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**Original research article**

# CONTRIBUTION OF THE INSTITUTE OF SPORTS AND SPORTS MEDICINE OF THE REPUBLIC OF SERBIA TO THE DEVELOPMENT OF PHYSICAL EDUCATION

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## SUMMARY

The Institute of Sports and Sports Medicine of the Republic of Serbia is an imminent institution in the field of physical education, which has existed for more than 60 years. The Sports Institute of Sports Associations of Yugoslavia was founded in Belgrade in 1953 with a task to study the issue of top-level professional sports. This institution has gone through different stages of development, changing its founder and name multiple times, and in 2011 was finally named the Institute of Sports and Sports Medicine of the Republic of Serbia. Although it has changed the name and its professional staff, it has always had the same goal, which is to provide professional assistance to physical education and its rapid and holistic development, thus giving a significant contribution to its growth.

Over the past six decades, the work of the Institute has been filled with rich and varied activities and contents. Ever since it was founded, the expert team at the Institute of Sports and Sports Medicine has achieved significant results and has affirmed it to be an important factor and a professional force in achieving social interests in the field of physical education, sports and recreation, thereby achieving its mission and essence of existence.

**Keywords:** physical education, contribution, Institute of Sports and Sports Medicine, Serbia, improvement.

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## INTRODUCTION

The developmental path of the Institute, as one of the most respected institutions in the field of physical education in Serbia, dates back to the early 1953, when the Sports Associations of Yugoslavia made the decision to form the **Sports Institute** in Belgrade, as well as in other republics and provinces of the former Socialist Federal Republic of Yugoslavia. For the first time a unique legal institution was created with distinctive organizational formation, which from the legal and administrative side represented a completely new form, and where a new approach to the issue of physical education was completely created. Sports Institute in its work primarily chose to analyze the conditions and record the state in which sports were developing in the country and around the world. The Sports Institute has made a significant step forward towards further settling the issue of physical education and sports in particular in a very short time since it's founding and under quite difficult operational circumstances.

As steady and intensive development of sports is not possible without intensive development and improvement of physical education in general, and particularly physical education in schools, the need for the Sports Institute to expand its activities to other areas of physical education arose early on. As such an orientation was beyond the level and framework of the Sports Associations of Yugoslavia, in 1956, the Federal Executive Council established the **Federal Institute of Physical Education**, which with experts from all fields, especially from the field of physical education, studied the broader issues of physical education. The years of the Federal Institute were marked by the consolidation of all departments that were formed, and creation of better material, technical and personnel requirements for the operation. In the organizational sense, this period brought great progress because many important issues for the future work of the institution were starting to get resolved in the correct and rational way.

With the establishment of the **Yugoslav Institute of Physical Education** in 1963 and the transition to an independent way of doing business by following the general tendencies in society begins a new period for this institution. The completion of sporting facilities and recruitment of new professional staff created conditions for better operation of the Institute.

However, the expansion of the Institute and the cessation of full state funding led to new problems in the operation, and especially in the part of maintenance of facilities and funding of research activities.

In 1971, a new institution started operating as an independent autonomous organization by having the rights of the founders transferred to the City of Belgrade. Further decentralization process led to the continuation of the program, organizational and self-management transformation of the Institute. This further

led to a division of a single Institute into three separate organizational units of associated operation. Thus, the Institute of Physical Education, the Institute of Sports Medicine, and the 'Kosutnjak' Sports Centre were formed, only to be united in 1973 into a single organization of operation - the **Yugoslav Institute of Physical Education and Sports Medicine**.

After two decades of independent operation, in 1992, there was a merger of three former basic organizations of associated operation, and in 1996, after the adoption of the Law on Sports, the name was changed to the **Republic Institute of Sports**. This finally solved the status of transferring the rights of the founders by the state. In this period, more than half of departments were completely eliminated or continued operation with a reduced workload before they were completely shut down.

At the beginning of the next decade, starting from 2002, substantial efforts were made to launch the process of organization of the Institute, and its bringing up to standard required by modern professional sports. However, only with the organization of the Universiade 2009 in Belgrade, where the facilities of the Institute were restored and renovated, did a new period of operation of this institution begin, and it returned to the right path that it started on several decades ago. Finally, with the new Law on Sports, passed in 2011, the name of the institution was changed to the **Institute of Sports and Sports Medicine of the Republic of Serbia**.

