



Dragana Drljačić

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LinkedIn: <https://www.linkedin.com/in/dragana-drljacic-2a285777/>

Gender: Female **Date of birth**: 16/01/1973 **Nationality**: Serbian

ABOUT ME

Founder and Chairwoman of the Association "Monomit".

PhD in physical education and sports, Head of study program Physiotherapy at the College of Sports and Health - Belgrade, professor of Kinesiology, Biomechanics of Sport, Antropomotrics, and Motor control; lecturer at courses and seminars for coaches in sports. Experienced in organising and moderating scientific conferences; reviewer of scientific papers. Author or co-author of scientific papers in the field of psychophysical health, among others *The influence of physical activity on degree of depression, anxiety and stress of students of Medical school of the University of Belgrade* and the testing manual and guides for parents and for coaches within the Erasmus+ project 603143-EPP-1-2018-1-IT-SPO-SSCP Preventing Youth Sports Dropout (PYSD).

During professional career she also worked as a artistic gymnastics coach and choreographer, pilates and fitness instructor, personal coach, tourist animator and nurse. She finished musical school and plays violin

WORK EXPERIENCE

College of Sports and Health

City: Belgrade | **Country**: Serbia

[2021 – 2023] **Assistant Principal**

College of Sports and Health

City: Belgrade | **Country**: Serbia

[2019 – Current] **Head of Study Program Physiotherapist**

College of Sports and Health

City: Belgrade | **Country**: Serbia

[2017 – Current] **Coordinator of the Project Team of the International Office**

College of Sports and Health

City: Belgrade | **Country**: Serbia

[2017 – 2019] **Head of International Office**

College of Sports and Health

City: Belgrade | **Country**: Serbia

[2016 – Current] **Professor of Vocational Study**

In the Study program the Vocational Physiotherapy teaches Kinesiology and Motor Control, and in the study program Sports Coach teaches Anthropomotrics and Biomechanics of Sport.

Sport Diagnostic Center Sabac

City: Sabac | **Country**: Serbia

[2016 – Current] **Professional associate**

Gymnastic Club "Kami"

City: Sabac | **Country**: Serbia



[2013 – 2016] **Sports Coach & Choreographer**

Polyclinic DM

City: Sabac | Country: Serbia

[2011 – 2016] **Pilates Instructor**

Preschool Teacher Training College Sabac

City: Sabac | Country: Serbia

[2009 – 2016] **Teaching Assistant in the field of Physical Education**

She held practical classes in Rhythmics and dance, Activities in nature, Methods of physical education I and II, Antropomotrics of preschool children, Physical training of preschool children, and Children's development through play.

Boarding House of Secondary Agricultural School

City: Sabac | Country: Serbia

[2009 – 2009] **Educator**

Creative Digital Printing

City: Sabac | Country: Serbia

[2006 – 2009] **Director**

Centar za grafička istraživanja / Center for Graphic Research

City: Sabac | Country: Serbia

[2004 – 2006] **Owner**

Elementary School „Majur“

City: Sabac | Country: Serbia

[2002 – 2003] **Teacher of Physical Education**

Elite Club, Hyatt Regency Belgrade

City: Belgrade | Country: Serbia

[1996 – 1997] **Personal Coach**

Power Gym

City: Belgrade | Country: Serbia

[1995 – 1996] **Aerobics Instructor**

Roda Sport

City: Belgrade | Country: Serbia

[1995 – 1996] **Aerobics Instructor**

University of Belgrade, Faculty of Sports and Physical Education

City: Belgrade | Country: Serbia



[1994 – 1996] **Student Demonstrator on Anatomy Course**

Hotel "Holidays in Evia"

City: Erethria | **Country:** Greece

[1995] **Tourist Animator**

Hotel "Inex, Zlatna obala"

