**Curriculum Vitae** of coach Jelena

Hello.
My name is Jelena. On this page I will present you some basic info regarding my athletic, educational and employment career. I was born in the 1987., Krusevac, Serbia.

By profession I am a Master of Sport Science and Physical Education, University of Belgrade.

I am knowledgeable already but still eager to learn as much as I can to gain more learning about human body as one complex structure. I am interested in functioning of the human body and how dysfunctions directly affected the human body and brain. My guiding star is to get the human body back into balance where it was biologically meant to be, by using the variety of exercises and techniques.

**Education**

* High school: Gymnasium „Vuk Karadzic“, Trstenik, Department of Natural Sciences; 2002 – 2006.
* Faculty of Sport and Physical Education, Belgrade, Department of Sport Science; 2006 – 2010.
***Professor of Sport, average grade 9,32 (out of 10)***
* Faculty of Sport and Physical Education, Belgrade; 2010 – 2013.
***Master’s degree of Sport Science and Physical Education, average grade 9,7 (out of 10)***
* Scholarship „Fund for young talents“, Republic of Serbia; 2009 – 2011.
* International Scientific Conference – Physical activity for everyone, University of Belgrade, Faculty of Sport and Physical education 2010.

**Work history**

* Instructor of Group fitness program and Taebo, “FlexGym”, Trstenik; 2006.
* Power Plate Instructor, “Alpha Studio”, Belgrade; 2008 – 2009.
* Professional practice, “Sky Wellness”, Belgrade; 2010.
* Personal Coach in personal fitness studio, “Health Concept”, Belgrade; 2010 – 2013.
* Personal Coach in “The 27th Fitness Center”, Doha, Qatar; 2013 – 2020.
* **Personal Coach and Co-Founder of “Center for Fitness and Physical Preparation”**,
A Blok, Novi Beograd, Serbia; November 2020. – present
*(I stayed in Qatar till September 2020. Then I decided to come back to Belgrade, with a plan and strategy to open elite Center for Fitness and Physical Preparation (CFP).*

**Sports career**

* 7 years of active Volleyball career
* 2 years of Latin Dancing
* In seasons 2014 – 2017., I successfully completed 5 demanding long Triathlon races:
2014. Ironman70.3 Italy, Pescara,
2015. Ironman70.3 Wiesbaden, Germany - European Championship,
Abu Dhabi International Triathlon (2014 and 2015.),
2017. Challenge Triathlon Roma753. Rome, Italy.

All triathlon races were completed together with my husband and colleague – Marko Ristic (for more information about coach Marko, please visit [www.markocoach.com](http://www.markocoach.com)).

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