## **SUBJECT OF RESEARCH**

The subject of research is the contribution of The Institute of Sports and Sports Medicine of the Republic of Serbia to the development of physical education. Research framework is defined by activities carried out at the Institute, such as: design and programming of development of physical culture and physical education, sports, recreation, sports facilities, sports and medical care, information and documentation activities, and the operation of the Sports Center.

## **RESEARCH METHODS**

The historical **method** was applied in the paper. Gathering sources has granted access to the primary and secondary historical sources and literature on the subject. The archives and library fund on the operation of The Institute of Sports and Sports Medicine of the Republic of Serbia is very rich in material, arranged and available, which was the basic requirement for finding the largest possible number of primary historical sources on the subject.

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## RESULTS AND CONTRIBUTION

With the establishment of the Sports Institute in 1953 began a long and successful period of operation of one of the most respected institutions in the field of sport in Serbia – The Institute of Sports and Sports Medicine of the Republic of Serbia. Although it lasted for only three years, the Sports Institute, despite numerous material and personnel problems, achieved remarkable initial results, particularly in the field of improving sports and information and documentation activities.

During the Sports Institute, significant issues of organizational structures of the institution were resolved, and in 1956 the departments and offices that marked the fertile years of operation of the Institute were formed. The Institute was entrusted with the tasks of the broadest social significance which it, as well as the institutions after it, very successfully implemented.

Since the very founding of the Institute, there have been concrete ideas and proposals to put the state behind the Sports Institute as a strong and stable partner. In addition, the idea to build a Sports Center was approached very early on to serve as a material basis for operation in sports.

Completing and equipping the most important sports facilities in 1963 created conditions for rapid and smooth development of the institution, particularly its research activities. By recruiting new associates and with a significant increase in the number of jobs, the Institute gradually built its staff structure necessary for scientific research and professional work.

One of the constant activities continuously undertaken by the Institute included activities and tasks related to the conceptualization and programming in different areas of physical education. The very founding of the Yugoslav Institute of Physical Education led to a very important project which concerned the multi-annual planning of physical education in the country. With these projects the Institute became a reputable institution that could be entrusted with capital and long-term studies.

The establishment of the Yugoslav Institute of Physical Education and Sports Medicine continued with designing and programming physical education development. It was necessary to engage the *Centre for Social Research in Physical Education* for these tasks, which was established for this purpose in the first place. The Centre received a broad base for research with the establishment of self-governing communities of interest, and it received significant financial support with the establishment of the State Community of Physical Education.

In addition to participation in the creation of medium- and long-term programs of physical education development, as well as participation in drafting

of legislation on physical education, the Centre was involved in numerous activities of the self-management organization of interest, continuously dealing with the study of social movements and current problems in physical education, as well as the corresponding concrete tasks. Until the 1990s, the Institute systematically worked on creating partial analyses, reports and studies.

Forming the *Center for Physical Education of Preschool Children* in 1974 increased the interest in studying this issue, but its implementation in practice was quite difficult because this area was quite underdeveloped and general society did not pay enough attention to it. Despite the resistance which the Center faced in its operation, in 1981 it began to produce a task that was related to the prevention of postural disorders in preschool children, which had successfully been implemented for nearly two decades. As this issue was very important in the process of proper growth and development of preschool children and their health, the tasks were soon expanded to a population of children in the local communities, children families cared for, and children in sports centers in Belgrade.

This period of the operation of the Institute was marked by the effort and dedication of associates from the *Centre for Development of Physical Education in Schools*, who worked on the activities and tasks of improving physical education in schools. They attempted to bring physical education closer to the needs and abilities of students with the new programs. However, one task marked almost two and a half decades of the Institute operation. The system of continuous monitoring of physical development and physical abilities of children and youth in Belgrade represented a unique attempt to take a work plan on physical education from the subjective to the objective indicators for the first time, and thus create the basic prerequisites for a modern approach to physical education.

With the establishment of the *Center for Improvement of Sports and Olympic Preparations* in 1973, the Institute received a unique administrative department for the improvement of professional sports, which later evolved into a specialized professional, methodological and advisory base for the issues of professional sports and Olympic preparation. During its operation, the Institute had monitored the development of professional sports and provided complete medical/pedagogical services to top-level athletes and their coaches. Work on improving top-level sports was one of the most important continuous tasks carried out at the Institute.

