



THE JERZY KUKUCZKA ACADEMY OF PHYSICAL EDUCATION IN KATOWICE

72a Mikołowska Street, 40-065 Katowice, Poland
www.awf.katowice.pl rektorat@awf.katowice.pl

Dear Athlete,

The professionalization of sport requires constant diagnosis and adaptation to the changing physical and motor abilities of the athlete in order to optimize the training process. Our research aims to provide a multifaceted assessment of the physique, composition, and postural characteristics of elite female fencers with an extended interview on musculoskeletal complaints, injuries, and trauma. Our goal is to provide coaches, physiotherapists, and, first and foremost, athletes with knowledge of the adaptive mechanisms of the athlete's body and to identify risks. The research is part of the project approved by Local Bioethics Committee No. 9/2012 with addendum KB/13/2022.

We encourage you to take part in our research conducted under the title "*Healthy Women in Fencing*" by the Institute of Sport Sciences, the Jerzy Kukuczka Academy of Physical Education in Katowice, Poland. The tests are scheduled for the Women's Épée World Cup, which will be held in the facilities of the Jerzy Kukuczka Academy of Physical Education in Katowice, Poland on 26-28 May 2022.

Two stages of the research are planned.

1. The first stage (online): fill in the [questionnaire](#) and (optional) sign up for the second stage of the research (the questionnaire will be active until May 22nd).
2. The second stage (offline): research in the Laboratory of Body Structure, Composition, and Posture Diagnostics – [RIDAGE Center](#), ul. Mikołowska 72, Katowice, Poland (26-29 May 2022) - the date will be flexibly adjusted. The research will include:
 - a. anthropometric measurements
 - b. body posture: [Spinal Mouse](#)
 - c. body composition: [Tanita](#), [DEXA](#)
 - d. Static foot examination: [Free Med](#)
 - e. range of motion: [MicroFet-3](#)
 - f. muscle strength: [MicroFet-3](#)
 - g. balance.

The research team looks forward to seeing you in our Laboratory.

On behalf of the research team

Anna Zwierzchowska Ph.D., D.Sc., Associate Professor – Head of the Research Team

Barbara Rosolek Ph.D – Coordinator of the research (b.rosolek@awf.katowice.pl)



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