



assistant professor **Jan Mieszkowski** Ph.D.

e-mail: jan.mieszkowski@awf.gda.pl

Jan Mieszkowski – assistance professor at Gdansk University of Physical Education and Sport (AWFiS), Poland, He has PhD (2018) in exercise science, and four different master degrees (Pharmacy, Medical Biotechnology, Physiotherapy and Sport Exercise) Her research interests are oriented on sport physiology, biochemistry, genetics and sport adaptation in sport training. On the one had he is oriented on biochemical response of a sportsman during extreme type of physical activity. On the other hand, in his research he is focused on a potential supplementation and external procedures/methods in prevention of antioxidant dysregulation during physical activity and competition. He is a author of a project: The influence of ischemic preconditioning on the level of post-exercise inflammatory response and the concentration of amyloid alpha precursor protein. National Science Centre (Poland), and a co-author of few other (*Coordination skills and their determinants in shaping sports championship in sports gymnastics* financed under the program of the Minister of Science and Higher Education, *Innovative human biomechanical diagnostics devices for sport and the white sector. Research Vouchers, Health, Fitness and Education in Visegrad countries and in the neighboring countries*, Vishegrad Found, *The impact of exercise-induced muscle damage, inflammation and oxidative stress on the intestinal microbiota in athletes*; National Science Centre (Poland). He was awarded with the Bronze Medal for many years of service (President of the Republic of Poland, 2019).