

Assistant Professor

MONIKA WIECH

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<https://www.researchgate.net/profile/Monika-Wiech-2>

SUMMARY

Doctor of Physical Culture Sciences, specializing in the health-related training of the Elderly. Experienced at many forms of physical activity for Seniors. Interested in methods and techniques of human body regeneration as well as aqua fitness for all age groups.

EXPERIENCE

2016 – PRESENT

DIRECTOR/PRESIDENT, UNIVERSITY OF THE THIRD AGE OF PHYSICAL EDUCATION AND SPORT, GDANSK - POLAND

Coordination, Conducting exercises and lectures for seniors.

2011 – PRESENT

MEMBER/INSTRUCTOR, EUROPEAN ASSOCIATION FOR THE PHYSICAL ACTIVITY PROMOTION OF 50+, WARSAW - POLAND

Coordination of the local projects and their implementation, Conducting exercises and lectures for seniors.

2009 – PRESENT

DIDACTIC ASSISTANT PROFESSOR, UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, GDANSK - POLAND

Conducting exercises and lectures with Polish and English students.

EDUCATION

Ph.D.: Doctor of Physical Culture Sciences - 2015
University of Physical Education and Sport, Gdansk (Poland)

Master's Degree: Tourism and Recreation - Kinesigerontoprofylaxis Instructor- 2008
University of Physical Education and Sport, Gdansk (Poland)

SKILL HIGHLIGHTS & EXPERTISE

- Health-Related Training
- Physical Fitness
- Regenerative Methods and Techniques
- Health Promotion
- Kinesigerontoprofylaxis
- Aqua Fitness Training