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Faculty of Physical Culture, The Eugeniusz Piasecki Poznan University of Physical Education

ACADEMIC POSITIONS

2026 – present	Assistant Professor, Department of Sport Psychology <i>Faculty of Physical Culture, Poznan University of Physical Education</i>
2024 – 2026	Research Assistant, Department of Pedagogy <i>Faculty of Physical Culture, Poznan University of Physical Education</i>
2021 – 2023	Lecturer, Department of Physical Activity and Health Promotion Sciences <i>Faculty of Physical Culture, Poznan University of Physical Education</i>

EDUCATION

2024 – present	Data Analysis and Processing, Master's Studies <i>Faculty of Computer Science and Mathematics, Adam Mickiewicz University</i>
2020 – 2025	Psychology, Integrated Master's Degree, Spec.: Clinical Psychology <i>Faculty of Psychology and Cognitive Science, Adam Mickiewicz University</i>
2024	Data Analysis – Data Science, Postgraduate Studies <i>Higher School of Vocational Education in Wroclaw</i>
2019 – 2024	Doctoral School <i>Poznan University of Physical Education</i>
2018 – 2020	Sport, Master's Degree, Spec.: Strenght and Conditioning Coach <i>Faculty of Physical Culture, Poznan University of Physical Education</i>
2015 – 2018	Dietetics, Bacherol's Degree, Spec.: Diet Therapy and Diet Prevention <i>Faculty of Physical Culture, Poznan University of Physical Education</i>
2015 – 2017	Physical Education, Master's Degree, Spec.: Coaching – Artistic Gymnastics <i>Faculty of Physical Culture, Poznan University of Physical Education</i>
2012 – 2015	Physical Education, Bacherol's Degree, Spec.: Local Sports Management <i>Institute of Physical Education, Leszno, State Higher Vocational School</i>

PUBLICATIONS

	Google Scholar:	56 citations; h-index: 3	IF
Jelonek W., Malik J. , Łochyński D. (2025) Effects of attentional focus on spatial localization of distal body parts and touch in two-arm position matching. <i>Experimental Brain Research</i>			1.700
	DOI		
Główka N., Malik J. , Anioła J., Zawieja E., Chmurzynska A., Durkalec-Michalski K. (2024) The effect of caffeine dose on caffeine and paraxanthine changes in serum and saliva and CYP1A2 enzyme activity in athletes: a randomized placebo-controlled crossover trial. <i>Nutrition & Metabolism</i> .			3.900
	DOI		
Malik J. , Głókwka N., Jelonek W., Maciaszek J. (2024) The effect of juggling on the proprioceptive and attentional abilities among older women. <i>Frontiers in Public Health</i> .			3.000
	DOI		

Malik J., Głowska N., Jelonek W., Stemplewski R., Maciaszek J. (2024) Effect of a juggling-based physical activity on postural stability, reaction time, and attention focus in older adults: a randomized crossover study. *European Review of Aging and Physical Activity*. 3.700

[DOI](#)

Głowska N., **Malik J.**, Podgórski T., Stemplewski R., Maciaszek J., Ciałyńska J., Zawieja E., Chmurzyńska A., Nowaczyk P., Durkalec-Michalski K. (2024) The dose-dependent effect of caffeine supplementation on performance, reaction time and postural stability in CrossFit – a randomized placebo-controlled crossover trial. *Journal of the International Society of Sports Nutrition*. 4.500

[DOI](#)

Malik J., Maciaszek J. (2022) The effect of the juggling-based motor learning physical activity on well-being in elderly: a pre-post study with a special training protocol. *Healthcare*. 2.800

[DOI](#)

Malik J., Stemplewski R., Maciaszek J. (2022) The effect of juggling as dual-task activity on human neuroplasticity: a systematic review. *International Journal of Environmental Research and Public Health*.

[DOI](#)

Wiśniewski D., Śliwicka E., **Malik J.**, Durkalec-Michalski K. (2021) Evaluation of fluid loss and customary fluid intake among a selected group of young swimmers: A preliminary field study. *International Journal of Environmental Research and Public Health*. 4.614

[DOI](#)

RESEARCH INTERNSHIPS

09.2022	School of Health Sciences, Oakland University, Supervisor: dr Daniel Goble (NAWA PROM)
09.2021 – 12.2021	Laboratory of Emotion Neuroscience, SWPS University, Poznan, Supervisor: dr hab. prof. SWPS Jarosław Michałowski

