



## CURRICULUM VITAE

**associate professor Michal Wilk Ph.D.**

Institute of Sports Science, Jerzy Kukuczka Academy of Physical Education, Katowice, Mikolowska 72a, 40-065,

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### EDUCATION

<b>Jerzy Kukuczka Academy of Physical Education in Katowice</b> Habilitation in Physical Culture Science	<b>2020</b>
<b>Jerzy Kukuczka Academy of Physical Education in Katowice</b> Postgraduate Study: Physical Performance Coach in Team Sport	<b>2013</b>
<b>Jerzy Kukuczka Academy of Physical Education in Katowice</b> Postgraduate Study: Physical Performance Coach in Team Sport	<b>2011</b>
<b>Jerzy Kukuczka Academy of Physical Education in Katowice</b> Ph.D. in Physical Culture Science	<b>2011</b>
<b>Jerzy Kukuczka Academy of Physical Education in Katowice</b> MSc in Sports Science	<b>2005</b>

### RESEARCH EXPERIENCE and PUBLICATIONS

<b>Jerzy Kukuczka Academy of Physical Education</b> Associate professor	<b>2005-Present</b>
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**Author of 102 articles with total IF = 271; h-index = 18 (scopus)**

Interests: sports science; sports nutrition; resistance exercise; strength training; hypertrophy; powerlifting; movement tempo in resistance exercise; blood flow restriction; endocrine responses; power output; post-activation potentiation; sport performance; caffeine and supplementation

### GRANTS AND INTERSHIPS

<b>Grant PRIMUS/22/HUM/019</b> Development of lower limb strength testing for practical use in advanced strength training methods. Faculty of Physical Education and Sport, Charles University	<b>2022</b>
<b>Co-contractor grant MNiSW – NRSA4 0405</b> realized in Jerzy Kukuczka Academy of Physical Education in Katowice	<b>2018</b>
<b>Co-contractor grant MNiSW - NRSA3 03953</b> realized in Jerzy Kukuczka Academy of Physical Education in Katowice	<b>2017</b>

**Co-contractor grant MNiSW- RSA2 02552** realized in Jerzy Kukuczka Academy of Physical Education in Katowice **2016**  
Internship in Faculty of Physical Education, Gdansk University of Physical Education and Sport, Gdansk, Poland; host professor: Pawel Cieszczyk **2019**

### **INTERNATIONAL COOPERATION**

Center for Sports Performance, Department of Kinesiology, California State University, Fullerton, Fullerton, California USA  
Centre for Sport Studies, Rey Juan Carlos University, Fuenlabrada, Spain  
Department of Sport Games, Faculty of Physical Education and Sport, Charles University, Prague, Czechia  
School of Physical Education and Sport Science, National and Kapodistrian University of Athens, Athens, Greece

### **ADDITIONAL EXPERIENCE**

#### **Own Sport experience: 1999 until now - International Powerlifting and benchpress competitor**

2018 - European Champion - Benchpress Championship - Pabianice / Poland  
2017 - Silver Medal in World Championship - Benchpress Championship - Siedlce / Poland  
2013 - European Champion - Benchpress Championship - Trnava / Slovakia  
2012 - European Champion - Benchpress Championship - Horn / Austria  
2011 - European Champion - Benchpress Championship - Praha / Czech Republic  
2009 - Bronze Medal in European Benchpress Championship - Herzberg / Germany  
2009 - Silver Medal in World Benchpress Championship - Bournemouth / England  
2006 - Polish Powerlifting Champion Werbkowice, Poland  
2006 - World Champion - Benchpress Championship - Miskolc / Hungary  
2005 - Polish Powerlifting Champion - Kielce, Poland  
2005 - Silver Medal in World Powerlifting Championship - Miami / USA  
2004 - Polish Powerlifting Champion - Kielce, Poland  
2004 - Bronze Medal in World Powerlifting Championship - Cape Town / RPA  
2004 - Silver Medal in European Junior Powerlifting Championship - Sofia / Bulgaria  
2004 - Silver Medal in European Powerlifting Championship - Nymburg / Czech Republic  
2003 - Polish Junior Benchpress Champion - Ryki, Poland  
2003 - Polish Junior Powerlifting Champion - Werbkowice, Poland  
2002 - Polish Powerlifting Champion - Pulawy, Poland  
2002 - Silver Medal in World Junior Powerlifting Championship - Kościan / Poland  
2002 - Silver Medal in European Junior Powerlifting Championship - Nymburg / Czech Republic  
2002 - Polish Junior Powerlifting Champion - Bydgoszcz, Poland  
2001 - Polish Junior Powerlifting Champion - Puławy, Poland  
2000 - Polish Junior Benchpress Champion - Gdynia, Poland  
2000 - Polish Junior Powerlifting Champion - Puławy