City: Sutomore | **Country:** Montenegro

[1994] **Tourist Animator**

EDUCATION AND TRAINING

[2016] **PhD Physical Education and Sport**

University of Belgrade, Faculty of Sports and Physical Education <http://www.dif.bg.ac.rs/>

Address: Blagoja Parovica 156, 11000, Belgrade, Serbia | **Thesis:** Evaluation of the Method for the Assessment of Hand Function in the Manipulation Tasks

[2007] **Professor of Physical Education**

University of Belgrade, Faculty of Sports and Physical Education <http://www.dif.bg.ac.rs/>

Address: Blagoja Parovica 156, 11000, Belgrade, Serbia |

[1991] **Nurse**

Medical School "Dr Andra Jovanovic" <https://medicinskasabac.edu.rs/>

Address: Cara Dušana 9, 15000, Sabac, Serbia |

LANGUAGE SKILLS

Mother tongue(s): Serbian

Other language(s):

English

LISTENING C1 **READING** C2 **WRITING** B1

SPOKEN PRODUCTION B1 **SPOKEN INTERACTION** B1

Russian

LISTENING C1 **READING** C1 **WRITING** B2

SPOKEN PRODUCTION B1 **SPOKEN INTERACTION** B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Google Drive | Google Docs | Microsoft Office Office 365 | Outlook | SPSS | Social Media | WordPress | Adobe Photoshop | Adobe InDesign

PUBLICATIONS

The foot posture of 12-year-old children from the urban environment

Jovčić M, Drljačić D, Bojović M, Malićević S. (2022). The foot posture of 12-year-old children from the urban environment. *Tims ACTA (in press)*

[2022] **The role of acute pain in achieving binding position using coercive methods**

Milosavljević S, Drljačić D, Srečković S. (2022). The role of acute pain in achieving binding position using coercive methods. *Sport – Science & Practice*, 12(1): 33-36.

[2022] **PYSD Preventing Youth Sport Dropouts, Test manual based on PYSD prevention model**

Drljačić D, Vlačić A, Djupovac M, Ivanovski A & Ugrinić B. (2022). PYSD Preventing Youth Sport Dropouts, Test manual based on PYSD prevention model (*publeshed online*)

[2022] [**PYSD Preventing Sport Dropouts, Handbook for the sport coach**](#)

Drljačić D, Vlačić A, Djupovac M, Ivanovski A & Ugrinić B. (2022). PYSD Preventing Sport Dropouts, Handbook for the sport coach (*published online*)

[2022] [**PYSD Preventing Youth Sport Dropouts, Handbook for the parents**](#)

Drljacić D, Vlačić A, Djupovac M, Ivanovski A & Ugrinić B. (2022). PYSD Preventing Youth Sport Dropouts, Handbook for the parents.
(*publeshed online*)

[2022] [**The importance of a multidisciplinary diagnostic and therapeutic approach to the athletic's painful symphysis syndrome.**](#)

Vukosavljević K, Bojović M, Drljačić D, Vukušić K. (2022). The importance of a multidisciplinary diagnostic and therapeutic approach to the athletic's painful symphysis syndrome. *Serbian Journal of the Medical Chamber*, 3(2): 209-219.

[2021] [**The influence of physical activity on degree of depression, anxiety and stress of students of Medical school of the University of Belgrade**](#)

Lazarević U, Drljačić D, Bojović M, Milosavljević S. (2021). The influence of physical activity on degree of depression, anxiety and stress of students of Medical school of the University of Belgrade. *Sport – Science & Practice*, 11(2): 57-66.

[2021] [**Effects of a preparatory training protocol on the movement and body stability of handball players**](#)

Radević N, Simović S, Ponorac N, Drljačić D. (2021). Effects of a preparatory training protocol on the movement and body stability of handball players. *Int. J. Phys. Educ. Fit. & Sports*, 10(4): 42-54.

