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BIOGRAPHIC NOTE and RESEARCH INTERESTS

Graduate of the Academy of Physical Education and Sport - postdoctoral degree (2021), PhD (2015) and MS (2010) in Physical Culture science. Since the beginning of his scientific activity, which he began as a trainee at the Department of Physical Recreation in his final year of studies, he has been interested in the pro-health aspects of health training of people of different ages. This passion continues to this day, with a particular focus on endurance training for women over 60.

He led a scientific research funded by the National Science Centre: Effect of Nordic Walking training on amyloid alpha precursor protein concentrations in the blood of people over 60 years of age.

Member of the research project teams: 1. Supporting the training process and exercise capacity of athletes (head of the project: prof. dr hab. Jędrzej Antosiewicz) 2. Nordic Walking as an effective form of reducing systemic inflammation in a group of ageing people - the role of iron and vitamin D (head of the project: prof. 3. Activation of pathways related to inflamasomes in peripheral blood mononuclear cells and increased activation of these pathways in skeletal muscle in response to physical activity - in vitro and in vivo studies (head of the project: dr hab. Giovanni Lombardi).