

AGNIESZKA MAGDALENA NOWAK

WORK EXPERIENCE

2017 – CURRENT – Warsaw, Poland

ASSISTANT IN FACULTY OF REHABILITATION, CHAIR OF TEACHING MOVEMENT – JOZEF PILSUDSKI UNIVERSITY OF PHYSICAL EDUCATION

Chair of Teaching Movement

2021 – CURRENT – Warsaw, Poland

TEACHER IN FACULTY OF MEDICAL SCIENCE – UNIVERSITY OF SOCIAL SCIENCES

2011 – CURRENT

SPORTS REFEREE

- athletics, paraathletics, basketball, wheelchair basketball

2021 - 2022

TEACHER IN POST-SECONDARY AND IN MEDICAL POST SECONDARY SCHOOL, COSINUS

- teacher of anatomy, first aid and clinical basics in massage on the massage therapist course

2017-2022 – Warsaw, Poland

PHYSIOTHERAPIST

- treatment of adult and geriatric orthopedic patients

EDUCATION AND TRAINING

2015 – 2017 – Warsaw, Poland

MASTER OF PHYSIOTHERAPY – Jozef Pilsudski University of Physical Education, Faculty of Rehabilitation

2010 – 2013 – Warsaw, Poland

BACHELOR OF PHYSIOTHERAPY – Jozef Pilsudski University of Physical Education, Faculty of Rehabilitation

- three months physiotherapy clinics in Catania, Sicily (Erasmus program)

2012 – 2015 – Warsaw, Poland

BACHELOR OF PHYSICAL EDUCATION – Jozef Pilsudski University of Physical Education, Faculty of Physical Education

- one semester in Università degli Studi di Messina, Sicily (Erasmus program)

2024 – Warsaw, Poland – Polski Związek Sportu Niepełnosprawnych „Start”

CLASSIFICATION COURSE IN PARAATHLETICS – course for candidates for national classifiers in para athletics

2024 NOVEMBER – Rome, Italy

CREA+ INTERNATIONAL FITNESS CONVENTION

- functional training workshops

- choreography workshops

2023 – 2024 - Poland

W GŁOWIE SĘDZIEGO (IN THE REFEREE HEAD)

- a course on skills for handling various situations in a stadium during sports competitions (goals, motivation, concentration, emotions, communication, self-confidence, feedback)

2023 FEBRUARY – Warsaw, Poland

AQUA AEROBIC INSTRUCTOR COURSE – Centrum Rehabilitacyjno Rekreacyjne „Figura” Sp. z o. o.

2022 SEPTEMBER – Cologne, Germany

INTERNATIONAL RESEARCH SUMMER SCHOOL, “Innovative Research Methods in Sport Science” – one week international exchange, workshops participant - German Sport University Cologne, Germany

2019

BASIC COURSE OF STATISTICAL ANALYSIS – StatSoft Polska

FIRST AID COURSE – PIO-MED Piotr Patuła

2018 – 2022 - COURSES

GROUP FITNESS INSTRUCTOR – Profi Fitness School

- step level 1

- aerobic (choreography)

- stretching
- pump & tone base
- total body conditioning & TBC full equipment
- Easy ball & Fit ball

PILATES INSTRUCTOR LEVEL I AND II - CORE SPECIALIZATION (HEALTHY SPINE, EXERCISES AFTER CHILDBIRTH, SENIORS) – Body Balanced Pilates School

PERSONAL TRAINER INSTRUCTOR WITH SPECIALIZATION IN CTB CORE STABILITY – Body Balanced Pilates School

2016 – 2017

CERTIFIED PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION THERAPIST (BASIC AND DEVELOPMENTAL PNF COURSE) – Reha Plus

2016 – 2016

KINESIOLOGY TAPING INSTRUCTOR – SPORTTAPE

2014 – 2015

SWIMMING INSTRUCTOR (SPECIALIZATION) – Jozef Pilsudski University of Physical Education

OTHER COURSES AND TRAININGS:

2023

Course: Motor training in sport (AWF Warsaw, Czas Reakcji)

Course: Prevention and physiotherapy in the protection of injuries and overloads of the musculoskeletal system (AWF Warsaw, Czas Reakcji)

2022

Course: Aqua aerobics instructor: theory and teaching methodology (Figura)

Training: Coaching Adapted Sports

Training: Concussion in Sports

Training: Disability Football Introduction

2020

Training: How do you teach yourself and teach others? A course to develop your coaching and teaching skills

2018

English language course B2, POWER program (International Language Institute) (2018-2021)

Training: Manual therapy of soft tissues in sport (Kinesport)

Training: Cupping therapy in sport (Kinesport)

2017

Course: Physiotherapy in geriatrics (Nowa Rehabilitacja; NPZ)