[2021] [**Preventing Youth Sport Dropout**](#)

Djupovac M, Ivanovski A, Agostinelli C, Drljačić D. (2021). Preventing Youth Sport Dropout. *The 4th International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021. Abstract book, pp. 53.

[2021] [**Compressive load as risk factor for the development of tendinopathies of different localizations \[in Serbian\]**](#)

Bojović M, Vukosavljević K, Drljačić D, Vukušić K. Compressive load as risk factor for the development of tendinopathies of different localizations [in Serbian. *Kompresivno opterećenje kao faktor rizika za razvoj tendinopatija različitih lokacija*]. *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 29-37.

[2021] [**Morphological characteristics and motor abilities of untrained and pupils who train taekwondo**](#)

Petrović S, Pajić Z, Drljačić D, Simović S, Brkić B, Živanović Ž. (2021). Morphological characteristics and motor abilities of untrained and pupils who train taekwondo. *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 195-201

[2021] [**Guidelines for physical activity at home during the Covid-19 pandemic \[in Serbian\]**](#)

Vukosavljević K, Vukušić K, Pajić Z, [Drljačić D.](#) (2021). Guidelines for physical activity at home during the Covid-19 pandemic [in Serbian. *Smernice za fizičku aktivnost u kućnim uslovima u vreme Kovid-19 pandemije*]. *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 349-355

[2021] [Comparative analysis of the postural status of preschool- and younger school-age children \[in Serbian\]](#)

Spasojević B, [Drljačić D.](#), Pajić Z, Vukosavljević K. (2021). Comparative analysis of the postural status of preschool- and younger school-age children (in Serbian. Uporedna analiza posturalnog statusa dece predškolskog i mlađeg školskog uzrasta). *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 275-282

[2021] [Prevalence of obesity among high school children](#)

Pajić Z, [Drljačić D.](#), Simović S, Brkić B, Živanović V. (2021). Prevalence of obesity among high school children. *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 202-208

[2021] [Relationship between glucose regulation, diabetes and Covid-19 \[in Serbian\]](#)

Vukušić K, Vukosavljević K, Bojović M, [Drljačić D.](#) Relationship between glucose regulation, diabetes and Covid-19 [in Serbian. *Povezanost regulacije glukoze, šećerne bolesti i Kovid-19*], *Proceedings of IV International scientific conference „Health, Sport, Recreation“*, Belgrade, Serbia, May 14, 2021; 356-366

[2021] [Basics of motor preparation in basketball \[in Serbian\]](#)

Milićević S., [Drljačić D.](#), Rađević N. (2021). Basics of motor preparation in basketball [in Serbian. *Osnove motoričke pripreme u košarci*]. *Proceedings of 11th International e-Conference on “Sports Science and Health”*, Banja Luka, Bosnia and Herzegovina, 18-19. March 2021; pp. 212-222

[2019] [Activities of children form rural and urban municipalities](#)

Stošić J, [Drljačić D.](#), Đupovac M. (2019). Activities of children form rural and urban municipalities. *The 2nd Serbian International Sports Medicine Conference*, Belgrade, Serbia, 23-25 May. Abstract book, pp. 101...

[2019] [The implementention of recess games for the development of antropomotor abilities of young school-age children \[In Serbian\]](#)

Jovanović Ranković, Z., [Drljačić, D.](#), Rađević, N., Lazarević, P., Ivanovski, A. (2019). The implementention of recess games for the development of antropomotor abilities of young school-age children [In Serbian. *Primena elementarnih igara u cilju razvoja antropomotoričkih sposobnosti dece mlađeg školskog uzrasta*]. *Proceedings of III International Conference „Sport, Recreation, Health“*, 10-11 May, Belgrade, Serbia. 211-219

[2019] [Health habits of young school-age children \[In Serbian\]](#)

Đupovac, M., [Drljačić, D.](#), Pavlović, D. (2019). Health habits of young school-age children [In Serbian. *Zdravstvene navike dece mlađeg školskog uzrasta*]. *Proceedings of III International Conference „Sport, Recreation, Health“*, 10-11 May, Belgrade, Serbia. 140-147

