



Anna Ogonowska-Slodownik

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Researcher ID: [A-9755-2018](https://orcid.org/A-9755-2018)

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WORK EXPERIENCE

2024-present Affiliate Scientist

KITE Rehabilitation Institute, Toronto, Canada

01/10/2016–present Assistant Professor

Jozef Pilsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Poland

**2021-present Scientific Writer,
Field Collaborator**

Joanna Briggs Institute (JBI), University of Adelaide, Australia

2024 Expert Reviewer

ERASMUS-SPORT-2024-BE-ACTIVE-AWARDS call, European Commission, Brussel, Belgium

2023 Expert Reviewer

ERASMUS-SPORT 2023 call, European Commission, Brussel, Belgium

01/10/2012–30/09/2016 Assistant

Józef Piłsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Department of Adapted Physical Activity, Poland

2008–2010 Aqua fitness Instructor

Aqua fitness instructor in physical activity program for older people, Poland

2006–2008 Swimming coach

Józef Piłsudski University of Physical Education in Warsaw, Poland

INTERNATIONAL FELLOWSHIPS

2024- present Postdoctoral Fellowship

KITE Rehabilitation Institute, Toronto, Canada, 2 years scholarship from Polish National Agency for Academic Exchange (NAWA Bekker)

11-15/06/2024 Erasmus training grant

University of Sevilla, Spain

16-20/10/2023 Erasmus training grant

University of Limerick, Ireland

18-25/07/2021 Erasmus training grant

Universidad Rey Juan Carlos, Madrid, Spain

4-14/06/2021 Erasmus training grant

University of Porto, Portugal

13-17/11/2017 Erasmus training grant	Kliniken Valens, Rehabilitationszentrum Valens, Switzerland
05-11/09/2016 Erasmus teaching grant	Beitostolen Healthsports center, Norway
22/02/2016–22/06/2016 Postdoctoral Fellowship	4 months scholarship from Kosciuszko Foundation; University of Maryland Rehabilitation & Orthopaedic Institute, Baltimore, United States
7-9/07/2015 Project FSS mobility	Leading workshop ‘Aquatherapy and swimming for people in wheelchairs’, University of Iceland, Iceland
16-22/02/2015 FSS Mobility grant	Norwegian School of Sport Sciences, Norway
03-07/03/2014 Erasmus teaching grant	Katholieke Universiteit Leuven, Belgium
17-21/02/2014 FSS Mobility grant	University of Iceland, Iceland
10-14/07/2013 Erasmus teaching grant	Katholieke Universiteit Leuven, Belgium
01–14/07/2012 Erasmus Intensive Program	AQUAOUTCOME Universidad de Castilla~La Mancha (UCLM), school of Nursing and Physiotherapy, Toledo, Spain
2010–2011 Erasmus Internship	Norwegian School of Sport Sciences, Oslo, Norway

EDUCATION

09/02/2016 PhD degree in Physical Culture	Jozef Pilsudski University of Physical Education in Warsaw, Poland
2009–2012 PhD studies	Józef Piłsudski University of Physical Education in Warsaw, Poland
2010 Bachelor in Physiotherapy	Józef Piłsudski University of Physical Education in Warsaw, Poland
2009 Master in Physical Education	Józef Piłsudski University of Physical Education in Warsaw, Poland

PUBLICATIONS

- **Ogonowska-Slodownik A**, Jakobowicz O, Alexander L, Marinho-Buzelli AR, Devion C, Morgulec-Adamowicz, N. (2024). Aquatic Therapy in Children and Adolescents with Disabilities: A Scoping Review. Children (Basel, Switzerland), 11(11), 1404.
- Jakobowicz O, **Ogonowska-Slodownik A**. Supporting Infants' Motor Development through Water Activities: A Preliminary Case-Control Study. Healthcare (Basel). 2024; 12(16): 1556.
- **Ogonowska-Slodownik A**, Güeita-Rodriguez J, Skomorowska K, Morgulec-Adamowicz N. Effects on Function and Enjoyment of Aquatic Therapy in Children with Cerebral Palsy: A Pilot Study in a Special Education School. International Journal of Disability, Development and Education 2024.

