E. Placebo effect from the application of inert spray without any pharmacological content” 1 ST national congress of physiotherapy. 07-08.12.2012- Tirana, Albania;	<input checked="" type="checkbox"/>		
12	Krasniqi E, Boshnjaku A . Placebo Effect of Inert spray to muscular fatigue induced experimentally. 3rd International Students Congress for Medical Sciences – KISCOMS III – MACEDONIA 9th to the 13th May 2012;	<input checked="" type="checkbox"/>		

13	Boshnjaku A, Krasniqi E. Treating CB syndrome with the therapeutic combination analgesic muscle relaxant, TENS and kinesiotherapy. 1st Rheumatology Congress of Kosova, 1-2.11.2012;	<input checked="" type="checkbox"/>		
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V.D. Scientific Interests:

Topic:	
Description :	
Topic:	
Description :	

VI. Working Experiences:

Institution and location:	
Period:	24.03.2012 – 30.11.2016
Position :	Clinical Practice for Physiotherapy “FIXOTERAPIA”
Description :	Owner, Physiotherapist
Institution and location:	College of Medical Sciences Rezonanca, Prishtinë, Kosovo
Period:	Academic year 2015 – continuing
Position :	Teaching assistant
Description :	Teaching assistant for “Introduction to Physiotherapy” subject
Institution and location:	University of Gjakova “Fehmi Agani”, Gjakovë, Kosovo
Period:	2014 – continuing
Position :	Teaching Assistant
Description :	Teaching Assistant for “Nursing Geriartry and Rehabilitation” subject

VII. Other Experiences:

A.	Managing experiences, projects managing, etc.	Year	University	Faculty	Department
1					
2					
3					
4					
5					

B.	Mobility / reasons	Year	University	Faculty	Department
1					
2					
3					

C.	Members of Associations	Status in Association	Year
1	Kosovo Physiotherapy Chamber	Member	2010
2	European College of Sport Sciences	Member	2014
3	ENPHE country coordinator	Country coordinator	2022 ongoing
4			
5			

VIII. Additional informations:

Organizational skills and competences:			
Computer skills and competences:			
Language skills: (1 to 5: 1 lowest - 5 fluent)			
Language	Speaking	Writing	Reading
English	5	5	5
German	3	3	3

Name and surname:

Signature _____

Pristina, dt. 07.03.2023