[2019] [Relation between motor abilities and muscle force-velocity relationship \[In Serbian\]](#)

Dimitrijević, I., [Drljačić, D.](#), Ćirić Duvnjak, K., Rađević, N. (2019). Relation between motor abilities and muscle force-velocity relationship [In Serbian. *Ispoljavanje motoričkih sposobnosti u zavisnosti od mišićne relacije sila-brzina*]. *Proceedings of III International Conference „Sport, Recreation, Health“*, 10-11 May, Belgrade, Serbia. 132-139

- [2017] [**The nutritional status of young school children in the city of Sabac involved in the project „Sport to school-grow healthy“ \[In Serbian\]**](#)
- Drljačić, D., Đupovac, M., Pajić, Z. (2017). The nutritional status of young school children in the city of Sabac involved in the project „Sport to school-grow healthy“ [In Serbian. *Uhranjenost dece mlađeg školskog uzrasta na teritoriji grada Šapca uključenih u projekat „Sport u škole-rasti zdravo“*]. *Proceedings of II International Conference „Sport, Recreation, Health“*, 12-13. May, Belgrade, Serbia; 67-73
- [2017] [**The prevalence of obesity in elementary and secondary school children in Belgrade \[In Serbian\]**](#)
- Pajić, Z., Jakovljević, S., Drljačić, D. (2017). The prevalence of obesity in elementary and secondary school children in Belgrade [In Serbian. *Prevalenca gojaznosti dece osnovnoškolskog i srednješkolskog uzrasta u Beogradu*]. *Proceedings of II International Conference „Sport, Recreation, Health“*, 12-13. May, Belgrade, Serbia; 306-314
- [2017] [**Complex modulation of finger tips forces during precision grasp and lift after theta burst stimulation over the dorsal premotor cortex**](#)
- Drljajic D, Pajić S, Nedeljković A, Milanovic SD, Ilić TV. (2017). Complex modulation of finger tips forces during precision grasp and lift after theta burst stimulation over the dorsal premotor cortex. *Vojnosanitetski Pregled*, 74(6): 526-535
- [2016] [**Effects of organized exercises program within pre-school institution on postural status of children**](#)
- Drljačić D, Tirić N, Đupovac M, Arsić N. (2016). Effects of organized exercises program within pre-school institution on postural status of children [In Serbian. *Uticaj programiranog vežbanja u okviru predškolske ustanove na posturalni status dece*]. *PONS Med J*, 13(1):9-12.
- [2016] [**The effects of artistic gymnastics training on the motor skills of girls aged 7 to 11 years \[in Serbian\]**](#)
- Drljačić D. The effects of artistic gymnastics training on the motor skills of girls aged 7 to 11 years [in Serbian. *Uticaj treninga sportske gimnastike na devojčice uzrasta od 7 do 11 godina*]. Scientific-professional conference "Quality of modern education and upbringing", Pre-school training college Sabac, Šabac, 20. May 2016. Abstract book, pp. 36.
- [2015] [**The effects of handedness on size of corpus callosum**](#)
- Drljajic, D. (2015). The effects of handedness on size of corpus callosum [in Serbian. *Efekti lateralizovanosti funkcije šake na veličinu corpus callosuma*]. *Proceedings of 8. International Interdisciplinary Conference „Horizons“*, 8-9 May, Subotica, Serbia; 319-324.
- [2015] [**Differences in neuromuscular function between athletes with and without ACL re-injury – retrospective preliminary research**](#)
- Knezevic O, Kadija M, Milovanovic D, Blesic S, Drljajic D, Mirkov D. (2015) Differences in neuromuscular function between athletes with and without ACL re-injury – retrospective preliminary research. *Proceedings of 5th International Scientific Conference „Contemporary Kinesiology“*, Split, Croatia; 411-417.
- [2014] [**Assesment of hand force coordination in unimanual manipulation tasks in patients with moderate Parkinson's disease without levodopa-induced dyskinesias**](#)

Pajić S, Drljacic D, Nedeljkovic A, Knezevic O, Milanovic SD, Jaric S, Ilic TV (2014). Assesment of hand forse coordination in unimanual manipulation tasks in patients with moderate Parkinson's disease without levodopa-induced dyskinesias. *30th International Congres of Clinical Neurophysiology*, Berlin, Germany. Abstract book, pp 507.