2016

Training: Dissection of the rectus abdominis muscle therapy (Fizjoklinika)

Training: Supported employment for people with disabilities

NETWORKS AND MEMBERSHIPS

World Para Athletics; International Paralympic Committee - National Technical Official (NTO) (World Para Athletics Technical Official - level 2)

Polish Basketball Association (PZKosz) - wheelchair basketball referee; 3x3 basketball referee

Warsaw Regional Basketball Association of the Mazovia Province (WOZKosz) - basketball referee

Warsaw-Mazovia Regional Association of Athletics - athletics referee

III walk race events specialist license

2024 – 2026

REPS Poland – fitness instructor

Polish Athletics Federation (PZLA) - athletics referee

II throwing events specialist license

II jumping events specialist license

2019 – 2022

Research Group no 4 “Physical activity and sports for people with special needs” - researcher

2017 – CURRENT

Student Research Group on Disability Sports – president

2016 – 2017

Student Research Group on Clinical Communication - participant

**ORGANISATIONAL
SKILLS**

International Conference of European Network of Physiotherapy in Higher Education (ENPHE), 2024 – prepare and conduct sport's workshops – amputee football, wheelchair basketball

International seminar "Physical Activity for Therapy and (Re)integration practical approaches in Central European Justice Systems", 2024 – conducting sport's workshop in English language

National Championship for young physiotherapists, 2022, 2024 – organizer, secretary, technical support

Project "Innovative rehabilitation education introduction of new study programs master's degree programs in Ukraine", 2019-2022 - organizer, researcher, teacher, technical support

"Physical therapy of patients who underwent arthroscopic intervention on the shoulder joint for adhesive capsulitis" REHAB Ukraine, 2022 - organizer and operator of meetings and online conferences

"Physiotherapy in cardiac rehabilitation of persons with chronic heart failure" REHAB Ukraine, 2021 - organizer and operator meetings and online conferences

The Science Festival, 2017, 2021 - organizing and implementing workshops on foot arches, rolling, and operating a body composition measuring station

National Conference of Student Scientific Research Groups "Issues of physical culture, physiotherapy and health in the research of young scientists", 2018, 2022 - organizer, secretary

DIGITAL SKILLS

Microsoft Office (Word, PowerPoint, Teams - very good, Excel - good); Social Media; Video Conferencing (Zoom, Skype, Webex, Teams)

PUBLICATIONS

[HTTPS://ORCID.ORG/0000-0001-8814-2481](https://orcid.org/0000-0001-8814-2481)
Scientific publications available in ORCID profile 0000-0001-8814-2481

**CONFERENCES
AND SEMINARS**

12/09/2024 – 14/09/2024 – Warsaw, Poland
ENPHE Conference 2024: Physiotherapy Education: Aiming at Excellence through Collaboration
Leader in ENPHE sports workshops – prepare and conduct football for amputees class

28/10/2024 – 29/10-2024 – Warsaw, Poland
International Seminar Physical Activity for Therapy and (Re)integration practical approaches in Central European Justice Systems
Co-organizer and assistant sports workshop leader– dodgeball, catch and serve ball

10/11/2022 - online
Final conference of the REHAB project "Innovative Rehabilitation Education – Introduction of new master degree programs in Ukraine (REHAB)"
Nowak A.M. "The REHAB project summary - polish perspectives"

29/10/2022 – Yogyakarta, Indonesia (online)
The 5th Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2022) "Adaptation and Implementation of Physical Activity in a Post-Covid Pandemic"
Nowak A.M. "Physical Education with AWF, „Active Return to School” - a Polish program to improve the physical condition of children & adolescents"

27/05/2022 – Warsaw, Poland
National Conference of Student Scientific Groups "Issues of physical culture, physiotherapy and health in the research of young scientists"
Siekierska M., Nowak A.M., Marszałek J. "Does the type of disability affect lower limb power in amputee football players?"

09/10/2019 – 10/10/2019 – Biała Podlaska, Poland
VI International Conference "Theory and Practice of Adaptive Physical Activity"
Nowak A.M., Marszałek J., Molik B. "Physical fitness in amputee football - a literature review"

07/12/2018 – Wrocław, Poland
IX International Scientific Conference "Motor activity of disabled people"

Nowak A.M., Molik B., Marszałek J. "Short-term efforts with Maxima intensity among children with spina bifida"

14/09/2017 – 16/09/2017 – Warsaw, Poland

XXI International Congress: Olympic Sport and Sport for All

Molik B., Marszałek J., Rutkowska I., Wójcik A., Nowak A., Nowacka-Dobosz S., Urbanik C. "Evaluation of field based test for professional firefighters"

LANGUAGES

English B2

Italian B2