

Dr Michał Bronikowski, Ph.D  
Ul.M. Tokarzewskiego 13  
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Poland  
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General information Marital status: married  
wife Małgorzata, two children son Maciej (14), daughter Zofia (11)  
Nationality: Polish  
Age: 40  
Born: 08.03.1969 Poznań, Poland

Work address: University School of Physical Education

Department of Methodology of Teaching Physical Education  
Position: Head of the Department  
Ul. Królowej Jadwigi 27/39  
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Education:  
1993 – Master Degree in Physical Education, (major – teaching physical education and coaching football), University School of PE, Poznań  
1996 – Bachelor in English Teaching,  
Adam Mickiewicz University, Poznań  
1999 – Ph.D. in Physical Culture Sciences  
University School of Physical Education, Poznań, Poland  
2009 – Habilitation in Physical Culture Sciences  
University School of Physical Education, Poznań, Poland

Languages:  
Polish, English (both in oral and written form)

Present occupation: Senior Lecturer at the University School of Physical Education

(teaching area: methodology of PE lessons, motor games and plays)

Senior Lecturer at the Liverpool Hope University

In department of Sport Studies (until August 2009)

(teaching area: Sport pedagogy)

Professional career:

Football player – Warta Poznań Football Club – 1990-2000.

Assistant in daily L'Arche Centre, Liverpool

Observer of the FC Everton's training sessions, (1991-1992)

Assistant to the Editor of "Studies in Physical Culture&Tourism"

Scholarly Publication in English (years 1997-2002)

Professional development and contacts:

Research interests:

Faculty Socrates/Erasmus coordinator for students and staff mobility (years 1998-2008)

Polish Olympic Academy, Warsaw, Poland (1996 up to now) - Chair of the "Young Members Fraction"

International Olympic Academy, Olimpia, Greece: 1) Postgraduate Seminar on Olympism (May-July, 1995) 2) Coordinator on the session of the Young Participants (July-August 2000) 3) Participant on the 5th Session for the Educators and University Officials – July 2001 Olimpia, Greece 4) Invited as an official lecturer for the 9th session for Directors of NOC's – May 2007 5) Invited as an official lecturer for the Master Programme in Olympic Studies (by the International Olympic Academy – November 2009)

Other invited sessions:

1) Lecturing at Democrius University of Kamotioni (2000) and University of Athens (2003) - Greece

2) Invited by the German Olympic Committee to lecture at the main annual session (2002, 2004)

and numerous congresses and international conferences

Scholarships

- European TEMPUS project concerning Olympic issues

University of Leeds (prof. J. Parry) – June-September, 1998

- visit to Gerlev Sport Institute and Traditional Games Lege Park (June 2005, Denmark)

- practical PE teaching at Tunbridge Well Grammar School (June 2007)

- organization of the international Workshop week (May 2008, Poznan)

(almost 100 PE teachers and students from 6 European countries from the Health-a-ware project)

Liverpool Hope University (from 2008 -2009)

Theory of Physical Education - teaching methodology and didactics

Ancient and Modern Olympic Games

History of sport and Olympism

Anthropology/Culture of sport, Ethnology of traditional games

Physical, Health and Olympic Education curricula

National Research Grants:

- 1) Polish Scientific Committee Individual Research Grant no 3 PO5D 04623 - title "Profiles of Intensity of PE lessons" – years 2002-2004
- 2) Polish Scientific Committee Individual Research Grant no N404 31/2397 – title "Sense of coherence, subjective and objective health indicators of youth" – years 2006-2009.

European Research Grants:

- 1) EU Grant - 128737-CP-1-2006-1-DE-Comenius-C21  
– title „Health(a)ware - an experienced-based learning and teaching approach for physical and health education” (years 2006-2009)  
website of the project: [www.health-a-ware.eu](http://www.health-a-ware.eu)

Publications: Selected publications (those in English only) in last 5 years:

2003

Bronikowski M. (2003). Perception of sport-based moral values in Polish pupils aged 12-16. *Gymnica – Acta Universitatis Palackianae Olomucensis*. Palacky University Olomouc. Vol.32, no. 2, 29-33.

Bronikowski M. (2003). Value orientation of full-time, extra mural and post graduate students of physical education in Poland. *Acta Kinesiologiae Universitatis Tartuensis*, University of Tartu, Estonia, vol.8, 117-127.