- Seylanova N, Chernyavskaya A, Degtyareva N, Mursalova A, Ajam A, Xiao L, Aktulaeva K, Roshchin P, Bobkova P, Aiyegbusi OL, Anbu AT, Apfelbacher C, Asadi-Pooya AA, Ashkenazi-Hoffnung L, Brackel C, Buonsenso D, de Groote W, Diaz JV, Dona D, Galvin AD, Genuneit J, Goss H, Hughes SE, Jones CJ, Kuppalli K, Malone LA, McFarland S, Needham DM, Nekliudov N, Nicholson TR, Oliveira CR, Schiess N, Segal TY, Sigfrid L, Thorne C, Vijverberg S, Warner JO, Were WM, Williamson PR, Munblit D, PC-COS Children Study Group (Kassim A, Chevinsky JR, Choong K, Duncan R, Esposito S, Foster R, Guekht A, Jaure A, Mackenzie C, Matthies-Bonn V, Matvienko-Sikar K, Mccloud L, Mcparland DC, Miron VD, Murrhy S, O Conne S, O'hara M, **Ogonowska-Slodownik A**, Pavare J, Robertson P, Rossman J, Sandulescu O, Saydah SH, Schmitt J, Semple MCG, Shafran R, Snipaitiene A, Søråas A, Stephenson T, Tulen L, Valenzuela Galaz G, Van Den Wijngaard K, Vickers D). Core Outcome Measurement Set for Research and Clinical Practice in Post COVID-19 Condition (Long COVID) in Children and Young People: An International Delphi Consensus Study "PCCOS Children". The European Respiratory Journal 2024; 63(3): 2301761.
- **Ogonowska-Slodownik A**, Labecka MK, Maciejewska-Skrendo A, McNamara RJ, Kaczmarczyk K, Starczewski M, Gajewski J, Morgulec-Adamowicz N. Effect of Water-Based vs. Land-Based Exercise Intervention (postCOVIDkids) on Exercise Capacity, Fatigue, and Quality of Life in Children with Post COVID-19 Condition: A Randomized Controlled Trial. Journal of Clinical Medicine 2023;12(19):6244.
- Roman M, **Ogonowska-Slodownik A**. Assessment of the impact of injuries on basic movement patterns in amateur swimmers. Advances in Rehabilitation 2023; 37(2): 48-54.
- **Ogonowska-Slodownik A**, Labecka MK, Kaczmarczyk K, McNamara RJ, Starczewski M, Gajewski J, Maciejewska-Skrendo A, Morgulec-Adamowicz N. Water-Based and Land-Based Exercise for Children with Post-COVID-19 Condition (postCOVIDkids)—Protocol for a Randomized Controlled Trial. International Journal of Environmental Research and Public Health 2022; 19: 14476.
- **Ogonowska-Slodownik A**, Kawa K, Morgulec-Adamowicz N. The impact of the COVID-19 pandemic on swimmers in Poland. Biomedical Human Kinetics 2022; 14(1): 220-228.
- **Ogonowska-Slodownik A**, Lima de AAR, Cordeiro L, Morgulec-Adamowicz N, Alonso-Fraile M, Güeita-Rodríguez J. Aquatic Therapy for Persons with Neuromuscular Diseases - A Scoping Review. Journal of Neuromuscular Diseases 2022; 9(2): 237-256.
- Geigle Richley P, **Ogonowska-Slodownik A**, Smith JE, James K, Scott WH. Metabolic and cardiopulmonary impact of aquatic exercise and nutritional guidance for four individuals with chronic motor incomplete spinal cord injury : a case series. Physiotherapy Theory and Practice 2022; 1-10.
- **Ogonowska-Slodownik A**, Morgulec-Adamowicz N, Richley Geigle P, Kalbarczyk M, Kosmol A. Objective and Self-reported Assessment of Physical Activity of Women over 60 Years Old. Ageing International 2022; 47(2): 307-320.
- **Ogonowska-Slodownik A**. Aquatic therapy after hip endoprosthesis. Medical Tribune 2022; 1: 74-79.
- **Ogonowska-Slodownik A**, Kosmol A, Morgulec-Adamowicz N. A comprehensive analysis of physical activity, nutrition, body composition and functional fitness of women over 60 years old. Nutrition and Healthy Aging 2022: 1-7.
- **Ogonowska-Slodownik A**. The Use of Aquatic Environment for Children with Disabilities. Palaestra 2022; 36(3): 22-28.
- Osiak T, Osiak N, **Ogonowska-Slodownik A**. Terapia w wodzie w wadach postawy. Rehabilitacja w Praktyce 2022; 2: 50-55.
- **Ogonowska-Slodownik A**. Aquatic therapy in pediatrics. Rehabilitacja w praktyce. 2021; 4: 55-60.
- Güeita-Rodríguez J, **Ogonowska-Slodownik A**, Morgulec-Adamowicz N, Lledó Martín-Prades M, Cuenca-Zaldívar JN, Palacios-Ceña D. Effects of Aquatic Therapy for Children with Autism Spectrum Disorder on Social Competence and Quality of Life: A Mixed Methods Study. International Journal of Environmental Research and Public Health 2021; 18:3126.
- **Ogonowska-Slodownik A**, Kaczmarczyk K, Kokowicz G, Morgulec-Adamowicz N. Does the Aquatic Breathing Program Improve Lung Function in Adolescents with Scoliosis? Physical & Occupational Therapy in Pediatrics 2021; 41(3):259-270.
- **Ogonowska-Slodownik A**. The use of aquatic therapy in patients with neurological diseases. Medical Tribune 2021;1:72-78.
- **Ogonowska-Slodownik A**. Aquatic therapy – is it for everybody? Medical Tribune 2020; 6:69-76.