[2014] **Modulation of grip force in unimanual manipulation tasks after theta burst stimulation over the dorsal premotor cortex**

Drljačić D, Pajić S, Milanović S, Nedeljković A, Ilić TV (2014). Modulation of grip force in unimanual manipulation tasks after theta burst stimulation over the dorsal premotor cortex. *10th Congres of Clinical Neurophysiology with International Participations*, Belgrade, Serbia, 31.10-1.11 2014. Abstract book pp 12.

[2013] **Comparative analysis of postural status in preschool children**

Maksimovic S, Drljacic D. (2013). Comparative analysis of postural status in preschool children, ages 4 and 6. *Proceedings of 6th Conference for Youth Sport*, Bled, Slovenia; 51-58.

[2013] **Exercises of prevention and correction of kyphotic posture within directed motor activity [in Serbian]**

Tirić N, Drljačić D. (2013) Exercises of prevention and correction of kyphotic posture within directed motor activity [in Serbian. *Vežbe prevencije i korekcije kifotičnog držanja tela u okviru usmerene motorne aktivnosti*]. *National Conference with International Participation „Physical Culture and Modern Society“*, 15-16 June, Jagodina, Serbia. Abstract book p. 50.

[2012] **Eurofit test battery for the assessment of physical abilities and health fitness in children [in Serbian]**

Drljačić D, Arsić K, Arsić D. (2012). Eurofit test battery for the assessment of physical abilities and health fitness in children [in Serbian. *Primena Eurofit baterije testova u praćenju fizičkih sposobnosti i zdravstvenog statusa dece*]. *PONS Med J*, 9(4): 158-163.

[2012] **Rate of Force Development as an Adjunctive Outcome Measure in patients rehabilitating after anterior cruciate ligament reconstruction: Patellar tendon vs. semitendinosus gracilis tendon.**

Knezevic O, Mirkov DM, Drljacic D, Kadija M. (2012). Rate of Force Development as an Adjunctive Outcome Measure in patients rehabilitating after anterior cruciate ligament reconstruction: Patellar tendon vs. semitendinosus gracilis tendon. *6th Conference for Youth Sport*, Bled, Slovenia December 06-09. Abstract book pp. 20.

[2011] **The role of rythmic gymnastic on postural status of children [in Serbian]**

Mirković D, Maksimović S. (2011). The role of rythmic gymnastic on postural status of children [in Serbian. *Ritmička gimnastika i njena uloga u posturalnom statusu dece*]. *Obrazovna tehnologija*, 1/2011, 25-36.

[2009] **Postural status of preschool children as a determinant in drawing up syllabus for preschool teachers training [in Serbian]**

Maksimović S, Mirković D. (2009). Postural status of preschool children as a determinant in drawing up syllabus for preschool teachers training [in Serbian. *Posturalini status predškolskog deteta kao determinanta u izradi planova za obrazovanje vaspitača*]. *II International Interdisciplinaty conference „The teachings based on Bologna process“*, 29. Dec, Subotica, Serbia. 362-374

