



Wojciech Ratkowski, Dr hab. in Physical Culture Sciences

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Positions held

Professor at the Faculty of Physical Culture, Gdansk University of Physical Education and Sport (AWFiS)

Fulfilled functions

Head of the Athletics Department

Teaching activity

Conducting practical classes in athletics, orienteering runs, physical recreation, and specialisation classes in athletics

Giving lectures in athletics

Championship-class coach in athletics

2nd class trainer in sports gymnastics

Orienteering runs instructor

Nordic Walking instructor

Skiing instructor

Leisure recreation instructor – canoeing

Leisure recreation instructor – triathlon

District judge in athletics

Scientific activity:

Research topics

Assessment of hemodynamic and biochemical changes under the influence of endurance and an attempt to assess the degree of overtraining by defining the expression of selected genes that encode the thermal shock protein and interleukin in athletes leisurely practising long runs.

The efficiency of the training process with regard to hemodynamic and biochemical changes.

Effort of the endurance character and its significance in health training.

Author of over 100 works in the field of the theory of sport and the theory of sport training, physical recreation and health training. 17 papers in journals on the Philadelphia list with the ISI Impact Factor.

Cooperation with Gdańsk Medical University

Organizational activity:

Organizer and co-organizer of training and postgraduate courses, sports and recreational events, scientific conferences.

Key achievements:

Sports achievements

1983 – 1989 member of the national marathonteam

1984 – Polish Championship in the marathon (obtained a nomination for the Olympic Games in Los Angeles 1984)

1986 – 1st place in the Marathon in Hamilton, New Zealand

1987 – 5th place in the Marathon in Paris

In total completed 33 Marathon runs

Other

Cooperation with the Polish Sports Associations (Polish Athletic Association, Polish Ski Association, Polish Association of Rowing Societies, Polish Table Tennis Association) and Sports Clubs (Nata AZSAWFiSGdańsk, Start Elbląg) as coach of general and endurance preparation