



Anna Szumilewicz, PhD,

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BIOGRAPHIC NOTE and RESEARCH INTERESTS

Anna Szumilewicz – associate professor at Gdansk University of Physical Education and Sport (AWFiS), Poland, She has postdoctoral degree (2020) and PhD (2010) in exercise science.

Her research interests are bi-directional. On the one hand, she analyses the areas of knowledge, skills and competencies of exercise professionals in relation to the concept of European Qualification System. She develops professional qualifications in the sector of health-enhancing physical activity, including the qualifications for instructors and trainers in Poland and in the EU, with a broad cooperation of international experts.

On the second hand, in the experimental studies she assess the influence of various exercise programmes on women's health, including women in the pre- and postnatal period. She is a coauthor of the "EuropeActive's Standard for Pregnancy and Postpartum Exercise Specialist" (2016). The standard is the world's first international document defining educational requirements for instructors and trainers working with women in pregnancy and after childbirth. She is also a coauthor of an international monograph entitled "Exercise and sporting activity during pregnancy: evidence-based guidelines" (2019), written by 27 experts from 9 countries. The monograph seems to be the first compact edition in the world presenting the effects of multidirectional scientific research in the field of prenatal physical activity. Based on the results of scientific research and practical experience she has developed special training program "FemFit Mama" for women in pregnancy and postpartum, carried out in fitness clubs in Poland and abroad. She also studies the topic of the effectiveness of exercises and education in the field of pelvic floor muscles and prevention of pelvic floor disorders, including urinary incontinence in women.

Since 2011 she has been actively cooperating with EuropeActive (EA). As a member of Professional Standards Committee (2014-2016) and later as the Deputy Director – Standards (2019 – currently), she has been involved in developing EA's Standards at various EQF levels.

In recognition of her activity she was awarded the Medal of the National Education Commission (The Polish Ministry of Education, 2016), the Bronze Badge for Merits for Sport (The Polish Ministry of Sport, 2017), Bronze Medal for many years of service (President of the Republic of Poland, 2019).

PARTICIPATION IN INTERNATIONAL AND NATIONAL RESEARCH AND EDUCATIONAL PROJECTS

A. Projects related to the subject of health-enhancing physical activity of women during the reproductive period

- 2012-present "The course of pregnancy, labour and delivery, postpartum and perinatal stress urinary incontinence in women participating in the prenatal physical activity program." Approval of the Bioethical Committee at the Regional Medical Chamber in Gdansk, KB no. 28/12 of December 18, 2012 (with amendments 19/13, 8/14, 22/15). Research financed from the subsidy of the Ministry of Science and Higher Education for maintaining the research potential of GUPES in Gdansk, as part of the statutory activity of the Tourism and Recreation Department in individual years. I am a project principal researcher.
- 2012-2018 "Pelvic floor muscle training using surface electromyography." Consent of the Bioethical Committee at the Regional Medical Chamber in Gdansk No. KB - 8/13 of 26/03/2013 (with amendments 9/14). Research financed from the subsidy of the Ministry of Science and Higher Education for maintaining the research potential of AWFiS in Gdansk, as part of the statutory activity of the Tourism and Recreation Department in individual years. I was a project principal researcher. The above project, entitled "Pelvic Floor Muscle Training with the use of surface electromyography - PFMTe Project" was registered in the ISRCTN international register of experimental research: DOI 10.1186 / ISRCTN92265528.
- 2017-present "Childbirth as a complex psychological experience - psychological predictors of childbirth and its satisfaction", dr Paulina Pawlicka is the principal researcher. Approval of the Ethics Committee for Research Projects of the Institute of Psychology of the University of Gdańsk No. 07/2017. Financing from the own resources of the Institute of Psychology of the Gdansk University. I am a collaborative researcher in this project - I am responsible for conducting exercises for a group of pregnant women, which is a comparative group for the general population of pregnant women studied. The aim of the research is to confirm the hypothesis that exercise during pregnancy has a positive effect on the psychological predictors of labor and greater satisfaction with labor.
- 2017-present "Psychophysical indicators of chronic stress as a predictor of adaptation to parental roles in people with different levels of physical activity", dr hab. Maria Kaźmierczak, associate professor is the principal researcher. Approval of the Ethics Committee for Research Projects of the Institute of Psychology of the University of Gdansk No. 08/2017. Project at the stage of results analysis. Financing from the own resources of the Institute of Psychology of the Gdansk University. I am a collaborative researcher in this project - I am responsible for conducting exercises for a group of pregnant women, which is a comparative group for the general population of pregnant women studied. The aim of the study is to confirm the hypothesis that pregnancy exercises reduce stress levels in women and positively affect adaptation to parental roles.

