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CIRRICULUM VITAE

Date of Birth: August 21, 1977

Place of Birth: Gdansk

Citizenship: Polish

MOTIVATION

“Following Martin Seligman, positive psychologist, mission to help athletes flourish”

EDUCATION

2012 – 2013 – **Postgraduate studies “Research and Development Project Manager” at the Gdansk School of Banking**

2012 - 2013 – I degree Therapist in Solution Focused Brief Therapy

2011 - 2012 - Postgraduate studies in Sport Psychology at the Gdansk University of Physical Education and Sport

2007 – 2011 - **Master of Psychology Warsaw University of Social Science and Humanities, Poland**

- Study emphases: Clinical Psychology of Adults, Clinical Psychology of Children, Developmental Psychology, Health Psychology, Psychotherapies, Methodology of Scientific Research and Statistics, Personality and Intelligence Diagnosis
- Master’s thesis: “The effect of intention implementation on the effectiveness of young athletes and their coping strategies” (“Study investigates the effect of visualization based on intention implementation schemes on throwing effectiveness among youth basketball players. My thesis also focus on coping strategies of different sports level young athletes and whether there are gender

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differences in coping strategies”) – Supervised by Prof. Dr Roma Kadzikowska – Wrzosek, Professor at Warsaw University of Social Science and Humanities, Poland

2002-2008 – **Ph.D. in Physical Education (Sport Psychology), Gdansk University of Physical Education and Sport, Poland**

- Study emphases: Theory of Health Training and Sport Training, Sport Psychology, Sport Pedagogy, Society Well – Being, Methodology of Scientific Research
- Ph.D. thesis: “Sport achievements and body image among female athletes” (“Comparative analysis of female athletes of different sports level, disciplines. Correlations between selected personality aspects such as body image (body self – esteem), psychological sex, psychological needs, sports level and sports disciplines - Supervised by Prof. Dr Marcin Krawczynski, Head of Faculty of Social Science, Gdansk University of Physical Education and Sport, Poland

1996 - 2000 - **Master in Public Health, Gdansk University of Physical Education and Sport**

- Study emphases: Health Science, Sport Science, Medical Science, Social Science, Humanities, School Practice
- Master thesis: “Body image of tennis and volleyball women players” (“Comparative analysis of body image between group of professional tennis players and professional volleyball player and different sport level”)

1993 - 2000 – Polish Chopin High School of Music in Gdansk

- Instrumentalist Musician: bassoon

1992 - 1996 – Polish High School in Sopot, Poland

Languages:

English – EDI level 2 certificate in ESOL International JETSET Level 6 (CEF C1)

RESEARCH INTERESTS

The principal research interest is sport positive psychology, precisely two domains: developing tools-questionnaires to measure youth wellbeing in a sports context. The next one, the effectiveness of positive intervention programs for athletes and coaches on wellbeing of young athletes. The main goal of those studies is to reduce the possibility of depression and burnout in a sports context. The central aspect of the methodology of those studies is measuring the wellbeing of youth athletes using the PERMA model of Martin Seligman (2011) as an organizing framework. I am also interested in the effectiveness of selected physical activity interventions and training loads on psychological wellbeing and quality of life among adolescents and adults and the mental health of physically active adolescents and adults.

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DIDACTICS

- **2001 - 2008** – *Research Professor at Gdansk Humanistic University*
- **2008 - 2014** – *Assistant Professor at Gdansk Humanistic University*
- **since 2011** - *Assistant Professor in Gdansk University of Physical Education and Sport*

ACADEMIC AWARDS

- Scholarship of The Mayor of Gdansk for very good academic achievements in the 1998/1999 academic year
- Scholarship of The Minister of Physical Culture and Tourism for academic achievements in science in the 1999/2000 year
- Scholarships of Gdansk University of Physical Education and Sport for very good academic achievements in years: 1996/1997, 1997/1998, 1998/1999, 1999/2000
- 2d place for a poster “Neuronal, cognitive and social indicators for the control of aggressive behaviors in sport” on XV Jubilee International Congress of The Polish Neuropsychological Society, Gdansk, 24-25 of September 2012
- Virtuti Medicinali 2014 in recognition of outstanding contribution to the development of Clinical Neuropsychology – given in Bydgoszcz 17th of October 2014

OTHER SKILLS AND COURSES

- 2011 - The title of I class coach in tennis
 - 2000 – Lifeguard
 - 2001 – Polish National Skiing Association Instructor
 - 2012 - MTQ48 ("The strength and resistance") test certification training
 - 2012. Extended Disc test certification training
 - 2012 – Course for "Assertive acting"
 - 2012 – I degree therapist in EEG biofeedback (Neurotherapist) 2012. - License for AVS Brain Improving
 - 2013 – II degree therapist in EEG biofeedback (II degree Neurotherapist)
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TEACHING AND ADMINISTARTIVE EXPERIENCE

