

# Jeffrey Pagaduan

**Palacký University Olomouc - Philippines**



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).

## **My Topic for the 20<sup>th</sup> International Teaching Week:**

- 1) Contrast Training for Power Development in Athletes