

Kirsti Pedak

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ESTONIA



Kirsti is a lecturer in exercise science at Tallinn University, School of Natural and Health Sciences. Outside of university, she has been working as a physiotherapist in the field of orthopedics for the last 30 years, which is her undisputed love. Kirsti is a doctoral student at Tallinn University and her research field is related to the benefits of different forms of therapy on the functional and motor functioning of people with Parkinson's disease.

In her free time, Kirsti enjoys playing table tennis, hiking in nature, reading, and riding old motorbikes with her clubmates through neighboring countries in the summer.

My Topics for the 26th International Teaching Week:

- 1) Youth Sport, Overuse Injuries, and the Biopsychosocial Model.
- 2) Parasport and Inclusive Approaches through the Biopsychosocial Lens.