B. Projects related to the subject of professionals qualifications in health-enhancing physical activity

2020-2022 An international project under the Erasmus plus program "New Health Program". In the project I am the leader of a group of experts preparing a description of a new professional qualification related to the promotion of an active, healthy lifestyle (Healthy Lifestyle Promoter). The project is coordinated by the Dutch organization New Health Foundation. Official partners are: Sport Sciences School of Rio Maior (ESDRM) in Portugal, Europe Active in Belgium, Lithuanian Association of Health and Fitness Clubs in Lithuania, Fitness Federation in Belgium, Association Europea Deporte, Ejercicio Y Salud (AEDESA) in Spain and Comenius University, Faculty of Physical Education and Sports in Slovakia. Project No. 613045-EPP-1-2019-1-NL-SPO-SCP.

2018-2020 An international project under the Erasmus plus program "Blueprint for Skills Cooperation and Employment in Active Leisure". In the project I am the coordinator of one of the research and implementation tasks. Project partners: EuropeActive (coordinator), European Confederation of Outdoor Employers (EC-OE), European Network Sport Education (ENSE), Spain Active (Fundación Vida Activa Saludable), Gdansk University of Physical Education and Sport (GUPES), International Council on Coaching Excellence (ICCE), Sport Ireland. Project No. 590345-EPP-1-2017-1-BE-SPO-SCP.

2016-2019 An international project under the Erasmus plus program "A European Sector Skills Alliance for Sport and Physical Activity (ESSA-Sport)", 2016-2019. In the project I play the role of an expert of the nationwide Sports Competence Council, which is the executive body of the project in Poland. The project is coordinated by the European Observatoire of Sport and Employment (EOSE) and implemented by 24 partners from 18 European Union countries. Project No. 575668-EPP-1-2016-1-FR-EPPKA2-SSA-N.

2016-2018 An international project under the Erasmus plus program "Relevance of Sector and International Qualifications and Frameworks to the EQF (SIQAF)". In the project I was a contractor - an expert representing Poland. Project experts: Cliff Collins - coordinator (EuropeActive), Julian Berriman (EuropeActive), Elisabeth Thienemann (EuropeActive), Anna Szumilewicz (GUPES), Alfonso Jimenez (Coventry University), Herman Smulders (European Confederation of Outdoor Employers - EC-OE), Katrin Blumberg (Swiss Outdoor Association), Jean-Yves Lapeyrere (France Plein Air), Michalis Tsoukias (Hellenic Association of tourism enterprises in Outdoor Activities - HATEOA). Project No. 576009-1-2015-1-BE-EPPKA3-TRANS-SQ.

2018-2019 A nationwide project entitled "Incorporation of innovative and socially needed qualifications into the Integrated Qualifications System (IQS) and reduction of barriers in the development of IQS by supporting system stakeholders at the national and regional level", co-financed by the European Union under the European Social Fund. In the project I act as an expert in the tender for the preparation of qualifications in the group "Family, motherhood, parenthood".