Bronikowski M. (2003). Comparison of students' curricular goals in four types of physical education lessons, *The Proceedings of FEPSAC European Congress, Kopenhagen, Book of abstracts*, 38

Gracz J., Bronikowski M., Walczak M. (2003). Recreation, creation, excitation. Passion and emotions in sport, *The Proceedings of FEPSAC European Congress, Kopenhagen, Book of abstracts*, s.65,

2004

Bronikowski M. (2004). Die Motorische Leistungsfähigkeit und das Wissen vom Olympismus als wichtige Elemente – Der Lebensstil von Gymnasiasten. (W:) *Bewegung, Sport und Gesundheit im regionalen Bezug* (D.C.Mahlitz, L.Bomirska, M.Stępiński Hrsg.). Sportwissenschaft und Sportpraxis, Band 136, Czwalina, 68-74.

Bronikowski M. (2004). Are physical education classes intensive enough for pupils in Poland? W: *The Proceedings of "Sport Science through the Ages", Pre-Olympic Congress*, eds. V.Klisouras, S.Kellis, I.Mouratidis. Thessaloniki, 2004, 135-136.

Bronikowski M. (2004). Heart rates of pupils during physical education lessons. *Human Movement*, vol 5, no 2, 106-112.

2005

Bronikowski M., Szczepanowska E., Maciaszek J. (2005) Lab or gym? Dilemma on choosing a research battlefield in fighting against obesity in youth, *Papers on Anthropology*,

t.XIV,Tartu.29-42

Bronikowski M. (2005). How much physical activity a week to improve the health-related fitness of Polish schoolchildren? *Wychowanie Fizyczne i Sport*, t.49, nr 3, 219-223.

Bronikowski M. (2005). The amount of moderate-to-vigorous intensity during physical education classes in Poland. *Studies in Physical Culture and Tourism*, vol.XII, no.2, 55-65.

Bronikowski M. (2005). How olympism reached the Polish Schools. *Acta Academiae Olympique Estoniae*, vol. 13, no 1, 27-36.

2006

Bronikowski M. (2006). Achievements in teaching Olympism in Polish Schools. *Research Yearbook – Studies in Physical Education and Sport*, Gdańsk vol.12,no 2, 184-190.

Bronikowski M. (2006). Profiles of intensity loads in physical education classes in Poland. *Gymnica - Acta Univ.Palacki Olomuc*, 2006, vol.36, no.1, 47-59.

Bronikowski M. (2006). Sense of meaningfulness, comprehensibility and manageability as determiners of self-assessment of health status and physical fitness in adolescents. *Zdrowie Publiczne*, tom.116, nr 3, 406-412.

Bronikowski M., Biniakiewicz B., Mroczkowska M., Grześkowiak E. (2006). Conflictive behaviours during physical education classes in Poland. *Physical Education and Sport*, 50, 108-112.

Bronikowski M. (2006). Gender differentiation of morphological traits at the entering of puberty. *Papers on Anthropology*, XV, 18-28.

2007

Bronikowski M., Sokołowski M., Kantanista A., Lewandowska M. (2007). The sense of coherence among candidates for officers and non-commissioned officers in the Land Army as an indicator for the professional military service. [In:] M.Sokołowski (red.) *Biosocial effects of military service as a basis for further improvement of future physical education and sports programmes*. AWF Poznań, 257-263.

Bronikowski M., J.Maciaszek, E.Szczepanowska, J.Tarnas. W.Woźniak. (2007) Dominant determinants in cardio-respiratory endurance in 13 years old boys and girls. *Medicina Sportiva* 11(3):66-69.

Bronikowski M., Śleboda R., Szczepanowska E., Kantanista A., Bronikowska M. (2007) Daily Physical activity of Polish youth. *Papers on Anthropology*, XVI, 56-70.

Bronikowski M., Kantanista A, Bronikowska M. (2007) Hellison's model of responsibility for one's health and frequency of undertaking physical activity in 13-year old youth from Poznan, *Acta Kinanthropologica*, 44-53

2008

Bronikowski M., Marcela González-Gross, Konrad Kleiner, Elke Knisel, Irena Martinková, Antje Stache, Adam Kantanista, David Cañada Lòpez, Alexandra Konlechner, (2008) Physical activity, obesity and health programs in selected European countries. *Studies in Physical Culture and Tourism*, vol.XV (1), 9-18.

Bronikowski M., Bronikowska M. (2009). Salutogenesis as a framework for improving health of adolescent boys. *Scandinavian Journal of Public Health*, 37, 525-531.

Dr hab. Michał Bronikowski, Ph.D

