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Professor Włodzimierz (Vladimir, Wod) S. Erdmann, PhD, DSc (b. 1949, Torun, Poland) is a world known biomechanist of general knowledge and especially of sport, kinesiology and bioengineering. He worked with Polish judoists helping them in achieving medals at Olympic Games. He made contact with the team of the best long distance runner ever Haile Gebrselassie (ETH) giving consultations in Addis Ababa and in Dubai. He proposed better velocity distribution along the course, shielding the best runner by pacemakers, and other advice. This ended with the new world record in marathon run in Berlin. He developed new procedures for acquiring data on tactics of playing handball, football, and other games. He put video camera high above the pitch and in some distance from it and applied wide-angle lens. So, he had in the viewfinder all players during the whole match. He could obtain position, displacement, velocity and acceleration of every individual player, formation and the whole team. Now, during high level football matches the distance covered by players is shown to the tv viewers. He also developed procedure for obtaining the positions of all alpine skiing gates. Then he recorded all runs with the video camera obtaining time between the gates. In this way he could achieve distribution of velocity along the whole course. In 2016 he visited Kingston, Jamaica, where he met Glen Mills, coach of Usain Bolt and other elite sprinters. He prepared for them “Gdansk Biomechanical Report on Athletic Sprinting 2016” where he gave advice how to improve sprint running. Since many years he was also interested in high jump technique. He has some ideas in this matter which he presented in the Report “Gdansk biomechanical report on high jumping: body centre of mass and the bar”. In the scientific world he is best known for presenting inertial data of the human body especially for the parts of the human trunk. This allows accurate positioning of the whole body center of mass, including high jumpers. He worked also on swimmers, rowers, cyclists, cross-country skiers, speed skaters. The knowledge he obtained after all these investigations allowed him to introduce the following biological law: “For the best outcome in endurance effort one needs to distribute effort (e.g. velocity) in a steady, slightly rising manner and dispersions of the trend should be minimized”. He wrote 11 books and around 400 scientific articles, reports, technological methods and devices, expertises, conference presentations at all inhabited continents. He was visiting professor in Tokyo and São Paulo and was invited as VIP at the opening of the Aspire – Academy for Sports in Doha, Qatar. Prof. Erdmann was a supervisor of undergraduate and graduate thesis (around 50) for Polish and Chinese students, as well as 12 doctor of science degrees supervisor of Polish and one Iraqi students.