2016-2018 A nationwide project entitled "Supporting the implementation of the first stage of the implementation of the Integrated Qualifications System at the level of central administration and institutions granting qualifications and ensuring the quality of awarding qualifications", co-financed by the European Union under the European Social Fund. In the project, I was the contractor - an expert in the field of describing qualifications in broadly understood sport.

2014-2015 A nationwide project entitled Sectoral Qualifications Framework in Sport (SRKS), commissioned by the Educational Research Institute in Warsaw (IBE), implemented as part of a system project entitled "Developing substantive and institutional assumptions for the implementation of the National Qualifications Framework and the National Qualifications Register for lifelong learning," co-financed by the European Social Fund. In the project I was the head of the sub-team for qualifications in "sport for all".

2011-2013 A nationwide project entitled "Developing a set of national professional competence standards required by employers", implemented on the initiative and under the substantive supervision of the Labor Market Department of the Ministry of Labor and Social Policy, a project co-financed by the European Union under the European Social Fund. In the project, I was the Chairwoman of the Industry Committee for the National Professional Competence Standard. Physical recreation instructor (342305).

MEMBERSHIP AND FUNCTIONS IN INTERNATIONAL AND NATIONAL INDUSTRY ORGANIZATIONS AND SCIENTIFIC ASSOCIATIONS

- 2019-present EuropeActive's Professional Standards Committee (EA PSC), Deputy Director - Standards;
- 2014-2016 EuropeActive's Professional Standards Committee (EA PSC), former European Health and Fitness Association (EHFA), member by appointment;
- 2016-present Sector Skills Alliance in Active Leisure, member by appointment;
- 2014-present European College of Sport Science (ECSS), member;
- 2018-present Council for the Education and Improvement of Physical Culture Personnel at the Polish Sport Ministry, Secretary of the Council;
- 2017- present Polish National Council for Competence of the Sports Sector at the Institute of Sport in Warsaw, member by appointment;
- 2017- present Gdansk Branch of the Polish Anthropological Society, member;
- 2002-present Torun Association of the Society for the Promotion of Physical Culture, member;
- 2013 International Association for Physical Education in Higher Education (AIESEP), member.
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INTERNSHIPS AND STUDY VISITS TO DOMESTIC OR FOREIGN SCIENTIFIC OR ACADEMIC CENTERS

- 02.2020 Sport Ireland in Dublin, Ireland, study visit;
- 09.2019 University of Rey Juan Carlos in Madrid, Spain, study visit (as part of the Blueprint project);
- 09.2018 German Sport University in Cologne, Germany, study visit (as part of the Blueprint project);
- 03.2018 University of Rey Juan Carlos in Madrid, Spain, study visit (as part of the SIQAF project);
- 05.2015 Sport Sciences School of Rio Maior, Polytechnic Institute of Santarém, in Santarém, Portugal, internship;
- 05.2015 Laboratory of Biomechanics and Functional Morphology, Interdisciplinary Centre for the Study of Human Performance, Faculty of Human Kinetics University of Lisbon, Portugal, study visit;
- 05.2014 Faculty of Geography, Tourism and Sport, University of Oradea, Romania, internship;
- 08.2005 Institute of Sport and Exercise Science, University of Copenhagen, Denmark, scientific scholarship of University of Copenhagen, pt. International Summer School "*Sport and the Body*".

PRIZES AND AWARDS

- 2019 Bronze Medal for many years of service, President of the Republic of Poland;
- 2017 Bronze "Badge for Merit for Sport", the Minister of Sport and Tourism, based on activities for the quality of exercise professionals education, including the qualifications for pregnancy and postnatal exercise specialists;
- 2016 Medal of the National Education Commission, Ministry of National Education, for special services to education and upbringing;
- 2005 Award of the Convention of the Higher School of Physical Education and Tourism (WSWFiT) in Sopot, Rector of the WSWFiT and the President of the Convention, for professional work in the 2004-2005 academic year;
- 2004 School Director's Award, Head of School Complex No. 13 in Gdynia, for outstanding achievements in didactic and educational work in the 2003-2004 school year.