- **Ogonowska-Słodownik A**, Geigle PR, Morgulec-Adamowicz N. Head-out water-based protocols to assess cardiorespiratory fitness – systematic review. *International Journal of Environmental Research and Public Health* 2020; 17: 7215.
- Kędzierski J, **Ogonowska-Słodownik A**, Morgulec-Adamowicz N. Adapted aquatic exercise for patients with a spinal cord injury. *Rehabilitacja w Praktyce* 2020;3:47-53.
- **Ogonowska-Słodownik A**, Kokowicz G. The use of breathing exercises in corrective swimming. *Rehabilitacja w praktyce* 2019; 5: 66-71.
- **Ogonowska-Słodownik A**, Geigle PR, Gorman PH, Słodownik R, Scott WH. Aquatic, deep water peak VO₂ testing for individuals with spinal cord injury. *The Journal of Spinal Cord Medicine* 2019;62(3):469-476.
- Malek LA, Mroz A, Czajkowska A, Kosmol A, **Ogonowska-Słodownik A**, Molik B, Morgulec Adamowicz N. Accuracy of impedance cardiography for hemodynamic assessment during rest and exercise in wheelchair rugby players. *Research Quarterly for Exercise and Sport* 2019;90(3):336-343
- Filipowicz M, **Ogonowska-Słodownik A**. Ai Chi - method of aquatic therapy. *Rehabilitacja w Praktyce* 2018;3:58-63.
- Słodownik R, **Ogonowska-Słodownik A**, Morgulec-Adamowicz N. Functional Movement Screen™ and history of injury in assessment of potential risk of injury among team handball players. *The Journal of Sports Medicine and Physical Fitness* 2018;58(9):1281-1286.
- Geigle P, **Ogonowska-Słodownik A**, Słodownik R, Gorman P, Scott WH. Measuring peak volume of oxygen (peak VO₂) in deep water for individuals with spinal cord injury: protocol development. *The Journal of Aquatic Physical Therapy* 2018; 26(1):30-35.
- **Ogonowska-Słodownik A**, Słodownik R. Motor preparation in water - endurance. *Rehabilitacja w Praktyce* 2018;1: 19-25.
- Rowinski R, Morgulec-Adamowicz N, **Ogonowska-Słodownik A**, Dąbrowski A, Richley Geigle P. Participation in leisure activities and tourism among older people with and without disabilities in Poland. *Archives of Gerontology and Geriatrics* 2017; 73: 82-88.
- **Ogonowska-Słodownik A**, Słodownik R. Conditioning and training in aquatic environment - strength and speed. *Rehabilitacja w Praktyce* 2017;5:71-77.
- Hutny K, **Ogonowska-Słodownik A**. Aquatic sensory integration. *Rehabilitacja w praktyce* 2017;3:35-40.
- Prokopowicz G, Molik B, Prokopowicz K, **Ogonowska-Słodownik A**, Lencse-Mucha J, Morgulec-Adamowicz N, Kosmol A, Perkowski K, Chamera T, Grzywacz T. Anaerobic capacity of sailors with disabilities. *Polish Journal of Sport and Tourism* 2017; 24: 21-29.
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- Frye SK, **Ogonowska-Słodownik A**, Geigle PR. Aquatic exercise for people with spinal cord injury. *Archives of Physical Medicine and Rehabilitation* 2017;98:195-197.
- **Ogonowska-Słodownik A**, Słodownik R. Aquatic therapy after upper extremity injuries. *Rehabilitacja w praktyce* 2017; 1: 42-46.
- **Ogonowska-Słodownik A**, Słodownik R. Aquatic therapy after anterior cruciate ligament (ACL) reconstruction. *Rehabilitacja w praktyce* 2016; 5: 54-59.
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- Prokopowicz G, Molik B, Prokopowicz K, Chamera T, **Ogonowska-Słodownik A**, Lencse-Mucha J, Morgulec-Adamowicz N, Kosmol A, Perkowski K. Motives for participation in Paralympic sailing – opinions of Polish and foreign athletes with physical disabilities. *Advances in Rehabilitation* 2016;3: 17-26.
- **Ogonowska-Słodownik A**, Kosmol A, Morgulec-Adamowicz N. Physical activity, body composition and functional fitness of women over 60 years old, participating in organized physical activity. *Gerontologia Polska* 2016; 24(2):102-108.
- **Ogonowska-Słodownik A**, Słodownik R. The role of aquatic therapy in low back pain. *Rehabilitacja w praktyce* 2016; 2: 40-44.