Personnel and material strengthening of the Centre for Improvement of Sports and Olympic Preparations, especially in the period from 1976-1980 when modern equipment for diagnosis and prognosis in physical education was purchased, provided better quality of services. This work was given its true

meaning with the establishment of the *Sports Diagnosis and Prognosis Center*, along with the establishment of the Expert Team for the Improvement of Sports and Olympic Preparations. This team was composed of professional associates of the Institute and prominent professionals and coaches, who achieved significant results in a short period of time.

Given that a requirement for the development of top-level sports includes well organized children's and youth sports, working on improving this activity gradually began to take place. Thus in 1962, *experimental sports schools* started their operation in the newly built sports center 'Kosutnjak', established with the aim to enable faster development of children talented for sports. Expert methodological work was focused on the selection and training of children and youth in order to ensure maximum athletic development and top sports achievements. Therefore, the Institute focused its activity on developing methodologies for early detection of children's preferences for specific sports, and on organizing children's sports schools, as well as on the development of teaching programs for them. Numerous projects were conducted that dealt with methods of early detection of talented children and selection of children and youth for certain sports, and the early ideas about permanently setting up a system of child and youth sports came up as well.

The Institute had serious ambitions and plans regarding these issues because it fully understood the need for the selection and early guidance in sports as an integral part of physical education. This confirmed the importance of child and youth sports as a basis for the creation of top-level results in sports, based on the assumption that only those individuals who were involved in organized and controlled preparations from the very beginning had a realistic chance of achieving great things in sports.

The Organizing Committee of the *Sports Games of the School Youth of Serbia* entrusted the Institute of Physical Education with the professional activities on the programming of *Sports Games* and the determination of the effects that they achieved in practice. A complete program was prepared for the competition in the Fifth Cycle, including the basic propositions, propositions for certain competitions and the competition calendar for 1974, as well as other tasks related to the organization of the Games.

In the early 1980s, the implementation of *Sports Camps for Recording the Olympic Hopefuls* from the territory of the Republic of Serbia began, with the aim to improve children's and youth sports, and create a sound base and a sports base that will create top athletes.

At the same time, the construction of the Sports Center, and outdoor sports fields and pavilions improved conditions for having *conferences, courses and seminars for coaches*. Thus, during the operation of the State Institute there was a

large number of organized conferences and courses for coaches in certain sports fields. Starting from 1970, the work on the professional education of coaches started to grow into a higher quality operation. Organizing the "Coaching Stand" significantly helped informing and training of coaching staff. In the period from 1971 to 1985, there were more than 200 lectures of which more than 60 were lectures given by foreign experts. In addition, the work on educating coaches resulted in the opening of a permanent counseling center for coaches in 1982, while the application of magnetoscopy and new recording technologies significantly improved the ability to perform analyses of techniques and tactics in sports.

Work on the development of sporting recreation and improving the physical abilities of the population was the hardest to achieve. *Department of Physical Education for Adults* has since its establishment done a number of activities and tasks. The most important research project that was implemented was a great campaign to measure physical development and physical abilities of adult employed citizens of Yugoslavia from 1964, including more than 22, 000 workers aged 20 to 55.

A similar situation befell the planning of construction of facilities for physical education, where the lack of material structures, standards and regulations in the construction industry constituted an aggravating circumstance in the operation. Therefore, at the very beginning of the operation of the *Department of Facilities, Props and Financing*, issues that were related to the planning, design and construction of facilities for physical education were highlighted, and so were the issues related to conducting of studies on their norms, dimensions and standards.

During its prolific operation, the *Bureau for Sports Facilities* had implemented the following tasks: development of a program for sports and sports and recreational centers and facilities; auditing of programs for certain sports and sports and recreational facilities; preparation of investment and technical documentation for the various facilities for physical education. The largest number of these tasks was done for sports and recreational centers of municipalities in underdeveloped areas.

In the mid-1950s, the status of the sports/medical services was unsatisfactory because there was no sports and medical doctrine for the entire country. The absence of a unique organization of health services in physical education imposed the need and opened the possibility for something significant to be done in this field. Thus, the *Department of Medical and Physiological Studies* (later: The Institute of Sports Medicine), has since its establishment participated in testing the preparedness of top-level athletes, where numerous laboratory and field tests have been performed. During the 1960s, this Department developed a

large number of research projects that were related to both healthy and ill persons.

The main activity of the *Institute of Sports Medicine* was health care and health control of athletes and persons engaged in physical activities, treatment and rehabilitation through physical exercise, and functional diagnostic and prognostic analyses in order to determine the physical fitness and dosage of physical exertion. According to the special methodology, examinations covered different parameters of specialist medical examinations in sports medicine. Over the years, more than tens of thousands of specialist examinations and testing were carried out.

