



## Milan Djupovac

**Date of birth:** 30/05/1982 | **Place of birth:** Sabac, Serbia | **Nationality:** Serbian | **Phone number:**

(+381) 641439779 (Mobile) | **Email address:** [milandjupovac@gmail.com](mailto:milandjupovac@gmail.com) | **Website:** [sdc.org.rs](http://sdc.org.rs) |

**Address:** Serbia (Home)

### ABOUT ME

I am a Professor of Physical Education and a Sport Science Researcher with over 15 years of experience in athletic diagnostics and performance monitoring. As the President of Sport Diagnostic Center Sabac, I specialize in developing sports measuring instruments and managing international Erasmus+ projects. My work focuses on bridging the gap between kinesiological research and practical application to enhance athletic potential and youth development.

### EDUCATION AND TRAINING

2001 – 2009 Sarajevo, Bosnia and Herzegovina

**PROFESSOR OF PHYSICAL EDUCATION AND SPORT** Faculty of Physical Education and Sports, University of East Sarajevo

- **Kinesiological Diagnostics:** Theoretical and practical foundation for assessing human movement and physical performance (the core of his current research work).
- **Research Methodology in Sport:** Gaining skills in data collection, statistical analysis, and scientific approach to sports performance.
- **Functional Testing and Physiology:** In-depth study of metabolic and physiological processes, providing the basis for professional diagnostic protocols.
- **Biometrics and Anthropometry:** Advanced methods for body composition analysis and physical growth monitoring.
- **Organization and Management in Sport:** Basics of leadership and systemic organization, which he now applies as the President of the organization.
- **Theory of Training and Programming:** Designing data-driven training programs based on objective diagnostic results.

Level in EQF EQF level 6

### WORK EXPERIENCE

**SALES MANAGER – PTM D.O.O.** – 2009 – 2011 – SABAC, SERBIA

Sales manager in charge of import and export and quality control in PTM d.o.o., company, sales, and service of medical devices.

**FITNESS GROUP INSTRUCTOR – FIT&LIFE** – 2005 – 2005 – GORIZIA, ITALY

- **Exercise Programming:** Designed and conducted group fitness sessions based on exercise science principles.
- **Safety & Instruction:** Instructed clients on proper exercise techniques and the safe use of equipment.
- **Client Motivation:** Provided professional guidance and motivation to help clients achieve their fitness goals.

**PRESIDENT AND RESEARCHER – SPORT DIAGNOSTIC CENTER SABAC** – 2011 – Current – SABAC, SERBIA

- **Leadership & Management:** Directing the organization's mission to bridge the gap between kinesiological research and practical application.
- **Performance Diagnostics:** Managing comprehensive sport performance testing and periodic monitoring of anthropometric, motor, and physiological variables.
- **Innovation & Engineering:** Leading the development and production of specialized sports measuring devices, such as the "Falcon Eye" timing system.
- **Scientific Research:** Conducting kinesiological research to enhance athletic potential and monitor youth development in elementary schools.
- **Educational & Advisory Role:** Serving as a professional consultant for sports coaches and physical education teachers, providing data-driven training protocols.
- **Project Coordination:** Managing international Erasmus+ projects and coordinating multidisciplinary teams focused on sports science innovation.

**PROFESSIONAL ASSOCIATE – SPORT ASSOCIATION SABAC** – 2013 – 2021 – SABAC, SERBIA

Administrative work in sport, physical education and recreation, sport competitions' management, management of sport projects, support to sport clubs in administrative work, management of education seminars in sport, school sport competition management.

#### PROJECT COORDINATOR – SPORT ASSOCIATION SABAC – 2017 – 2021 – SABAC, SERBIA

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Coordination of program activities for the project “Grow healthy - Sport in schools” for 20 professors of physical education, project administration, meeting organization and sport equipment management.

