

Assistant Professor

Marta Bichowska

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<https://www.researchgate.net/profile/Marta-Bichowska>

Summary

Doctor of Physical Culture Sciences, specializing in the assessment of physical activity and mobility. Experienced at many stages of the development of dynamic scientific projects. Well-versed in sports testing for determining aerobic and anaerobic capacity, explosive force of the lower limbs, speed of locomotion and positioning athletes on the field (GPS system).

Skill Highlights & Expertise

- Project management
- Communication
- Teamwork
- Exercise science
- Exercise performance
- Physical fitness

Experience

Didactic assistant professor - 05/2019 - present

University of Physical Education and Sport, Gdansk - Poland

- Conducting exercises and lectures with Polish and English students.
- Preparation of scientific projects and their implementation.

Physiologist, Lab - 06/2018 to 12/2018

Military Institute of Hygiene and Epidemiology, Warszawa – Poland

- Preparation of scientific projects and their implementation.
- Laboratory work management.

Didactic assistant professor - 09/2015 to 09/2018

Higher School of Sports, Lodz – Poland

- Conducting exercises and lectures with Polish students.
- Organizer of windsurfing camps (AZS WSS Lodz).

Sports physiologist - 03/2015 to 07/2015

Sono-Expert Health Clinic, Pruszcz Gdanski – Poland

- Taking an independent position responsible for the process and interpretation of the results of fitness test.

Education

Ph.D.: **Doctor of Physical Culture Sciences** - 2015

University of Physical Education and Sport, Gdansk (Poland)

Master's Degree: **Teacher of Physical Education, Windsurfing Instructor** - 2010

University of Physical Education and Sport, Gdansk (Poland)