

Jeffrey Pagaduan

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Jeffrey Pagaduan is currently a postdoctoral fellow at the Institute of Active Lifestyle, Palacký University. Jeff completed his PhD (medical science) at University of Tasmania in 2021. He is a Level 2 Professional Coach through the Australian Strength and Conditioning Association, and a certified strength and conditioning specialist from the National Strength and Conditioning Association (USA). Jeff is also the lead for Mobi PRO⁺, a free mobile application for

assessment of physical performance indices.

My Topic for the 19th International Teaching Week:

- 1) Resonance Frequency Breathing for Health and Performance
- 2) Low-cost Tools for Fitness Monitoring