#### TECHNICAL SECRETARY – KAYAK CLUB “ZORKA” SABAC – 2018 – 2022 – SABAC, SERBIA

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- **Administrative & Archive Management:** Oversaw the club's daily administrative operations, including the systematic archiving of official documentation and athlete records.
- **Board & Assembly Support:** Prepared and organized sessions for the club's governing bodies, ensuring all necessary materials, agendas, and minutes were accurately documented.
- **Business Correspondence:** Managed professional communication with sports federations, local authorities, and partner organizations.
- **Contractual Oversight:** Assisted in the preparation and filing of contracts for professional staff and athletes, ensuring compliance with administrative standards.
- **Operational Coordination:** Provided essential logistical and administrative support to facilitate the club's participation in national and international competitions.

#### MEMBER OF STEERING COMMITTEE – KAYAK CLUB “ZORKA” SABAC – 2019 – 2024 – SABAC, SERBIA

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- **Strategic Decision-Making:** Actively participating in the club's governance, focusing on strategic planning and the adoption of key operational decisions.
- **Policy & Development:** Contributing to the development of club policies and overseeing the long-term sustainability of athletic programs.

#### ENTREPRENEUR IN CONSTRUCTION WORK – PRIVATE – 2021 – Current – SABAC

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- **Specialized Machinery Operations:** Operating a mini-excavator for high-precision groundwork, landscaping, and site preparation in small, challenging or restricted spaces.
- **Logistics & Transport:** Managing localized transport services for construction materials and fuel wood using specialized light-duty vehicle.
- **On-site Problem-Solving:** Executing diverse technical tasks in building construction and infrastructure maintenance, focused on providing efficient solutions for residential and commercial sites.

#### DIGITAL SKILLS

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##### My Digital Skills

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- **Sports Analytics & Diagnostics Systems:** Proficiency in operating and interpreting data from timing gates (photocells), jump platforms, and lactate measurement devices.
- **Statistical Analysis Software:** Advanced skills in data processing and statistical modeling using **JASP**, **PSPP**, and **SPSS**.
- **Biomechanical Analysis:** Expert user of **Kinovea** and other video data processing software for movement and technical analysis.
- **Physiological Monitoring:** Experience with cardio telemetry software and metabolic response tracking.
- **Office Suites:** Advanced proficiency in both **Microsoft Office** (Word, Excel, PowerPoint) and **OpenOffice/LibreOffice** (Writer, Calc, Impress).
- **Operating Systems:** Advanced technical knowledge of both **Windows** and **Linux** environments.

#### PUBLICATIONS

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2022

##### PYSD Preventing Sport Dropouts, Handbook for the sport coach

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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

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

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

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**Research work**

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[Effects of organized exercise program within pre-school institution on postural status of children](#)

D. Drljačić, N. Tirić, M. Đupovac, N. Arsić, PONS-medical journal 13 (1), 9-12

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**ERASMUS+ PROJECT PARTICIPATION**

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01/01/2019 – 30/06/2021

**Preventing Youth Sport Dropouts (PYSD)**

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*Ref. no. 603143-EPP-1-2018-1-IT-SPO-SSCP*

**Link** <https://www.pysd.net/>

01/02/2021 – 31/07/2022

**STS: Safety in the third sector**

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*Ref. no. 2020-3-ES02-KA205-016585 (Strategic Partnerships for youth)*

**Link** <https://erasmus-plus.ec.europa.eu/projects/search/details/2020-3-ES02-KA205-016585>

01/01/2021 – 30/06/2022

**Extraordinary social change through sport**

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*Ref. no. 622023-EPP-1-2020-1-IT-SPO-SSCP (Collaborative Partnerships)*

**Link** <https://erasmus-plus.ec.europa.eu/projects/search/details/622023-EPP-1-2020-1-IT-SPO-SSCP>

01/12/2022 – 30/10/2023

**Your Heart Beats! (YHB)**

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*Ref. no. 2022-1-HU01-KA210-ADU-000083500*

