

Anna Szumilewicz – PhD in exercise science, Gdansk University of Physical Education and Sport (AWFiS), faculty of Tourism and Recreation, Dept. of Public Sport.

Anna graduated from the Gdansk University of Physical Education and Sport, Poland (2002). She gained her PhD at the University of Physical Education in Warsaw (2010), on the basis of a thesis on the subject of educating Polish fitness instructors in the context of the expectations of the participants of the recreation exercises. While preparing her thesis, Anna took part in the International Summer School at the Institute of Sport and Exercise Science, University of Copenhagen (2005).

Anna uses the conclusions from her research in modernizing the Polish system of educating health-related physical activity professionals. After the deregulation of the profession of physical recreation instructor in Poland 2010, she co-authored *The Agreement of Physical Education Universities on the system of qualifications in physical activity (Porozumienie Akademii Wychowania Fizycznego w sprawie systemu kwalifikacji w rekreacji ruchowej)* (2012).

She is an expert on education at the National Methodology-Training Centre of the Physical Culture Association (KOMSz), which is the largest organization in Poland for Vocational Education and Training. She also cooperates with the Educational Research Institute (IBE) in Warsaw, which is an institution conducting interdisciplinary research concerning the functioning and effectiveness of the education system in Poland. She is the author of the proposal of National Qualification Framework for Physical Activity Professionals (2012). Anna is currently working on European Framework of Professional Qualifications in Prenatal and Postnatal Physical Activity.

Her scientific work and the proposed system solutions are based on many years of practical experience as trainer and fitness instructor. She has led group fitness classes for women of all ages in fitness clubs. She currently delivers health-related training programs for pregnant women at AWFiS in Gdansk. She is a qualified *group fitness instructor, fitness instructor and pre/postnatal exercise specialist*.

In her further research work, Anna intends to analyze the importance of prenatal physical activity during pregnancy, childbirth and the postpartum. A major focus of her research is the analysis of the dependence of the effectiveness of pre-natal and post-natal training programs on the quality of professional training of instructors and trainers. She is the founder and patron of the Scientific Circle for Physical Activity of Women of Childbearing Age (AFKOR) at AWFiS in Gdansk.

She is the author of over twenty scientific and popular-science papers in the field of women's health-related physical activity. She has participated in numerous conferences and specialist meetings in Poland and in Belgium, Denmark, Finland, Spain, the Netherlands, USA, Latvia and the Ukraine.

For her activity, Anna has received four awards from the Chancellor of the Gdansk University of Physical Education and Sport, the Scholarship of the Chairman of Physical Education and Sport and the Scholarship of the Mayor of Gdansk.

She is a member of the European Health and Fitness Association (EHFA) and International Association for Physical Education in Higher Education (AIESEP).