Didactics in English

- Sport psychology
- Elements of positive psychology in physical activity
- Developmental and educational psychology
- Introduction to psychology
- Social psychology
- Health Psychology and Quality of Life
- Stress Psychology and Psychoregulation Methods

Tutor for Bachelor and Master degrees

- In 2011 – 2020 tutor/supervisor of 55 Master degree works at Gdansk University of Physical Education and Sport (including 4 thesis in English).
- In 2011 – 2020 tutor/supervisor of 87 Bachelor degree works at Gdansk University of Physical Education and Sport (including 2 thesis in English).

Foreign didactics internships

- In 2013 didactic internship on the University of Western Australia, Faculty of Sport Science from the Development Program of Gdansk University of Physical Education and Sport – “Internationalization of University”
- In 2019 didactic and scientific internship on the Catholic University of Paris, Institute of Practical Psychology. Lecturing the subject: “The role of physical education in improving well- being”(in English).
- • 2019 scientific and didactic internship at the University of Pablo de Olavide, Department of Social Anthropology, Faculty of Basic Psychology and Public Health, Sevilla Spain. Lecturing the subject: "Selected aspects of mental well-being in youth sport according to positive psychology"(inEnglish).
- 2020 scientific and didactic internship at the University of Pablo de Olavide, Department of Social Anthropology, Faculty of Basic Psychology and Public Health, Sevilla Spain. Lecturing the subject:"Selected models of well-being in the sport context. The significance of mental well- being in child's sport "(in English).

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Administrative

Coordinator of Chinese students exchange

PROFESSIONAL MEMBERSHIPS

- International Positive Psychology Association – member
- Polish Neuropsychological Society – member
- Polish Psychological Society – member
- European College of Sport Science - member

PUBLICATIONS

Wilczyńska D., Tomaszewski M. (2002): Dance therapy in the rehabilitation of older people with apraxia. *Sports Medicine*, 18(7), 332.

Wilczyńska D. (2002): Body image of tennis and volleyball female players. *Scientific Yearbook of Physical Education*, XII, 141-147

Wilczyńska D. (2003): Physical activity as a preventive and rehabilitation method. *Gdansk Studies. Visions and reality*, II, 43-52.

Wilczyńska D., Krawczyński M. (2008): Body image and selected personality characteristics among women participating and not participating in physical activity. In: M. Krawczyński (Ed.): *The psychological contexts of human physical activity*. 157-171.

Graczyk M., Strzałkowska A., Wilczyńska D., Włodarczyk P., Zarańska B., Ziółkowski A. (2012): Neuronal, cognitive and social indicators for the control of aggressive behaviors in sport. W: *Acta Neuropsychologica*, 10(4), 537-554.

Zarańska B., Ziółkowski A., Graczyk M., Tymański R., Włodarczyk P., Wilczyńska D., Piotrowska J., Skorupa D. (2013): Selected QEEG ratios in the diagnosis of starting achievements among basketball players. W: *Acta Neuropsychologica*, 11(4), 363-370.

Wilczyńska D., Zarańska B. (2013): Body image of women practicing different sports. In: M. Krawczyński, M. Żmudzka - Brodnicka (Eds.): *Physical activity and body. Psychosocial sketches*. Gdansk: Athenaeum – School.

Wilczyńska D. (2013): Body image of women practicing and not practicing sports. In: M. Grdeń, H. Grabicka, M. Żmudzka - Brodnicka (Eds.): *Modern rejuvenation in terms of health, aesthetics and ethics*. Gdansk: Athenae Gedanenses, Poznan: School of Health, Beauty and Education

