



1. NAME AND SURNAME

Aleksandra Jażdżewska

2. DIPLOMAS, SCIENTIFIC DEGREE

● **habilitation** in Physical Culture Science – University of Physical Education and Sport in Gdansk, Poland, One-subject scientific publication series with a common title:
SELECTED POLYMORPHISMS OF THE MTHFR, GSTP1, AGT AND PPARG GENES AS POTENTIAL DETERMINANTS OF THE EFFECTIVENESS OF PRO-HEALTH AND SPORTS TRAINING (10.0.2018)

● Degree: **Doctor of Physical Culture Sciences**

Conferred by the Council of the Faculty of Physical Education on 19 December 2007 (doctoral thesis defence took place on 27 November 2007)

Dissertation title: *Physical activity of fitness as a form of health and physical efficiency enhancement.*

Supervisor of the dissertation: professor Andrzej Suchanowski, DSc.

Reviewers of the dissertation: professor Wiktor Bołoban, DSc., professor Kazimierz Kochanowicz, DSc.

- **Physical Recreation Fitness Instructor Modern Forms of Gymnastics** – 2 October 2004
- **Manager of Sport**, postgraduate studies (UCEU AWFIS in Gdańsk) – 24 July 2008
- **Physical Recreation Fitness Instructor Weight Training** – 12 October 2008
- **Nutrition and Dietetic Support in Sport** (UCEU AWFIS in Gdańsk) – 18 December 2010
- **Sport Psychology** (Faculty of Social Sciences, University of Gdańsk) – 05 February 2012

3. INFORMATION ON APPLICANT'S EMPLOYMENT IN THE SCIENTIFIC UNITS

From 1 October 1998

● **ACADEMY OF PHYSICAL EDUCATION AND SPORT IN GDAŃSK**

researcher and teacher, employment contract as an assistant lecturer in the Unit of Recreational Sports at the Department of Recreational Sports.

From 1 January 2008 till 31 December 2015

- **ACADEMY OF PHYSICAL EDUCATION AND SPORT IN GDAŃSK**

researcher and teacher, employment contract as an assistant professor in the Unit of General Sport at the Department of General Sport

From 1 January 2016

- **ACADEMY OF PHYSICAL EDUCATION AND SPORT IN GDAŃSK**

researcher and teacher, employment contract as a senior lecturer in the Unit of General Sport at the Department of Tourism and Recreation

INTERNATIONAL AND NATIONAL AWARDS FOR SCIENTIFIC OR EDUCATION

- **Individual award** of the Rector of the Academy of Physical Education and Sport in Gdańsk, awarded for scientific achievements in 2008.

- **Individual award** of the Rector of the Academy of Physical Education and Sport in Gdańsk, awarded for teaching and organizational achievements in 2009.

4. STUDENT SCIENTIFIC CARE

- Promoter of thesis

Number of people supervised by scientific care: 60 people

- Promoter of master's thesis

Number of people supervised by scientific care: 50 people

- Reviewer of master's thesis

Number of persons supervised by scientific care : 30 people

5. SCIENTIFIC CARE OF DOCTORAL STUDENTS AS AN AUXILIARY PROMOTER

- Michał Sawczyn with theme Impact of twelve weeks of fitness training on selected physical fitness parameters and body composition of women of different ages – defense 2019

- Izabela Kozakiewicz with the theme Exercise Efficiency Iyengar Yoga and Vinyasa Power Yoga with regard to the physical fitness components of women aged 45-59 years.

6. SCIENTIFIC ACTIVITIES

- Participation in research projects: Effects of polymorphisms of selected genes (ACE, AMPD1, ATP1A2, HIF1, PPARG, GABPB1, VEGF, PPARG, ACTN3, IGF1, IL5, TNF) on the nature and scope of the body's post-workout adaptive response.

- Implementation of projects with fitness plant employees determining the level of effectiveness of many forms of fitness of people of different ages (TBC, High Low Impact Aerobic, Resistance Training, Step,)

7. ORGANISATIONAL ACTION

- Fitness Plant Manager
- Fitness Specialization Manager Modern Forms of Gymnastics,

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