



Anna Szumilewicz associate professor at Gdansk University of Physical Education and Sport (AWFiS), Poland. Her research interests are bi-directional. She analyses the areas of knowledge, skills and competencies of exercise professionals in relation to the concept of European Qualification System. In the experimental studies she assess the influence of various exercise programmes on women's health, including women in the pre- and postnatal period. Based on the results of scientific research and practical experience she has developed special training programme "FemFit Mama" and "HIIT Mama" for women in pregnancy and postpartum, carried out in fitness clubs in Poland and abroad. She was also the coordinator of the international NEPPE project ("The New Era of Pre- and Postnatal Exercise) targeted at exercise professional to educate them how to work with pregnant and postpartum clients.

Since 2011 she has been cooperating with EuropeActive (EA). As a member of Professional Standards Committee (2014-2016) and later as the Deputy Director – Standards (2019-currently), she has been involved in developing EA's Standards at various EQF levels. Anna presented the systemic educational solutions for the fitness and health sectors, among others, as a panelist of the World Health Organization (2021). In Poland, she has been closely cooperating with the Polish Sport Ministry, in a position of Vice-President of the Council for Education and Training of Physical Culture Professionals.

In recognition of her activity she was awarded the Medal of the National Education Commission (The Polish Ministry of Education, 2016), the Bronze Badge for Merits for Sport (The Polish Ministry of Sport, 2017), Bronze Medal for many years of service (President of the Republic of Poland, 2019), the Silver Badge for Merits for Sport (The Polish Ministry of Sport, 2022). In 2022 she was also awarded by Women's Sports Commission of the Polish Olympic Committee for the promotion of sport in pregnant women.

Her scientific achievements are presented here:

[Anna Szumilewicz \(researchgate.net\)](https://www.researchgate.net/profile/Anna-Szumilewicz)

[Anna Szumilewicz \(0000-0003-3777-5697\) \(orcid.org\)](https://orcid.org/0000-0003-3777-5697)

PARTICIPATION IN INTERNATIONAL AND NATIONAL RESEARCH AND EDUCATIONAL PROJECTS

A. Projects related to the subject of health-enhancing physical activity of women during the reproductive period

2021-present "The Effect of Pre- and Postnatal High Intensity Interval Training and Moderate Intensity Continuous Training on Biological, Functional and Psychological Markers of Pregnancy Disorders and Non-communicable Diseases in Mothers and Offsprings". Approval of the Bioethical Committee at the Regional Medical Chamber in Gdansk, KB no. 8/21. Research financed from the subsidy of the Ministry of Science and Higher Education for maintaining the research potential of GUPES in Gdansk, as part of the statutory activity of the Physical Culture Department in individual years. She is a project principal researcher. [NCT05009433](https://nct05009433)

2012-2019 "The course of pregnancy, labour and delivery, postpartum and perinatal stress urinary incontinence in women participating in the prenatal physical activity program." Approval of the Bioethical Committee at the Regional Medical Chamber

in Gdansk, KB no. 28/12 of December 18, 2012 (with amendments 19/13, 8/14, 22/15). Research financed from the subsidy of the Ministry of Science and Higher Education for maintaining the research potential of GUPES in Gdansk, as part of the statutory activity of the Tourism and Recreation Department in individual years. She was a project principal researcher.

2012-2018 "Pelvic floor muscle training using surface electromyography." Consent of the Bioethical Committee at the Regional Medical Chamber in Gdansk No. KB - 8/13 of 26/03/2013 (with amendments 9/14). Research financed from the subsidy of the Ministry of Science and Higher Education for maintaining the research potential of AWFis in Gdansk, as part of the statutory activity of the Tourism and Recreation Department in individual years. She was a project principal researcher. The above project, entitled "Pelvic Floor Muscle Training with the use of surface electromyography - PFMTe Project" was registered in the ISRCTN international register of experimental research: DOI 10.1186 / ISRCTN92265528.

B. Projects related to the subject of professionals qualifications in health-enhancing physical activity

2021-2023 **The NEPPE Project: New Era of Pregnancy and Postpartum Exercise** project run at the Gdansk University of Physical Education and Sport, Poland. This project was financially supported by Narodowa Agencja Wymiany Akademickiej – NAWA (National Academic Exchange Agency) within the SPINAKER programme – Intensive International Education Programmes, from the non-competitive project nr POWR.03.03.00-00-PN16/18 Project timeframe: 1st of May 2021 – 31st of August 2023. She was the project coordinator. <https://neppe.awfis.net/en/>

2020-2022 An international project under the Erasmus plus program "New Health Program". In the project I was the leader of a group of experts preparing a description of a new professional qualification related to the promotion of an active, healthy lifestyle (Healthy Lifestyle Promoter). Project No. 613045-EPP-1-2019-1-NL-SPO-SCP.

2018-2020 An international project under the Erasmus plus program "Blueprint for Skills Cooperation and Employment in Active Leisure". In the project I was the coordinator of one of the research and implementation tasks. Project No. 590345-EPP-1-2017-1-BE-SPO-SCP.

2016-2019 An international project under the Erasmus plus program "A European Sector Skills Alliance for Sport and Physical Activity (ESSA-Sport)", 2016-2019. Project No. 575668-EPP-1-2016-1-FR-EPPKA2-SSA-N.

2016-2018 An international project under the Erasmus plus program "Relevance of Sector and International Qualifications and Frameworks to the EQF (SIQAF)". Project No. 576009-1-2015-1-BE-EPPKA3-TRANS-SQ.

2018-2019 A nationwide project entitled "Incorporation of innovative and socially needed qualifications into the Integrated Qualifications System (IQS) and reduction of barriers in the development of IQS by supporting system stakeholders at the national and regional level", co-financed by the European Union under the European Social Fund. In the project she acted as an expert in the tender for the preparation of qualifications in the group "Family, motherhood, parenthood".