*Centre for Documentation* regularly carried out the planned tasks pertaining to the collection, processing and analysis of statistical data on the situation and occurrences in all areas of physical education in the country, followed by issuing a large number of publications. For example, in 1964 alone, 32 different press releases were prepared, which was a very comprehensive and complex task. Books and collections were translated, while the library continued to increase its fund of books and magazines. A little while later, a *Sports-Indoc* (information and documentation activities) Center was founded, which early on in its work affirmed the quality and variety of its services by taking measures to further expand its activities by applying scientific knowledge in the field of information technology and information systems.

A modern *Sports Center* was built with all accompanying facilities, which enabled the realization of a number of various sports and recreational facilities for different populations of citizens. Although the organization of the Centre was followed by a lot of problems and failures, as well as constant deterioration due to lack of maintenance, thousands of users used their services every year. The main activity of the *Sports Centre* involved organizing and carrying out physical education, sports training of athletes and sports and recreational activities for children, youth, athletes and citizens, as well as maintenance of sports fields and facilities.

## DISCUSSION

In mid-20th century, international socio-political situation in the country imposed participation of all social actors in the struggle for the affirmation of the socialist Yugoslavia around the world. Given that sports in certain circumstances were an important factor of peace and bringing peoples together, and the fact that in society there was an increased need and demand for a professional approach in the field of professional sports, under such circumstances a decision was made on the establishment of the *Sports Institute of Sports Associations of Yugoslavia*. Even



though it lasted for only three years, this institution achieved remarkable initial results, particularly in the field of improving sports, and information and documentation activities. There was a significant step made towards further settling of issues of physical education, and its accelerated development. Other institutions that were later built continued to work in the same direction, and at a certain moment in history achieved as much as their capabilities, as well as the socio-economic and political conditions in the country, allowed them.

But with the establishment of the *Federal Institute of Physical Education*, the state entrusted this institution with the task of the broadest national importance, which related to the design and programming of physical education development in Belgrade, and later in Yugoslavia. The Institute, through its departments, was directly involved in the widest planning and programming, which undoubtedly provided an invaluable contribution to the development of physical education. The basis of long-term policies and programs for the development of physical education in the country were established, so from that point of view this contribution was even more important. The contribution to the faster development of physical education could have been even greater had the community had a clear concept of the physical education development, as well as the Institute itself.

The work on improving physical education in schools began with the founding of the Federal Institute, when the first thing was to draft framework programs in the field of physical education in primary schools and teacher's schools, as well as prepare proposals for the training of teaching staff. Very soon it was noticed that the contribution to the development of physical education in schools could be achieved only through planned and systematic data collection on the status of the physical abilities of students, which was implemented by introducing a feedback system for measuring physical abilities of students in primary and secondary schools.

Implementation of this system provided teachers with basic information about the status of physical development and physical abilities of students, as well as proposed measures for further programming of operation in order to promote the teaching of physical education. In this way, top-level sports got the basic selection elements, which included, above all, early detection and identification of children talented for sports as a necessary requirement for the development of professional sports.

The Institute's place in the process of improving physical education was very important, especially when we take into account all the advanced solutions and new ideas that were proposed, so in that sense, the results achieved were greater and more significant.

In addition to working on improving physical education in schools, in 1974, with the establishment of a separate organizational unit - *The Centre for Physical Education of Preschool Children*, the Institute started working on a new issue. Part of the task of this Center, which related to the prevention of postural disorders, as well as the inclusion of preschool children in regular physical education curriculum, significantly contributed to the improvement of work in children's preschool institutions and their planning on improved fundamentals, with which the Institute pioneered the development of this hitherto rather neglected activity.

As the Institute was primarily established with the aim to support the development of top-level sports, this issue was devoted the most attention. Thus, the focus of the operation of the *Department for Professional Sports* was the improvement of professional sports and drafting of proposals of instruments to achieve them. The creation of tests to control the physical fitness and health of top-level athletes and candidates for the Olympic Games in 1960 marked the beginning of a great systematic and continuous process that this Department, in this very period, started to perform successfully. Launching such a great campaign like this, which was to ensure preparation of Yugoslav athletes for the Olympic Games, in perspective, directed the work on raising the level of excellence in sports to a completely different direction. This marked the road to proper understanding of professional sports and their placement on firm foundations, which by addressing this issue in a completely different way contributed to the faster development of professional sports, especially to the development of the preparation of professional top-level athletes. In this way, the Institute with its operation contributed to the begin of solving issues of diagnostics and prognostics in sports.