**Link** <https://erasmus-plus.ec.europa.eu/projects/search/details/2022-1-HU01-KA210-ADU-000083500>

01/06/2022 – 30/06/2024

**HOPASUS A project on how to use sport video games in education (HOP)**

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*Ref. no. 101049653*

**Link** <https://erasmus-plus.ec.europa.eu/projects/search/details/101049653>

01/11/2022 – 31/10/2024

**Let's unite, sport as the main actor in the climate neutral strategy (SPOCLIMAT)**

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*Ref. no. 101088472*

**Link** <https://spoclimat.eu/>

01/11/2023 – CURRENT

**Find Your Sport Superpower – Everyone Has It (FYSSP-EHI)**

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*Ref. no. 101133595*

**Link** <https://sportsuperpower.com/>

01/01/2024 – 30/06/2025

**Capacity building of sport organizations by implementing healthy lifestyle actions among juniors and seniors (Be involved – active)**

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*Ref. no. 101134337*

**Link** <https://erasmus-plus.ec.europa.eu/projects/search/details/101134337>

Ref. no. 101177670

Link <http://suscanoe.eu/>

01/01/2026 – 31/12/2028

**AgingMyth - Aging is a Myth**

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Ref. no. 101243664

Link <https://erasmus-plus.ec.europa.eu/projects/search/details/101243664>**OTHER PROJECTS AND GRANTS**

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2012

**Treatment of medical waste**

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Second phase in Serbia, Grant by European Commission in Serbia 2012 (2.2 million euros) — coordination activities for equipment transport, installation, user education and iq&oq documentation.

2013

**Kinesiology lab**

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Grant received from Ministry of sport and youth of Serbia in 2013 (500 euros) — coordination, data collection and analysis.

2014

**Falcon eye 2D**

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Grant received from Wikimedia Serbia in 2014 (500 euros) — coordination, system integration and data collection.

2013 – 2018

**Anthropology and motor test assessments in "Grow healthy - Sport in schools" project**

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Funded 5 times from Sabac Municipality (1.000 euros per year in 2013, 2014 and 2015 and 4.000 euros per year in 2017 and 2018).

2016

**Talent identification in project "Grow healthy - Sport in schools"**

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A grant of 1.000 euros in 2016 for children talent identification within the mentioned project.

**LANGUAGE SKILLS**

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Mother tongue(s): **SERBIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C2	C1	C1	C1	C1
<b>ITALIAN</b>	B2	B1	B2	B2	B2

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

**SOCIAL AND POLITICAL ACTIVITIES**

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Sabac

**Member of civil protection - First aid team**

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Long-term active member of the Civil Protection unit, specifically within the specialized First Aid Team. Leveraging a professional background in physiotherapy and sports medicine, I provide emergency medical support and coordinate safety protocols during high-risk events and sports competitions. My role focuses on maintaining a calm, solution-oriented approach in high-pressure situations, ensuring rapid response and effective injury management.

**Military Service**

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Completed mandatory military service, which fostered a strong sense of personal discipline, responsibility, and the ability to function effectively within a structured hierarchy. This period contributed to the development of organizational skills and a high level of adaptability in collaborative, team-oriented environments.

## ● HONOURS AND AWARDS

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### Early sport success

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- **National Champion in Kayaking:** Achieved championship titles in K2-1000m, K4-500m, and K4-200m disciplines during the competitive period from 1995 to 2001.
- **National Team Member:** Represented the national team in canoeing (flatwater racing) and triathlon at the junior level.
- **Competitive Background:** Competed at a high level in kayaking as a cadet and junior athlete.
- **Multi-Sport Athlete:** Recreational level in swimming, running, and nowadays in sport shooting, maintaining a lifelong commitment to physical activity.

## ● HOBBIES AND INTERESTS

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### Hobbies and interests

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- **Foreign languages and cultures:** Driven by a strong interest in exploring international cultures and improving language proficiency.
- **Music and film art:** Passionate about artistic expression through music and cinematography.
- **Lifelong learning:** Committed to continuous self-education and personal growth.
- **Active lifestyle:** Engages in recreational swimming, running, and sport shooting to maintain physical well-being.

## ● DRIVING LICENCE

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**Driving Licence:** B1

**Driving Licence:** B

**Driving Licence:** BE