SCIENTIFIC CONFERENCES

25-27.09.2025	13 th EFSMA 2025 – European Congress of Sports Medicine, Bucharest, Romania – co-author of a poster: <i>Blood versus saliva: monitoring caffeine concentrations following acute supplementation in CrossFit.</i> Głowka N., Malik J. , Anioła J., Zawieja E., Durkalec-Michalski K.
12-13.06.2025	4 th International Scientific Conference „Dilemmas of Human Nutrition Sciences – Today and Tomorrow”, „Plant Diet – Benefits and Risks” (Białystok, Poznan) – co-author of conference communication: <i>Hematological responses to different caffeine doses and exercise: a pilot comparative study in male and female CrossFit athletes.</i> Głowka N., Malik J. , Podgórski T., Durkalec-Michalski K.
02-05.07.2024	European College of Sport Science (Glasgow, United Kingdom) – co-author of conference communication: <i>Does Bovine Colostrum supplementation affect inflammatory and immunological outcomes in endurance athletes?</i> Durkalec-Michalski K., Głowka N., Podgórski T., Woźniewicz M., Malik J. , Wochna K., Nowaczyk P.M.
20-21.10.2023	Free Radicals in Biology, Medicine, Sport and Nutrition Conference (Gdansk,

- Poland) – co-author of a poster:
The effect of Colostrum Bovinum supplementation on selected adaptation and nutrition status indices in trained athletes.
 Głowska N., **Malik J.**, Pogórski T., Nowaczyk P.M., Woźniewicz M., Durkalec-Michalski K.
- 12th European Federation of Sport Medicine Associations Congress of Sport Medicine „Sport Life – Healthy Life” (Wrocław, Poland) – co-author of conference communication:
 19-21.10.2023
The effect of Bovine Colostrum supplementation on resting and exercise-induced changes in hematological blood parameters, physical capacity and performance in trained triathletes and swimmers.
 Durkalec-Michalski K., Głowska N., Podgórski T., Woźniewicz M., **Malik J.**, Wochna K., Nowaczyk P.M.
- Saúde e Desenvolvimento Humano International Congress 2023 (Vila Real, Portugal) – co-author of conference communication:
 12-13.10.2023
The effect of Bovine Colostrum supplementation on swimming performance in trained athletes.
 Durkalec-Michalski K., Głowska N., Podgórski T., Woźniewicz M., **Malik J.**, Wochna K., Nowaczyk P.M.
- 8th National Scientific Conference „Size in Mind” (Poznan, Poland) – co-author of conference communication:
 17-18.09.2022
Adaptation and validation of the Polish version of the Scale for Obsessive-Compulsive Eating (SOKJE).
 Sakrajda M., Biniś M., Frydrysiak A., Dziwura W., Szymański K., Krajewska M., Gajos J., Markowska M., Gronowska M., Daniszewska A., **Malik J.**
- International Scientific Conference – 2nd Congress of Young Science (Gdansk, Poland) – author of conference communication:
 10.07.2022
Impact of Motor Learning on Successful Aging: A Systematic Review on the Effect of Juggling on Neuroplasticity.
Malik J., Maciaszek J.
- II International Multidisciplinary Conference „Food and Memory” (Szczecin, Poland) – author of conference communication:
 20-21.04.2022
Beyond Dietetic Counselling: Symptoms of Orthorexia and OCD among Polish Experts in the Area of Eating Disorders.
 Dziwura W., Łobodziec E., **Malik J.**

OTHER EXPERIENCE

2023 – present	Freelancer – Statistical Data Analysis
2021 - 2024	Physical Education Teacher <i>Integracja Educational Association, Krotoszyn Branch</i>
2013 – 2024	Artist / Choreographer – Fire Dance <i>FLOW Artistic Agency, Kobierno</i>
2019 – 2021	Sport Acrobatics Instructor <i>Pas de Dominique Dance Art, Poznań</i>
2019	Sailing Instructor <i>Poznan University of Physical Education</i>
2018 – 2019	Physical Education Teacher <i>Primary School No.2 Teofilli z Działyńskich Szoldrskiej-Potulickiej, Kórnik</i>
2017 – 2019	Gymnastics Coach

2017 – 2019 *„Wojownik Judo” Sport Club, Poznań*
Lifeguard
City Park, Poznań

TEACHING

Courses taught: Anthropomotoric, Health and Nutrition Education, Gymnastics with Elements of Acrobatics, Theory and Methodology of Gymnastics, Interpersonal Communication, Psychology, General Psychology, Health Training, Pedagogy of Physical Culture, Early Childhood Pedagogy, Basic of Physical Activity, Basic of Didactics, Basic of Health Training, Comprehensive Sports Preparation – Gymnastics Exercises

Additional teaching and organizational experience: Designing and modifying syllabi for courses: Sport Pedagogy, Early Childhood Pedagogy, Basic of Didactics; Member of the Scientific Circle for Eating Disorders, Adam Mickiewicz University; Member of the organizing committee of the 8th National Scientific Conference „Size in Mind”; Chair of the Doctoral Student Council, University of Physical Education, 2020-2023; Statistical editor for Trends in Sport Sciences journal; Representative of the Doctoral Student Council in the Senate of the Poznan University of Physical Education