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I am a senior lecturer (PhD) at the Karkonosze State Higher School in Jelenia Góra. My teaching experience concerns human physiology, physiology of physical exercise in patients and healthy people. I have a lot of experience with the creation and guide of trainings and with the control of adaptive changes.

I gave lectures about assessment of physical fitness during my teaching activities within Erasmus program. I taught in Lithuania, Kaunas



(2009), in Turkey, Ankara (2009), in Bulgaria, Plovdiv (2010), in Hungary, Miskolc (2010), in Estonia, Tallinn (2010) and in the Czech Republic, Ústí nad Labem (2011).

Topic for the 12th International Teaching Week

Assessment of physical fitness

This topic concerns simple ways to create your physical training plans and also possibility of assessment of aerobic capacity.