



**associate professor Andrzej Kochanowicz Ph.D.**

Date and place of birth: March 4, 1982, Gdańsk

Phone number: 58 554-74-00

E-mail address: [andrzej.kochanowicz@awf.gda.pl](mailto:andrzej.kochanowicz@awf.gda.pl)

ORCID: 0000-0002-5104-827X

### **Education**

- 2019 – habilitation in Medical and Health Sciences, Physical Culture Science. Faculty of Physical Education, Gdansk University of Physical Education and Sport. Title of the scientific achievement: "Neuromuscular and molecular changes in gymnasts' adaptation at various stages of sports proficiency"
- 2010 – Ph.D. in Physical Culture Science. Faculty of Physical Education, Gdansk University of Physical Education and Sport. Dissertation title: "Physical fitness and the effectiveness of technical preparation of young gymnasts"
- 2006 – MS in Physical Education with Trainer Specialty in Gymnastics. Faculty of Physical Education, Gdansk University of Physical Education and Sport. Master's thesis: "Diagnostic and prognostic significance of control indicators in the long-term training process of gymnasts"

### **Employment**

- 2019 - associate professor. Faculty of Physical Culture, Gdansk University of Physical Education and Sport.
- 2010-2019 - assistant professor. Faculty of Physical Education, Gdansk University of Physical Education and Sport.
- 2006-2010 – assistant. Faculty of Physical Education, Gdansk University of Physical Education and Sport.
- 2005 – physical education teacher, gymnastics trainer.

- 2003-2006 – gymnastics instructor

### **Other permissions**

- 2015 - Postgraduate studies in the field of Sport Psychology
- 2005 - Ski Instructor
- 2005 - Judge of the Polish Gymnastic Association

### **Funkctions**

- 2013 – Head of the Department of Gymnastics and Dance
- 2008 – Guardian of the students' gym section AZS-AWFiS Gdańsk

### **Scientific achievements**

- Peer-reviewed Articles: 40
- Impact Factor: 26.7 points
- *h* – index: 5 points (Scopus)
- Total citations: 66 (Scopus)

### **Research projects**

- 2015-2018 - Grant Nr 0026/RS3/2015/53 "Methods supporting and limiting adaptive changes in sport training." Ministry of Science and Higher Education, participation in the project
- 2015-2017 - Grant Nr 0039/RS3/2015/53 "Control of the training process based on kinesiological analysis, biochemical control and motor parameters of athletes of selected sports." Ministry of Science and Higher Education, participation in the project
- 2015-2017 - Grant Nr 2014/15/B/NZ7/ 00976 "Nordic Walking as an effective form of reducing systemic inflammation in a group of aging people - the role of iron and vitamin D". National Science Center, participation in the project
- 2015-2017 - Grant Nr 0018/RS3/2015/53 "Coordinating abilities and their conditions in shaping sports championships in sport gymnastics". Ministry of Science and Higher Education, main contractor
- 2015-2016 - Grant Nr 21420231 (Standard Grant) „State, Role and Prospects of Gymnastics in V4 Countries”, International Visegrad Fund, project coordinator

### **Scientific internships and international cooperation**

- 2017 – Scientific internship, Institute of Sport - National Research Institute, Department of Biomechanics, Warsaw
- 2017 – scientific and didactic internship, Matej Bel University Banská Bystrica, Wydział Physical Education and Sport, Banská Bystrica, Slovakia
- 2016 – Scientific internship, University of Szczecin, Laboratory of Effort and Genetics in Sport.

- 2015 - International cooperation. INEFC University of Barcelona, Sports Performance Department, Prof. Michel Marina

### **Didactic achievements**

- 2006 - Conducting practical and theoretical classes in gymnastics at the Faculty of Physical Culture, Tourism and Recreation, and Rehabilitation and Occupational Therapy.
- 2015 - Conducting classes in trainer specialization in gymnastics.

### **Research interest**

- Neuromuscular adaptation
- Electromyography
- Muscle strength and endurance training
- Biomechanics
- Gymnastics