



Michal Starczewski

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● WORK EXPERIENCE

14/09/2021 – CURRENT Warsaw, Poland

ASSISTANT PROFESSOR JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION

In my role, I am responsible for the development and delivery of scientific and educational projects proposals for National and International organizations and entities. In addition, my duties are also: conducting scientific research, delivering the Exercise Physiology module for Physiotherapy students and cooperating with sports stakeholders to provide scientific support.

31/08/2012 – CURRENT Warsaw, Poland

RESEARCH FELLOW IN DEPARTMENT OF PHYSIOLOGY INSTITUTE OF SPORT - NATIONAL RESEARCH INSTITUTE

As a Researcher in Exercise Physiology in High-Performance Olympic and Paralympic Sports, I am responsible for Managing Scientific Research. I am especially focused on such sports as canoeing, cycling, and cross-country skiing. I was the supervisor of the number of projects funded by the Polish Ministry of Sport and Tourism. In that role, I was responsible for the conception, earning the grant, planning, conducting, monitoring and reporting to the Ministry. Results of those projects were published in international scientific journals and presented during conferences.

Address Trylogii, 01-982, Warsaw, Poland | **Website** <http://insp.waw.pl/content/view/110/36/lang/pl/>

12/05/2019 – 30/10/2019 Aigle, Switzerland

EDUCATION PROJECT COORDINATOR/SPORTS SCIENTIST WORLD CYCLING CENTER - UNION CYCLISTE INTERNATIONALE

Responsible for the scientific support of WCC athletes and coaches.

Responsible for to objectives' achievement dedicated to WCC education programs, including programs supported by Olympic Solidarity, Coaching Development program, and new project development.

Responsible for the delivery of the coaching Level 2 and Level 3 courses which contain modules related to coaching, training prescription and periodization, strength and conditioning, field and laboratory tests to assess athletes, practical sessions.

09/2014 – CURRENT Warsaw, Poland

COACH DEVELOPER / LECTURER AKADEMIA TRENERSKA (THE COACHING ACADEMY)

My main activities as a Coach Developer are preparing, providing, and evaluating lectures and workshops in sports physiology, laboratory and field assessment of the athletes, training prescription and periodization, and coaching during seminars and courses for coaches able-bodied and disabled sports organized by the Academy.

12/2015 – 04/2019 Warsaw, Poland

ADVISOR IN A HIGH-PERFORMANCE PARALYMPIC AND DEAFLYMPIC SPORTS ZESPÓŁ METODYCZNY

The Zespół Metodyczny is a group of experts advising on the Polish Ministry of Sports High-Performance programmes. My main activities focus on an audit of the high-performance preparations programmes for main events in Paralympic and Deaflympic sports.

30/09/2013 – 30/03/2018 Warsaw, Poland

SUPERVISOR OF THE POLISH PARACANOE PROGRAMME, AND HEAD COACH OF THE POLISH PARACANOEING TEAM POLISH CANOE FEDERATION

As a Supervisor of the Polish Paracanoe Programme, my primary duties were to create a development programme for the sport for persons with impairments in the Polish Canoe Federation structures. I was managing the application of the budget, logistic, and development of coaches and athletes.

Secondly, I was responsible for managing the multidisciplinary team of the coaches, physicians, physiotherapists, and researchers in high-performance preparations to main events. In my duties were also preparation of training programmes and evaluation of yearly and Paralympic cycle training plans.

Address Jana Kazimierza 45/U7, 01-248, Warsaw, Poland | **Website** <http://pzkaj.pl/index.php/eng.html>

● **EDUCATION AND TRAINING**

11/10/2017 – 30/06/2020 Warsaw, Poland

PH.D. IN MEDICAL AND HEALTH SCIENCES IN THE SCIENTIFIC DISCIPLINE PHYSICAL CULTURE Józef Piłsudski University of Physical Education

The public defense of the thesis was held on 1st of July 2020.

The Ph.D. thesis is in the field of Cycling Exercise Physiology, especially in the cardiological indices of endurance performance.

The dissertation title is *The diagnostic value of the selected cardiopulmonary performance indicators of youth professional cyclist.*

06/2017 – 02/02/2018 Tokyo, Japan

TRAINED COACH DEVELOPER Nippon Sport Science University, International Council for Coaching Excellence

The course was focused on the efficient learning method in adults. The main point of the presented methodologies was Coach/Student/Athlete centred approach. Programme of the course covered strategies for Coach Developers presented in the International Coach Developer Framework *to enhance coaching effectiveness and ultimately the benefits that athletes and sport participants receive from high quality coaches.*

03/2006 Warsaw, Poland

CANOE COACH LICENSE Ministry of Sport and Tourism

● **LANGUAGE SKILLS**

Mother tongue(s): **POLISH**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
GERMAN	B1	B1	B1	B1	B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user