- **Ogonowska-Słodownik A**, Kosmol A. Assessment of effort in functional training of elderly women. *Hygeia Public Health* 2016; 51(1):96-100.
- **Ogonowska-Słodownik A**, Bober EM, Molik B. Functional fitness and body composition of active older women in different age categories. *Advances in Rehabilitation* 2016; 30(1):11-17.
- **Ogonowska-Słodownik A**, Wajszczyk B, Kosmol A, Morgulec-Adamowicz N. Diet of women above 60 years old depending on taking part in organized physical activity. *Polish Journal of Human Nutrition and Metabolism* 2016; 43(4): 271-280.
- **Ogonowska-Słodownik A**. Evaluation methods in aquatic therapy. *Rehabilitacja w praktyce* 2015; 6:48-52.
- Lencse-Mucha J, Molik B, Marszałek J, Kaźmierska-Kowalewska K, **Ogonowska-Słodownik A**. Laboratory and Field-Based Evaluation of Short-Term Effort with Maximal Intensity in Individuals with Intellectual Disabilities. *Journal of Human Kinetics* 2015; 48: 63-70.
- Słodownik R, **Ogonowska-Słodownik A**, Morgulec-Adamowicz N, Targosiński P. Fundamental movement patterns and potential risk of injuries in 1st and 2nd division Polish handball players. *Trends in Sport Sciences* 2014; 21(3): 145-151.
- Waller B, **Ogonowska-Słodownik A**, Vitor M, Lambeck J, Daly D, Kujala UM, Heinonen A. Effect of Therapeutic Aquatic Exercise on Symptoms and Function Associated With Lower Limb Osteoarthritis: A Systematic Review With Meta-Analysis. *Physical Therapy* 2014; 94(10):1383-1395.
- **Ogonowska-Słodownik A**. Comparison of the IPAQ-short form, Borg Scale and physical activity in elderly Norwegians. *Hygeia Public Health* 2013; 28(4): 515-519.
- Kosmol A, **Ogonowska-Słodownik A**. Why everybody should know how to swim? *Yearbooks of Warsaw Health School* 2012; 12: 135-140.
- **Ogonowska-Słodownik A**, Kosmol A. Objective and subjective evaluation of selected forms of physical activity of older people. *Journal of Aging and Physical Activity* 2012; 20 Suppl S: S280-S280.
- **Ogonowska-Słodownik A**. The evaluation of selected forms of physical activity of older people – pilot study. *Advances in Rehabilitation* 2012; 2:23-28.
- **Ogonowska-Słodownik A**, Kosmol A. Comparison of physical activity of elderly in Poland and Norway. In: Nowocień J, Zuchora K, editors. *Physical and social activity of third age people*. Warsaw; 2012. s.228-236.
- **Ogonowska-Słodownik A**. Evaluation of physical activity of older people in Poland and Norway (pilot study). *Occupational therapy - international perspective. Monografie nr 6*. Kraków; 2012. s. 177-186.
- **Ogonowska A**. Evaluation of physical activity of older people using IDEEA. W: Suchy J, redakcja. *Sciencia movens : sborník příspěvků z mezinárodní studentské vědecké konference konané dne 29. března 2011*. s. 363-366.
- **Ogonowska A**, Hubner-Woźniak E, Kosmol A, Gromisz W. Anaerobic capacity of upper extremity muscles of male and female swimmers. *Biomedical Human Kinetics* 2009; 1:79-82.

