**Anna Szumilewicz**, Ph.D., Associate Professor at the **Gdansk University of Physical Education and Sport (GUPES), Poland**, holds a postdoctoral degree in physical culture sciences and serves as a research and teaching professor at the university.

Since 2012, she has been conducting **experimental research** on the effects of physical activity, including high intensity interval training (HIIT), in pregnant women on the course of pregnancy, childbirth, and postpartum period, as well as on child development. She also carries out research and development in the field of pelvic floor muscle training as a preventive measure for stress urinary incontinence and sexual dysfunctions in adolescents and adults.

Collaborating with research and scientific centres from various countries, she developed the **training and educational programs** "FemFit Mama" and "HIIT Mama" aimed at pregnant and postpartum women. She also implemented the **international educational project NEPPE** (The New Era of Pregnancy and Postpartum Exercise), involving representatives from **41 countries (2021-2023**). The project contributed to key implementations in the Polish market, including the development of "Recommendations of the Polish Society of Gynaecologist's and Obstetricians (PTGiP) and the Polish Society of Sports Medicine (PTMS) on physical activity during pregnancy and postpartum" (2023) and the implementation of the Polish screening tool "Get Active Questionnaire for Pregnancy," under the affiliation of PTGiP, PTMS, and GUPES in collaboration with the Canadian Society for Exercise Physiology (CSEP). Since 2024 she is a co-chair of the ECSS Special Interest Group: Physical Activity in Pregnancy and Postpartum. Since 2024, she is also the chair of the International Cooperation Subcommittee of the **Pregnancy and Postpartum SIG at the American College of Sports Medicin**e (USA). In 2025 she initiated the Global Active Mother's Day and Global Education for Active Pregnancy and Postpartum – international events promoting evidence-based knowledge on physical activity in the perinatal period.

Since 2003, she has also been conducting research on the professional competencies of exercise professionals and has participated in many national and international projects related to health-enhancing physical activity. Since 2017, she has been a member of the presidium of the Council for Education and Improvement of Physical Culture Staff at the **Polish Ministry of Sports and Tourism**, currently serving as the vice-chair for sport for all. Since 2024, she has been a member of the team for developing a health education program for primary and secondary schools in Poland, working under the affiliation of the **Polish Ministry of National Education**.

For many years she has been associated with **EuropeActive**, representing the health and fitness sector in the European market. Since 2019, she has been the **Deputy Director for the Professional Standards Committee**, and in the years 2020-2023, she has also been a member of the Scientific Advisory Board at the ThinkActive Research Centre. She has presented systemic educational solutions for the fitness industry and health sector, including as a panellist at the World Health Organization (2021).

She is the author of several dozen scientific and popular science publications, educational standards, and descriptions of professional qualifications, and a speaker at numerous national and international scientific conferences, seminars, and popular science webinars.

**Awards:**

For her activities, she has been awarded:

- the Medal of the National Education Commission (by the Minister of Education, 2016),
- the Bronze (2017) and Silver (2022) Medals for Merit to Sport (by the Minister of Sport and Tourism),
- the Bronze Medal for Long Service (by the President of the Republic of Poland, 2019),
- the Bronze Cross of Merit (by the President of the Republic of Poland, 2023).
- In 2022, she was recognized by the Women's Sports Commission at the Polish Olympic Committee for promoting women's sports.
- In 2024, for the implementation of the NEPPE project, she received an award in the national "Perspectives in Medicine" competition in the "Health Prevention" category.

**Her scientific achievements are presented here**:

Anna Szumilewicz (researchgate.net)

Anna Szumilewicz (0000-0003-3777-5697) (orcid.org)

## PARTICIPATION IN INTERNATIONAL AND NATIONAL RESEARCH AND EDUCATIONAL PROJECTS

### A. *Experimental projects on the impact of physical activity during the reproductive period on women's health, pregnancy development and birth outcomes*

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| 2021-2031 | "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 |
| 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 promotion of health-enhancing physical activity, including the perinatal period*

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| 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/ |
| 2023-2027 | "**Maternal perinatal stress and adverse outcomes in the offspring: maximising infants´development (TREASURE)**. International project funded by EU funds within the COST programme: European Cooperation in Science and Technology. She is a member of working groups: WG2, WG4 and WG6. COST Action CA22114 Action CA22114 - COST |
| 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. |