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- Wilczyńska D. (2013): The significance of sport in women's life. Sport as a field of women's emancipation. In: W. Moska, M. Brodnicki, Z. Tylewska - Ostrowska (Eds.): *Fashion for sport*. Gdansk: Athenae Gedanenses
- Wilczyńska D., Kochanowicz A., Kochanowicz K., Różański S. (2013): The morphological characteristics and technical preparation of 9-12 years old gymnasts. *Journal of Health Sciences*. 3(13), 163-177.
- Wilczyńska D., Lipińska P., Wołujewicz – Czerlonko M. (2014): The influence of intention implementation on throw effectiveness of young basketball players. *Baltic Journal of Health and Physical Activity*, 6(4), 298-305.
- Wilczyńska D., Jasiński T. (2015): Directiveness and Self – Esteem, And System of Values In The Students Of Physical Education. *International Journal of Health, Physical Education and Computer Science in Sports*. 20, 90-95.
- Wilczyńska D., Łysak A., Podczarska – Głowacka M. (2015): Imagery use in rehabilitation after the knee joint arthroscopy. *Baltic Journal of Health and Physical Activity*. 7(4): 93-101.
- Wilczyńska D., Makurat F.(Eds.) (2015): *Positive psychology in physical activity and physiotherapy*. Gdansk: Athenae Gedanenses
- Wilczyńska D., Kochanowicz A., Graczyk M. (2015): Attributional style and the sport level among gymnasts aged 11-13 years. A pilot study. In: D. Wilczyńska, F. Makurat (Eds.): *Positive psychology in physical activity and physiotherapy*. Gdansk: Athenae Gedanenses,
- Wilczyńska D., Kordowska P. (2015): Positive therapy in the rehabilitation of patients with depression. Reflections on positive psychotherapy connection with physiotherapy rehabilitation program in patients with depression of old age. In: D. Wilczyńska, F. Makurat (Eds.): *Positive psychology in physical activity and physiotherapy*. Gdansk: Athenae Gedanenses
- Wilczyńska D., Łysak A., Podczarska – Głowacka M.(2015): The possibility of different massage techniques to reduce the level of anxiety and patients level of optimism. In: D. Wilczyńska, F. Makurat (Eds.): *Positive psychology in physical activity and physiotherapy*. Gdansk: Athenae Gedanenses
- Wilczyńska D., Kawa M.. (2015): The level of optimism and feeling of pain in patients treated with cryotherapy, topical in conjunction with relaxation training by Jacobson. In: D. Wilczyńska, F. Makurat (Eds.): *Positive psychology in physical activity and physiotherapy*. Gdansk: Athenae Gedanenses
- Wilczyńska D. (2016): Correlations between psychomotor abilities and selected personality variables in rowers. *Baltic Journal of Health and Physical Activity*. 8(2), 42-54.
- Wilczyńska D., Bastian P., Jagodzka A. (2016): Body image self-assessment and psychological gender among female athletes competing in different sports. *Research Yearbook XXVI*.

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- Łysak A., Wilczyńska D., Walentukiewicz A., Karasiewicz K., Skonieczny P. (2017): Adolescents' actual appearance and body image self-assessment. *Baltic Journal of Health and Physical Activity*. 9(1), 63- 71.
- Wilczyńska D., Łysak A., Podczarska-Głowacka M., Walentukiewicz A., Karasiewicz K. (2018): Health behaviours as mediators of relationships between the actual image and real and ideal images of one's own body. *Baltic Journal of Health and Physical Activity*. 10(1): 53-63.
- Dornowski M., Wilczyńska D., et al. (2018): Six-Week Pelvic Floor Muscle Activity (sEMG) Training in Pregnant Women as Prevention of Stress Urinary Incontinence. *Medical Science Monitor*. 24: 5653-5659.
- Dornowski M., Wilczyńska D., et al. (2018): Cyclic movement execution and its influence on motor programmness. *Annals of agricultural and environmental medicine*. DOI: 10.26444/aaem/94881.
- Dornowski M., Wilczyńska D., et al. (2018): Hyperbaric therapy influence on psychomotor abilities effectiveness development – two cases study. *Acta Neuropsychologica*. 16(2): 213-219.
- Wilczyńska D., Dornowski M. (2018): Pain management and optimism level among office workers with cervical spine complains. *Acta Neuropsychologica*. 16(3): 267-274.
- Dornowski M., Wilczyńska D., Makar P., Sawicki P., Vereshchaka I., Ossowski Z. (2019): Effects of low- vs high-volume swimming training on pelvic floor muscle activity in women. *Biology of Sport*. 36(1):95-99
- Wilczyńska D., Łysak-Radomska A., Podczarska-Głowacka M., Zajt J., Dornowski M., Skonieczny P. (2019): Evaluation of the effectiveness of relaxation in lowering the level of anxiety in young adults – a pilot study. *International Journal of Occupational Medicine and Environmental Health* . 32(6):1– 8.
- Jaenes J.C., Wilczyńska D., Alarcon D., Penaloza R., Casado A., Trujillo M. (2021): The effectiveness of psychological intervention in amateur male marathon runners. *Frontiers in Psychology*. 12. doi: 10.3389/fpsyg.2021.605130
- Wilczyńska D., Jianye L., Yang Y., Fan H., Liu T., Lipowski M. (2021): Fear of COVID-19 changes the motivation for physical activity participation: Polish-Chinese comparisons. *Health Psychology Report* 9(2). doi:10.5114/hpr.2021.105007.