RESEARCH GRANTS

- **2022-2025** - Project Member; Inclusive and Equitable sport for people with Autism and Intellectual Disability (IDEAL 2) (No: 101049878-ERASMUS-SPORT-2021-SCP); Project supported by a grant from Erasmus+ Programme: Support for Collaborative Partnerships in the field of Sport
- **2022-2023** - Project Member; Empowering primary school teacher to include pupils with special education needs into physical education classes using digital tools (SENDIteach) (No: 2021-1-LT01-KA220-SCH-AE7826A3); Project supported by a grant from Erasmus+ Programme: Erasmus+ Programme: Ka2 Cooperation Partnership Project
- **2021-2023** – Principal investigator; Water and land-based exercise for children with post COVID-19 condition; Polish National Agency for Academic Exchange under the NAWA Urgency Grants programme, grant number BPN/GIN/2021/1/00071
- **2020-2021** – Co-principal investigator; Research Group no 4 at Jozef Pilsudski University of Physical Education in Warsaw "Physical activity and sports for people with special needs"

- **2018-2020** - Project member; Intellectual Disability, and Equal opportunities for Active and Long-term participation in Sport (IDEAL) (No: 590514-EPP-1-2017-1-BE-SPO-SCP); Project supported by a grant from Erasmus+ Programme: Support for Collaborative Partnerships in the field of Sport
- **2017 - 2018** - Principal investigator; DS -263, AWF Warsaw: Cultural adaptation (polish version) of WOTA (Water Orientation Test Alyn) and evaluation of the reliability and validity of the test in aquatic therapy
- **2016** – Project member; A Randomized Crossover Clinical Trial of Exoskeletal-assisted Walking to Improve Mobility, Bowel Function and Cardio-Metabolic Profiles in Persons with spinal cord injury (SCI), University of Maryland Rehabilitation & Orthopaedic Institute, Baltimore, USA
- **2016** – Project member; Reliability and Validity of Aquatrainer for Individuals with Chronic Neuromuscular Conditions, University of Maryland Rehabilitation & Orthopaedic Institute, Baltimore, USA
- **2014-2015** - Assistant of Project Coordinator; Adapted physical activity - theory and practice Scholarship and training Fund (FSS), Nr FSS/2013/IIC/W/0020/U/0003
- **2014-2015** - Principal investigator; of DM - 37, AWF Warsaw: The impact of physical activity, diet and body composition on functional fitness of older people;
- **2009-2012** Stipendist in project 'Improving educational and scientific potential in the field of occupational therapy the key to the development of higher education';
- **2009-2012** – Project member; DS.- 162, AWF Warsaw: Physiological and biochemical aspects of the structure and the starter load control effectiveness of training and combat sports in selected sports, project manager: dr hab. prof. nzw. AWF Krzysztof Perkowski;
- **2009-2012** – Project member; DS. - 127, AWF Warsaw: Assessment of the level of physical activity, exercise and fitness opportunities in selected groups of people with disabilities, project manager: prof. dr hab. Andrzej Kosmol

