

# Curriculum Vitae

## Personal data:

Surname: Ossowski  
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## Education:

1996-2000 Gdansk University of Physical Education and Sport, Master of public health, specialization: Movement Recreation.  
1999-2002 Medical Vocational School No. 2 in Gdansk, Physiotherapy technician  
2000-2001 University of Gdansk, Post-graduate studies - „School of management”.  
2008 Doctoral degree in Physical Culture Science.  
2020 Habilitation in Physical Culture Science. Subject of habilitation thesis: *Health training and sarcopenia in postmenopausal women*

## Employment:

from 2002 Scientific and academic employee in Gdansk University of Physical Education and Sport (AWFiS). Employment as assistant (2002-2010), assistant professor (2010-2020) followed by associate professor (2010-present).

from 2003 Medical University of Gdansk, Department of Rehabilitation Medicine, employment according to contract of mandate.

from 2007 General Secretary of Polish Nordic Walking Federation, Gdansk.

2009-2013 Scientific and academic employee in European University School in Sopot.

2010-2011 Hanseatic Higher School of Management in Slupsk, employment according to contract of mandate.

## Internships and international cooperation:

21-24.04.2015 Lithuanian University of Educational Science, Vilnius (cooperation with prof. Vida Juskeleiene)  
08-28.08.2013 Lithuanian Sports University, Kaunas (cooperation with prof. Saulius Sukys, prof. Vida J. Cesnaitiene)  
21-28.04.2013 Latvian Academy of Sport Education, Riga (cooperation with prof. Juris Grants)  
10-17.01.2013 University of Malaga, Spain, (cooperation with dr. Oscar R. Ramos)  
15-22.04.2012 Lithuanian Academy of Physical Education, Kaunas  
02-23.01.2012 Lithuanian University of Educational Science, Vilnius

In the years 2013-2018, scientific cooperation with dr. Teresa Tomas and dr. Beatriz Fernandes from the Lisbon School of Health Technology in Portugal

**Science projects:**

- “Active lifestyles and predictors of risk for incapacity on senior population – Falls Prevention”. Patronage: European Innovation Partnership on Active and Healthy Ageing, No. RISINC2013 – FALLS
- “Frailty and Functional Decline”. Patronage: European Innovation Partnership on Active and Healthy Ageing, No. RISINC2013 – FRAILTY
- „Optimization and individualization of health trainings for people of all ages with various kinds of exercises” funded through AWFIS statutory research.
- „Nordic Walking as a chance for Poles to stay healthy” sponsored by POLNORD SA. „The Analysis of Students Physical Activity Needs and the Accessibility of Infrastructure at Universities” funded through Ministry of Education and Science of the Republic of Lithuania.

**Didactic projects:**

- „Third Age in Health”, Organizer: Gdansk Center for Health Promotion.
- „Outdoor Sports and Recreation Education Summer School (OSRESS)” Organizer: Latvian Academy of Sport Education, Latvian Association of Outdoor Education and Recreation.
- „Academic Career Center” and „Academic Career Center No. 2 - Internships for Tourism”. Organizer: Gdansk University of Physical Education and Sport.

**Scientific and academic interests:** Determinants of activity and physical fitness of people in middle and older age.

**Conducted classes:** Theory and methodology of health training, Gerontology, Organization of tourist and recreational events, Bungy Pump, Field games, Orienteering, Active tourism, Leisure time pedagogy, Activity of persons with disabilities, Sports for persons with disabilities.

**Additional information:**

- Nordic Walking Coach
- Physical Recreation Instructor
- Fitness Physical Recreation Instructor, specialized in various forms of gymnastics
- Fitness Physical Recreation Instructor, specialized in strength exercises
- Canoeing Physical Recreation Instructor
- Sports Discipline Instructor sports orientation
- Bungy Pump Instructor
- Organizer of over 80 sport and recreation events
- Activities within the structures of the University of the Third Age at the Gdansk University of Physical Education and Sport
- Member of the International Research Group „Motor control, learning and neuro-rehabilitation” in Lithuanian Sports University.
- Awards: brown cross of merit (2013) and brown badge of merit for sport (2016).