

---

# CURRICULUM VITAE

**Anna Gmiat Ph.D.**

---



Assistant Professor, Department of Psychology,  
Gdansk University of Physical Education and Sport in Gdańsk  
[anna.gmiat@awf.gda.pl](mailto:anna.gmiat@awf.gda.pl)  
ORCID: 0000-0002-4221-5005

## ACADEMIC EDUCATION

**2018** - Ph.D. in Physical Culture Science - Gdansk University of Physical Education, Poland,  
Thematically coherent collection of articles: *Irisin and brine derived neurotrophic factor (BDNF) levels in response to endurance training in women of different ages*

**2014** - B.Sc in Physical Education - University of Physical Education and Sport in Gdansk, Poland, Faculty of Gymnastic, Bachelor's thesis: „*Use of the Vienna Test System battery in sport - research overview.*”

**2012** - M.Sc in Psychology - Institute of Psychology, Faculty of Social Sciences, University of Gdansk, Poland, Dissertation: „*Development Dyscalculia Awareness and Attitudes among Teachers of mathematics in Primary Schools, Lower-Secondary Schools and Upper-Secondary Schools*”. Specialisation: Clinical Psychology, Child and Adolescent Psychology.

## EXPERIENCE

**2015 - present** - University of Physical Education and Sport, Gdansk - Poland -

Assistant professor:

- Conducting exercises and lectures with Polish students.
- Participation in research projects and conducting research.

**2015 - 2016** - Katarzyna Sienkiewicz's doctor's office:

- Conducting Biofeedback EEG training.

**2016 - 2017** - University of Social Sciences and Humanities

- Conducting lectures with Polish students: Motor activity and pro-health behavior and Biological basis of behavior.

**2015** - Private Psychological and Pedagogical Counseling Center LEONARDO, Gdańsk

- Consultations for children and parents

**2012 - 2013** - Crisis Intervention Center in Gdańsk, Volunteer Academy

- Psychological help for people in a mental crisis

## GRANTS AND AWARDS

- Grant no: 2016/23/N/NZ7/02479 Title: Pro-health impact of high-intensity interval training with body resistance in a group of women of different ages - the role of adipokines and myokines. Funding source: Polish National Science Centre-director.
- Scholarships for the best PhD students received in the academic years: 2014/2015, 2015/2016, 2016/2017, 2017/2018.
- Pro-quality scholarships received in the academic years: 2015/2016, 2016/2017, 2017/2018.
- 2016 - Team award of the "Red Rose" association, for the best student research group of the Pomeranian region
- 2015 - Honorable mention for the best scientific presentation at - XXXI Scientific Congress of the Polish Society of Sports Medicine in Zielona Góra
- 2014 - 2nd place in the thematic panel Sport at the National Conference of Student Scientific Circles in Warsaw entitled "The issues of physical culture and health in research by young scientists".

## SCIENTIFIC ACHIEVEMENTS (SELECTED)

- Gmiat A, Micielska K, Kozłowska M, Fils DJ, Smaruj M, Kujach S, Jaworska J, Lipinska P, Ziemann E, *The impact of a single bout of high intensity circuit training on myokines' concentrations and cognitive functions in women of different age*, Physiology & Behavior, Vol.179, p. 290-297, Year of publication, impact factor: 2017, IF 2,835
- Gmiat A, Jaworska J, Micielska K, Kortas J, Prusik K, Prusik K, Lipowski M, Radulska A, Szupryczyńska N, Antosiewicz J, Ziemann E. *Improvement of cognitive functions in response to a regular nordic walking training in elderly women : a change dependent on the training experience.*, Experimental Gerontology, Vol 104, p.105-112, Year of publication, impact factor: 2018, IF 3.080
- Micielska K, Gmiat A, Żychowska M, Kozłowska M, Walentukiewicz A, Łysak-Radomska A, Jaworska J, Rodziewicz E, Duda-Biernacka B, Ziemann E. *The beneficial effects of 15 units of high-intensity circuit training in women is modified by age, baseline insulin resistance and physical capacity*. Diabetes Research and Clinical Practice. Vol.152, p. 156-165, 2019, Year of publication, impact factor: 2019, IF 3,239
- Micielska K, Kortas J, Gmiat A, Jaworska J, Kozłowska M, Łysak-Radomska A, Rodziewicz-Flis E, Żychowska M, Ziemann E *Habitually inactive physically - a proposed procedure of counteracting cognitive decline in women with diminished insulin sensitivity through a high-intensity circuit training program*, Physiology & Behavior, Vol. 229, 1132352021, Year of publication, impact factor: 2021, IF 3.244

## RESEARCH INTEREST

Neuropsychology, neuroplasticity, adaptive changes induced by physical activity, interactions between physiology of physical activity and cognitive processes, movement therapy, health and quality of life psychology, self-regulation, development psychology.