CONFERENCES

- **2024** Effect of water- and land-based exercise on lung function in children with post covid-19 condition: a randomized controlled trial; International Conference on Evidence Based Aquatic Therapy (ICEBAT), Winchester, United Kingdom
- **2024** Quality of life in children with post COVID-19 condition after water-based and land-based exercise (postCOVIDkids): a randomized controlled trial; 17th European Congress of Adapted Physical Activity, Sevilla, Spain
- **2023** Water or land exercise? Which is better for children with long COVID?, Direct to Science - achievements of NAWA grantees, Warsaw, Poland
- **2023** Water vs. land exercise intervention (postCOVIDkids) on exercise capacity and fatigue in children with long COVID: a randomized controlled trial (with Natalia Morgulec-Adamowicz), International Conference on Aging, Innovation and Rehabilitation (ICAIR), Toronto, Canada
- **2022** Water and land-based exercise for children with post COVID-19 condition (postCOVIDkids) – protocol for randomized controlled trial; 6th World Congress on Physiotherapy, Physical Rehabilitation & Sports Medicine, Dubai, United Arab Emirates
- **2022** The effect of water-based and land-based exercise on aerobic capacity for children with post COVID-19 condition; Global Virtual Conference on Pediatrics and Neonatology 2022
- **2022** PostCOVIDkids project - evidence based secondary physioprevention, XVI Jesienne Dni Fizjoterapii, Konstancin Zdrój, Poland
- **2022** Effects of aquatic therapy on function and enjoyment in children with cerebral palsy: a pilot study, European Congress of Adapted Physical Activity (EUCAPA), Coimbra, Portugal
- **2019** Intellectual Disability and Equal Opportunities for Active and Long-term Participation in Sport- the IDEAL project, the 22nd International Symposium on Adapted Physical Activity, Charlottesville, USA
- **2019** Comparison of arm crank and wheelchair treadmill maximal exercise testing protocols for wheelchair rugby athletes with quadriplegia, the World Confederation for Physical Therapy Congress, Geneva, Switzerland
- **2019** Using WOTA test to assess skills in the aquatic environment; poster, Theory and Practice of Adapted Physical Activity, Biala Podlaska, Poland

- **2017** Direct and indirect assessment of physical activity of women over 60 years old depending on their age Warsaw; presentation, XXI International Scientific Congress "Olympic Sport and Sport for All", Poland
- **2017** Diet of women over 60 years old depending on undertaking organized physical activity; presentation, Physical activity of older people in health promotion and prevention of civilization diseases, Olsztyn, Poland
- **2015** Motives and barriers to undertake physical activity in active older women; presentation; The Jozef Pilsudski University of Physical Education Conference, Warsaw, Poland
- **2015** The impact of physical activity and body composition on the functional fitness of older women - a pilot study; presentation; Physical activity, fitness and nutrition - for the sake of health, quality of life and integrating scientific perspective, Poznan, Poland
- **2015** The Effect Of Aquatic Versus Land Exercise On Physical Function In Older People: A Systematic Review With Meta-Analysis; presentation; The Second European Conference on Evidence Based Aquatic Therapy Aqua-Leuven 2015, Leuven, Belgium
- **2014** Functional fitness and body composition of women in different age categories; poster; 4th International Conference on Prof. Andrzej Seyfried Physiotherapy' Ideas 'Adapted physical activity in rehabilitation and education', Warsaw, Poland
- **2014** Measuring physical activity using motion sensors in wheelchair users with spinal cord injury – literature review; poster; European Congress of Adapted Physical Activity, Madrid, Spain
- **2013** Evaluation of functional training in older people; poster; III International Conference 'Theory and practice of Adapted Physical Activity', Olsztyn, Poland
- **2012** Comparison of physical activity of older people in Poland and Norway; presentation; VIII National Scientific Conference 'Socio-Educational aspects of contemporary sport and Olympism. Physical activity and social people of the third age', Warsaw, Poland
- **2012** Objective and subjective evaluation of selected forms of physical activity of older people; poster; 8th World Congress on Active Ageing, Glasgow, Scotland
- **2012** Comparison of the IPAQ-short form, Borg Scale and physical activity in older Norwegian adults; presentation; XX International Congress of Sport Sciences, Budapest, Hungary
- **2012** Objective evaluation of selected forms of physical activity of older people; presentation; Conference Physical activity of older people in research, Poznan, Poland
- **2012** CS-PFP 10 as a tool used to assess functional capacity of the elderly (review of literature); poster; The conference of the project 'Development of scientific potential - teaching in the field of occupational therapy, the key to the development of higher education', Krakow, Poland
- **2011** Evaluation of selected forms of physical activity of elderly - pilot study; poster; II International Conference 'Theory and practice in Adapted Physical Activity', Warsaw, Poland
- **2011** Health Related Fitness of children and adolescents with visual impairments and the sighted peers; poster; 18th International Symposium on Adapted Physical Activity, Paris, Nanterre, France
- **2011** Objective and subjective evaluation of physical activity for older people; presentation; V Interdisciplinary Doctoral Research Conference, Warsaw, Poland
- **2011** Evaluation of physical activity of older people using IDEEA device; presentation; International Conference „Scienca Movens", Prague, Czech Republic
- **2010** Evaluation of different forms of physical activity of older people; presentation; The conference of the project 'Development of scientific potential - teaching in the field of occupational therapy, the key to the development of higher education', Krakow, Poland
- **2009** Using a tethered test to assess anaerobic capacity of upper limb muscles swimmers and swimmers; presentation; Students' Scientific Conference 'Problems of physical education and rehabilitation in the research of young scientists', Warsaw, Poland
- **2008** Anaerobic muscles of the upper limbs - gender differences; poster, Students' Scientific Conference 'Selected aspects of physical culture', Biala Podlaska, Poland

