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## Evaluation of the Doctoral Dissertation by Sebastian Müller-Haugk

This dissertation addresses a relatively new and not yet widely established domain within psycho-physiological health theories—a domain that holds increasing relevance for sport sciences, health promotion, and the integrated understanding of mental and physical well-being. As a professor in the field of sport sciences, I particularly appreciate the candidate's capacity to approach health not as a set of isolated factors, but as an intricate interplay between psychological, physiological, and social components. Such an integrative perspective resonates strongly with current efforts in our discipline to identify complex factors influencing athletic performance, recovery, and preventive health measures in both elite and general populations.

The theoretical framework presented here is well-grounded and displays a clear understanding of the multifaceted nature of health. The author has skillfully situated the study and showed his competence in following the theoretical framework of the relative biocentric health theory. While some core concepts remain underexplored in the broader literature—given the novel direction of this research—the dissertation lays a promising foundation for further investigations.

This analytical rigor ensures that the findings presented are both credible and carefully contextualized. While some results do not yield strong statistical significance, the author maintains a high level of professionalism by neither overstating their importance nor dismissing them outright. Instead, these outcomes are presented with appropriate caution, highlighting areas for further investigation and ensuring a measured, informed interpretation. Although the work is exploratory in nature, it sets a robust starting point for future empirical inquiries, providing a sound basis on which subsequent research can confirm, refine, or expand its initial insights.

In acknowledging the study's exploratory character, it is important to note that this does not diminish the dissertation's contribution. While established benchmarks and comparative

studies in this emerging field are limited, the candidate has managed to produce results that pave the way for more targeted research.

In conclusion, this dissertation makes a significant, methodologically and thoughtfully conceptualized contribution to an emerging strand of the relative biocentric health theory. From a sport science perspective, it offers valuable insights that can inform the fundamental design of future training plans, health interventions and prevention strategies by emphasizing the interplay between psychological, physiological, social and spiritual dimension of well-being. I strongly recommend the acceptance of this dissertation and the award of the doctoral degree, as it demonstrates both intellectual rigor and a forward-looking engagement with an area of growing importance to researchers and practitioners alike.

I conclude that this thesis meets all the requirements for a doctoral thesis contained in Article 187 of the Act of 20 July 2018 on Higher Education and Science (consolidated text in Journal of Laws of 2023, item 742). Therefore, I ask the Council of the Scientific Committee of the Gdansk University of Physical Education and Sport to allow Mr Sebastian Mueller-Haugk, M.Sc. to proceed with the next stages of proceedings to award the doctoral degree i medical and health sciences in the discipline of physical culture science".

I grade the dissertation with

**magna cum laude**

A handwritten signature in black ink, appearing to be 'H. Lange', written in a cursive style.

Prof Dr. Harald Lange