Given that professional work with children and youth was a necessary requirement for the development of superior athletic achievement, this issue was given great amount of attention very early on. The establishment of an experimental children's sports school helped significantly improve and develop professional work with children and youth. With the introduction of sports camps the efficiency of the selection method and training process of selected children talented in sports was observed through the complex laboratory and field testing. These objective indicators helped the coaches in their future professional work with young sporting talents, which provided an outstanding contribution to the development of children's and youth sports.

The period of the Institute, especially during the 1970s and part of the 1980s, was one of the most fruitful periods of operation in the field of professional training of sports coaches and other professional staff in sports. Many coaches matured into top sports professionals, creating top-level sports results in their work. Total contribution of the "Coaching Stand" to the professional training in sports (as well as other forms of training coaches) was great insofar if one takes

into account that this form of professional development of coaches at the time was unparalleled in the country, had no worthy competition, and from that perspective was unique and significant. Sports counseling wasn't falling behind with its goal to help coaches in their professional work, especially in the field of efficiency of sports training. Thus, in this way, it significantly influenced the rapid development of professional sports.

The state didn't have a clear developmental concept in terms of development of sports and recreation and improvement of the physical abilities of the population. All results and efforts the Institute made as it strived to do more in this field did not meet sufficient support in practice from the community. Nevertheless, the impact of the Institute was evident in improving the operation on the issue because favorable conditions and opportunities for further work on the massification of physical exercise and improving physical abilities of the adult population were created. There was a big step forward in this direction and substantial contribution was made to the development of this activity, and in turn physical culture in general.

The main problem in the design and construction of physical education facilities consisted in the fact that the state did not have a developmental concept in this area either, where the Institute as a renowned institution should have had a central consulting role. The absence of relevant legislation in the sphere of construction of these facilities made it impossible for this institution to contribute to the development of an extremely important activity. Nevertheless, a lot of written material, notebooks, brochures, papers, blueprints and drawings of sports facilities in connection with the management, maintenance, financing and use of physical education facilities were issued; ongoing technical assistance was provided to underdeveloped municipalities; and spatial programs and plans were analyzed in order to facilitate access to the programming of physical education facilities, which provided an exceptional contribution to the development of physical education. The operation of the *Department for Building Structures and Equipment* significantly helped make this part of physical education more developed and promote studying of various questions related to this issue. As the material base was the basis for operation in the field of physical education, this work was of great importance, especially when one takes into account exceptional underdevelopment which was inherited in this part of physical education.

The activity of the Institute of Sports Medicine helped build a system of health control and prevention, strengthen the awareness of people about the need for regular medical examinations, while diagnostics played a special role in the improvement of professional work with athletes and forecasting results. This activity was constantly being perfected following the development of science and technology. During the operation of the Institute of Sports Medicine as a preventive - curative branch of non-medical science, it has become an integral

part of the health service, entering into the plans and programs of health care in physical education. Sports medicine focused in this way was able to effectively contribute to the strengthening of health, and physical abilities of children, youth and adults. Foundations were laid for the construction of sports medicine, which undoubtedly gave a great contribution to the development of this activity and physical education in general. In the period that followed the Institute became the initiator and driver of activities related to the management of this situation, and the path was paved for further development of sports and medical care, and prognostics and diagnostics.

During the entire period of the operation of the Institute, remarkable progress was made in the field of information and documentation, and statistical and publishing activities. The most important task which was set before the *Center* was to *organize the service of documents and information in the field of physical education in the country*. Big plans and ambitions been implemented in practice have in this way. The Institute become the initiator and organizer of all indoc services in the country, which directly helped the establishment and strengthening of this activity overall. This was a significant improvement of the information sector, and the Institute established a leading role in the area of raising information awareness, and with a wide range of different activities became a unique institution of its kind in the country.

A large number of publications that were issued enabled better informing and professional ascent of the carrier of physical education, which was of primary importance in this period of their development. Publications such as *Contemporary practice and Coaching Stand* informed sports coaches and other specialists about the new findings in technology, exercise, training and competition.

A particularly large contribution was made to the development of statistical service, where a completely new methodology of physical education was set up. The publications that were regularly or occasionally issued made it possible for the information from different areas of physical education to be delivered to the municipal bodies, physical education institutions and other users, which provided a great contribution to the development of physical education in the segment of awareness of local officials, and other services.