PRIZES AND AWARDS

- **2023** Ministry Scholarship for the outstanding young scientists
- Individual Rector's AWF Warsaw scientific award (**2022, 2021, 2020, 2019, 2017**)
- Individual Rector's AWF Warsaw organizational award (**2022, 2021**)

- **2019** - Brown Cross of Merit, President of Poland
- **2017** Nomination for EDUinspirations 2017 (EDUinspiracje 2017) in the category of projects completed under the Scholarship and Training Fund (Project titled „Adapted Physical Activity – theory and practice”)
- **2015** - Young Investigator Award, The Second European Conference on Evidence Based Aquatic Therapy, Aqua-Leuven
- **2011** - 1st place in English session, Charles University, International Conference ‘Scienca Movens’
- **2009** - Zygmunt Gilewicz Medal for outstanding achievement in science

MEMBERSHIPS AND SERVICES

- Deputy Editor of Advances in Rehabilitation journal
- Associate Editor for JBI Evidence Synthesis
- Editorial Board Member for BMC Sports Science, Medicine and Rehabilitation
- Scientific Writer and Field Collaborator for the Joanna Briggs Institute, Australia
- Member of McMaster Collaborative for Health and Aging
- Member of Polish Chamber of Physiotherapists
- Member of World Confederation for Physical Therapy – Aquatic Physical Therapy International
- Member of European Federation of Adapted Physical Activity
- Member of Polish Scientific Association of Adapted Physical Activity
- Member of European Network for Action on Ageing and Physical Activity (EUNAAPA)
- 2020-2024 Member of the Board of the Faculty of Rehabilitation (Jozef Pilsudski University of Physical Education in Warsaw)
- 20-21.05.2022 IX International Scientific Conference “Professor Andrzej Seyfried rehabilitation thought”, secretary of the scientific committee, AWF Warsaw, Poland
- 18-19.2018 VII International Scientific Conference “Professor Andrzej Seyfried rehabilitation thought”, deputy chairman of the scientific committee, AWF Warsaw, Poland
- 15-18.04. 2015 The Second European Conference on Evidence Based Aquatic Therapy Aqua-Leuven 2015, member of the scientific committee, Leuven, Belgium
- 25-26.09.2013 III International Conference 'Theory and practice of Adapted Physical Activity', member of the organizing committee, Olsztyn, Poland
- 07.06.2013 National Students Conference, member of the organizing committee, AWF Warsaw, Poland
- 26.10.2011 II International Conference "Theory and practice of adapted physical activity", member of the organizing committee, AWF Warsaw, Poland
- 4-8.07.2011 18th International Symposium on Adapted Physical Activity, volunteering, Paris, France
- 16.09.2009 International Conference "Theory and practice of adapted physical activity", volunteering, AWF Warsaw, Poland

