

PAVEL GREPL

PERSONAL PROFILE

I am a doctoral student in exercise physiology at the Palacký University in Olomouc. I make a living as a coach of the national team of dance sports and the regional center of talented youth TK Olymp Olomouc.

WORK EXPERIENCE

Coach

Dancesport association of the Czech Republic

- Trainer responsible for fitness training and fitness testing.
- 10/2019-current

TK Olymp Olomouc

- Dance sports and fitness trainer at the regional center for talented youth.
- 09/2014-current

Running academy Olomouc

- founder and head coach of a team of endurance runners
- 04/2021-current

EDUCATIONAL HISTORY

Palacký University Olomouc, Czechia

Kinanthropology, Doctoral degree

09/2021-current, Faculty of Physical Culture

Physical Education and Sports, Master degree

09/2016-06/2019, Faculty of Physical Culture

Physical education and sports, Bachelor degree

09/2016-06/2019, Faculty of Physical Culture

Applied statistics, Bachelor degree,

09/2014-04/2016, Faculty of Natural Sciences


Slavonic Gymnasium Olomouc, Czechia

Graduation


09/2006-05/2014, English, Mathematics, Czech language, Music




BASIC INFORMATION

 +420 724227101

 info@pavelgrepl.cz

 www.pavelgrepl.cz

 Na Střelnici 4, Olomouc,
77900, Czechia

 3. 11. 1994

SKILLS SUMMARY

- Ability to simplify complex topics
- Presentation skills
- Leadership
- Enterprise Resource Planning
- Communicative, friendly
- Physiological testing (lab, terrain)

LANGUAGES

 English (B2)

 German (A2)

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INTERNSHIP

University of Agder, Norway

- Guest of Prof. Stephen Seiler
- Part of UNO X's internal seminarcoaches , a professional cycling team
- 9/2023-10/2023

CREATIVE RESULTS

University

The influence of regular physical activity on the activity of the autonomic nervous system

- Grepl Pavel; Krejčí Jakub; Botek Michal; 2021; Lecture

Effect of age on autonomic cardiac regulation in physically active women

- Grepl Pavel; Botek Michal; Krejčí Jakub; 2022; Lecture

Effects of molecular hydrogen inhalation on autonomic nervous system

- Grepl Pavel; Botek Michal; Krejčí Jakub; 2022; Poster

Effects of molecular hydrogen inhalation on autonomic nervous system

- Grepl Pavel; Botek Michal; Krejčí Jakub; 2022; Abstract in proceedings

Effect of inhalation of molecular hydrogen on autonomic nervous system activity response and blood oxygen saturation

- Grepl Pavel; Botek Michal; Krejčí Jakub; 2023; Lecture

The effect of hydration with hydrogen-rich water on the development of oxidative damage to the body and soreness of the lower limbs as a result of a 5 km running load in non-endurance-trained runners aged 20-30

- Valenta Michal; Botek Michal; Krejčí Jakub; Sládečková Barbora; Klimešová Iva; Jarmar Adam; Grepl Pavel; Čunderlová Daniela; 2023; Lecture

Czech football athletes lack nutrition knowledge. Translation, cross-cultural adaptation and validation of the Nutrition Knowledge Questionnaire

- Klimešová Iva; Stelzer Jiří; Krejčí Jakub; Botek Michal; Vilikovský Jonáš; Neuls Filip; Sládečková Barbora; Valenta Michal; Grepl Pavel; 2023; Lecture

Czech football athletes lack nutrition knowledge. Translation, cross-cultural adaptation and validation of the Nutrition Knowledge Questionnaire

- Klimešová Iva; Stelzer Jiří; Krejčí Jakub; Botek Michal; Vilikovský Jonáš; Neuls Filip; Sládečková Barbora; Valenta Michal; Grepl Pavel; 2023; Abstract in journal

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CREATIVE RESULTS

Commercial

Sports training in dance sports

- Grepl Pavel; 2019; Coach's seminar

Dancesport 2.0

- Grepl Pavel; 2020; Congress of dance sports

What to spread for children's school snacks

- Grepl Pavel; 2022; Webinar for parents

Priorities in sports training for children and youth

- Grepl Pavel; 2023; Coach's seminar

Nutrition in endurance sports

- Grepl Pavel; 2023; Commercial seminar

How to breathe during sports

- Grepl Pavel; 2023; Commercial seminar

Strength training for runners

- Grepl Pavel; 2023; Commercial seminar

PUBLICATIONS

Thesis

Performance aspects of the marathon: the effect of strength training on performance and running economy

- Grepl Pavel; 2019; Bachelor thesis

The influence of age on the activity of the autonomic nervous system in a sporting population of men in the age range of 10-65 years.

- Grepl Pavel; 2021; Master thesis

Other

Physiological aspects in dance sport

- Grepl Pavel; 2023; Final thesis (A license)