The construction of the *Sports Center*, track and field stadium, and an open swimming pool significantly increased material goods of the Institute, which opened up new possibilities for the operation of all departments, further prosperity of the institution, and thus for a greater contribution to the development and improvement of physical education in the country. Despite the numerous problems that the Sports Center faced, as the first multifunctional sports institution of the Institute (and in the country), it significantly contributed

to the development and promotion of physical education in all its manifestations. There has been a positive influence on the development of sports, physical education and recreation of users of all ages, which substantially provided contribution to the development of physical education.

## CONCLUSION

*The Institute of Sports and Sports Medicine of the Republic of Serbia* has left a deep mark in various fields of physical education, and has achieved as much as the current socio-economic and political conditions allowed it. The evident influence on its development is measurable and contained in all attempts, efforts, actions and activities aimed at the development of this field.

By studying the whole issue of physical education, which covered almost all aspects of this activity, the Institute has with its operation opened the way for organized inclusion of science in immediate professional practice, finding and revealing the possibilities for better and faster development of the field. That's why the presence of the Institute can be observed in many positive achievements in the field of physical education.

It's harmonized its activities, but its essence has not changed, and it has always been focused on improving physical education. The Institute has made a great contribution to the development of physical education in the country in all areas of its operation. Despite the obvious difficulties, it has significantly contributed to building a system of physical education in Serbia and to the further enhancement of this activity.

The Institute has continuously achieved professional support to the sports practice with constant monitoring and improvement of technology in professional services, preparation of long-term plans and programs, control of preparedness of athletes, providing technical assistance, as well as various forms of professional training of personnel, thus making a significant contribution to the development of physical education.

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## ДОПРИНОС ЗАВОДА ЗА СПОРТ И МЕДИЦИНУ СПОРТА РЕПУБЛИКЕ СРБИЈЕ РАЗВОЈУ ФИЗИЧКЕ КУЛТУРЕ

### САЖЕТАК

Завод за спорт и медицину спорта Републике Србије је еминентна установа из области физичке културе, која постоји више од 60 година. У Београду је 1953. године основан Спортски институт Савеза спортова Југославије са задатаком да изучава проблематику врхунског спорта. Ова институција је пролазила кроз различите фазе развоја, мењајући више пута оснивача и име, да би коначно 2011. године добила назив Завод за спорт и медицину спорта Републике Србије. Иако је мењао име и свој стручни кадар, увек је имао исти циљ, а то је – пружање стручне помоћи физичкој култури ради њеног бржег и целовитијег развоја дајући тако значајан допринос њеном развоју.

Делатност Завода у протеклих шест деценија испуњена је богатим и разноврсним активностима и садржајима. За све време свог постојања стручни тим у Заводу за спорт и медицину спорта остварује значајне резултате и афирмише се као важан чинилац и стручна снага у остваривању друштвених интереса у области физичког васпитања, спорта и рекреације, остварујући тиме своју мисију и суштину постојања.

**Кључне речи:** физичка култура, допринос, Завод за спорт и медицину спорта, Србија, унапређење.

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## ВКЛАД ИНСТИТУТА ПО СПОРТУ И МЕДИЦИНЕ РЕСПУБЛИКИ СЕРБИИ В РАЗВИТИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ

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### РЕЗЮМЕ

Институт спорта и спортивной медицины Республики Сербии является видным учреждением в области физической культуры, которое существует более 60 лет. В 1953. году в Белграде, основан Спортивный институт ассоциации спортов Югославии с задачей изучить вопрос о профессиональном спорте. Этот институт пережил разные стадии развития, изменяя несколько раз и имя и основателя, и, наконец, в 2011 году назван Институт по спорту и медицине Республики Сербии. Хотя он изменил свое имя и профессиональный персонал, всегда преследовал одну цель - обеспечить специальную помощь физической культуре для ее более быстрого и целостного развития и давая таким образом существенный вклад в ее развитие.

Деятельность Института в течение последних шести десятилетий наполнен богатой и разнообразной деятельностью и содержанием. В течении своего существования, эксперты в Институте по спорту и медицине добиваются значительных результатов, а Завод утверждается как важный фактор и профессиональная сила в достижении общественных интересов в области физического воспитания, спорта и рекреации, тем самым достигая своей миссии и сущность бытия.

**Ключевые слова:** физическая культура, вклад, Завод по спорту и спортивно медицине, Сербия, улучшение.

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