

Prof. AWFIS, dr hab. Katarzyna Prusik,
ul. Słoneczna 7/2
80-322 Gdańsk

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Curriculum vitae

Personal data

First name, last name – Katarzyna Prusik

Academic Degree – post-doctoral degree

Position – Associate Professor

Employment – Jędrzej Śniadecki Academy of Physical Education and Sport in Gdańsk, Chair of Sports

Address of the company – ul. Kazimierz Górskiego 1, 80-336 Gdańsk

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Education and professional careers

1993 – Master of Sports Education;

2004- Doctor of Physical Culture Sciences

2013- Doctor of Physical Culture Sciences

- Specialist in sports wellness and physiotherapy,

- Instructors: swimming, volleyball, basketball, athletics, sports gymnastics, kayaking, fitness exercises, sports orientation,

- International Nordic Walking Trainer INWA

2004 – 2012 Assistant Professor at the Chair of Tourism and Recreation AWFIS in Gdansk

2009-2012 Head of the Department for Exercise Recreation AWFIS in Gdańsk

Since 2013 Associate Professor for AWFIS in Gdansk

2013-19 Head of the Department of Biomedical Health Fundamentals AWFIS in Gdańsk

Scientific activities and research interests

- Author of more than 180 publications

- Participant of several scientific and methodological-scientific congresses and conferences,

- Master Class at Nordic Walking

- Author of scientific projects and their leader

- Initiator of research in the field of health training for middle-aged and elderly people (since 2005);

- Research interests: health training, primary and secondary prevention of civilizational diseases, prevention of the pathology of aging and aging

Hobbies

Classical music, spirituality, active recreation