CONFERENCES AND SEMINARS

- [09/05/2025 – 09/05/2025] **International Conference ""Global Challenges through the Prism of Rural Development in the Sector of Agriculture and Tourism (GIRR 2025)""**
Šabac, Serbia
Member of the Scientific Board
Link: <https://www.raps.rs/wp-content/uploads/2025/05/GIRR-PROCEEDINGS-2025.pdf>
- [03/2019] **Annual seminar of the Athletic Association of Serbia** Kragujevac, Serbia
Invited Lecturer: *Preventing Youth Sport Dropout*
- [12/2016] **XI International Congress "Sport and Health", Faculty of Sport and Physical Education, University of Tuzla, BIH**
Tuzla, Bosnia and Herzegovina
Invited Lecturer: *Motor Test from the Project "Sport to Schools-Grow Healthy"*

PROJECTS

- [01/11/2024 – Current] **Paddling for Sustainability: Eco-Friendly Canoeing Project (SUSCANOE)**
ERASMUS-SPORT-2024, no. 101177670; Small-scale Collaborative Partnerships
Link: <https://suscanoe.eu/>
- [20/10/2024 – 01/11/2024] **"The Next Beat I" Training Course at Sao Miguel, Azores (Portugal)**
2024-1-HU01-KA153-YOU-000238699
- [01/01/2024 – Current] **Capacity building of sport organizations by implementing healthy lifestyle actions among juniors and seniors (Be involved – active)**
ERASMUS-SPORT-2023, no. 101134337; Small-scale cooperation partnerships
- [01/11/2023 – 30/04/2026] **Find Your Sport Superpower - Everyone Has It (FYSSP-EHI)**
ERASMUS-SPORT-2023-SCP, no. 101133595; Cooperation partnership
- [01/09/2023 – 31/08/2025] **Building a healthy active life project for our young people (Activyou)**
KA220-YOU-C2A14593; Cooperation Partnerships in Youth
<https://activyou.eu/>
- [01/12/2022 – 30/10/2023] **Your Heart Beats**
2022-1-HU01-KA210-ADU-000083500; Erasmus+ Small-scale partnerships in adult education
<https://www.theorigoworkshop.com/yourheartbeats>
- [01/11/2022 – 31/10/2024] **Let's unite, sport as the main actor in the climate neutral strategy (SPOCLIMAT)**
ERASMUS-SPORT-2022-SSCP, no. 101088472; Small-scale cooperation partnerships
<https://spoclimat.eu/>
- [01/06/2022 – 31/05/2024] **HOPASUS: A project on how to use sport video games in education (HOP)**
ERASMUS-SPORT-2021-SCP; Erasmus+ Sport Collaborative Partnerships
<https://www.hopasus.eu/>



- [01/01/2021 – 30/06/2022] **Extraordinary Social Change through Sport (ESC)**
622023-EPP-1-2020-1-IT-SPO-SSCP; *Small Collaborative Partnerships*
www.roseuropa.it/extraordinary-social-change-through-sport/
- [01/02/2021 – 31/07/2022] **Seguridad en el Tercer Sector (Security in the Third Sector) (STC)**
Erasmus+ KA205, no. 2020-3-ES02-KA205-016585; *Small Collaborative Partnerships*
<https://sdcs.org.rs/projekti/sts/>
- [01/01/2019 – 30/06/2022] **Preventing Youth Sport Dropouts (PYSD)**
603143-EPP-1-2018-1-IT-SPO-SSCP; *Small Collaborative Partnerships*
<https://www.pyzd.net>

HOBBIES AND INTERESTS

Music and Dance

Plays violin and enjoys dancing

VOLUNTEERING

- [2023 – Current] **Association Monomit** Sabac, Serbia
Founder and Chairwoman of Association
<https://www.monomit.rs/>
- [2017 – Current] **European Ecology Center** Sabac, Serbia
Supports the work of the organization and participates in its activities
<https://www.ecologycentre.rs/>
- [2011 – Current] **Humanitarian Association "Dearest Mila"** Sabac, Serbia
An active member of Association, participates in organization and implementation of activities
https://www.facebook.com/udruzenjemoja.mila/?locale=sr_RS