KNOWLEDGE AND TECHNOLOGY TRANSLATION

2021/12 - 2023/9 Principal investigator, Technology, Product, Process, Service Improvement/Development

PostCOVIDkids - water exercise program for children with post COVID-19 syndrome. The station circuit in the program includes endurance, strength and breathing exercises. The duration of a single class is 45 minutes, twice a week for 8 weeks. The exercise program was published in the form of infographic by Polish Chamber of Physiotherapists and is available for all clinicians.

<https://glosfizjoterapeuty.pl/wp-content/uploads/2023/09/>

Program_cwiczen_CovidKIDS.pdf

2017/9 - 2018/5 Principal investigator, Technology, Product, Process, Service Improvement/Development

Cultural adaptation of Water Orientation Testy Alyn (WOTA). WOTA 1 and 2 are aquatic instruments that were developed to assess the mental adaptation of the swimmer and his function in the water

based on the principles of the Halliwick method. This adaptation allowed Polish physiotherapists to assess the effect of aquatic therapy in the water environment.

2016/2 - 2016/6 Principal investigator, Technology, Product, Process, Service Improvement/Development

Protocol for assessing performance in aquatic environment of people with chronic neuromuscular diseases. It is the original protocol that allows the evaluation of performance in water mainly for wheelchair users. A detailed description of the protocol is described in the publication: Geigle P, Ogonowska-Slodownik A, Slodownik R, Gorman P, Scott WH. Measuring peak volume of oxygen in deep water for individuals with spinal cord injury: protocol development. The Journal of Aquatic Physical Therapy 2018; 26(1):30-35. This protocol has been used in the conduct of scientific research and workshops since the year 2018 by the Polish Scientific Association of Adapted Physical Activity.

STUDENT/POSTDOCTORAL SUPERVISION

Master's Thesis [n=5]

2023/1-2024/7

Principal Supervisor

Oliwia Jakobowicz, Jozef Pilsudski University of Physical Education in Warsaw

Thesis Title: The Impact of Water Activities on Motor Development in Infants

2021/1 - 2022/6

Principal Supervisor

Monika Roman, Jozef Pilsudski University of Physical Education in Warsaw

Thesis Title: Assessment of risk of injury in amateur swimmers

2021/1 - 2022/6

Principal Supervisor

Weronika Sawicka, Jozef Pilsudski University of Physical Education in Warsaw

Thesis Title: Assessment of joint hypermobility occurrence in adolescents training swimming

2020/1 - 2021/12

Principal Supervisor

Jan Kędzierski, Jozef Pilsudski University of Physical Education in Warsaw

Thesis Title: Aerobic capacity assessment of wheelchair rugby athletes

2020/1 - 2021/6

Principal Supervisor

Kamil Kawa, Jozef Pilsudski University of Physical Education in Warsaw

Thesis Title: Impact of the Covid-19 pandemic on swimmers in Poland

Post-doctorate [n=1]

2022/4 - 2022/6

Co-Supervisor

Natalia Jozefacka, Pedagogical University of Krakow

Project Title: Mentoring program for women in science

Research Associate [n=1]

2023/8 - 2023/12

Co-Supervisor

Natalia Rzepka, Wageningen University & Research

Project Title: Mentoring Project conducted by Polonium Foundation for researchers

COURSES

- Scoping Review Workshop
- Comprehensive Systematic Review Training
- Clinimetrics: Assessing Measurement Properties of Health Measurement Instruments
- Therapist of Halliwick, Bad Ragaz Ring Method, Ai Chi
- Scientific training: Management of research projects, Presenting the results of research using modern means of communication Web 2.0, Specificity of the research projects, MEASURE Evaluation online course, Writing in the Sciences
- Organization and management of sports people with disabilities
- IPC Swimming Classification Online Learning Program, IPC Introduction to Para Sport Online Learning Program
- FTM Aqua, OM AQUA
- II class coach in swimming
- Instructor in fitness, downhill skiing, handball, volleyball