

DR. JERRY MEDERNACH

SPORTS SCIENTIST, Ph.D.

ACADEMIC DEGREE

Ph.D. in Sports Science (*Dr. Sportwiss.*)
Professor EPS
Sports Scientist (*Dipl. Sportwiss.*)

CERTIFICATIONS

Sport Climbing Coach (Licence 1-4)
Personal Trainer of the German Sport
University Cologne
Strength & Conditioning Coach of the
German Sport University Cologne

RESEARCH INTERESTS

My current research focuses on
cognitive and perceptual processes in
sport climbing and bouldering.

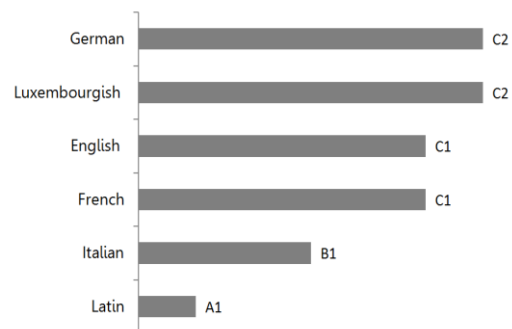
REFERENCES

Univ.-Prof. Dr. Daniel Memmert
Institute of Exercise Training and
Sport Informatics
German Sport University Cologne
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Univ.-Prof. Dr. Helmut Lötzerich
Institute of Outdoor Sports and
Environmental Science
German Sport University Cologne
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LANGUAGE PROFICIENCY (CEFR)



SOCIAL MEDIAS

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Profile Jerry Medernach

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CONTACT DETAILS

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1. WORK HISTORY

- 01/01/2020 – a. pr. Post-Doc.** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 02/11/2020 – a. pr. Lecturer SBV7 Sport Climbing.** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 20/08/2019 – a. pr. Physical Education Teacher.** Deutsch-Luxemburgisches Schengen-Lyzeum. Ministry of Education, Children, and Youth (LUX).
- 01/09/2016 – 15/07/2019 Physical Education Teacher Traineeship.** Athénée de Luxembourg. Ministry of Education, Children, and Youth (LUX).
- 01/09/2016 – 01/01/2021 Sports Director.** Ligue des Associations Sportives Estudiantines Luxembourgeoises (L.A.S.E.L.). Ministry of Education, Children, and Youth (LUX).
- 11/04/2016 – a. pr. Lecturer** at the Institute of Formation in National Education (I.F.E.N.). Formations Continues dans le domaine de la Promotion du Mouvement. Ministry of Education, Children, and Youth (LUX).
- 24/11/2014 – a. pr. Lecturer** at the National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- 24/02/2013 – 28/08/2013 Lecturer B10 Bouldering.** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 26/07/2012 – 20/05/2015 Scientific Researcher.** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 04/06/2008 – 23/06/2011 Supervision and Animation.** Elementary School Classes. Ministry of Education, Children, and Youth (LUX).

ACADEMIC QUALIFICATIONS

01/01/2020 – a. pr.	Post-Doc Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
01/09/2016 – 31/08/2019	Professor EPS Professeur in Physical Education and Sports. Athénée de Luxembourg. Ministry of Education, Children, and Youth (LUX).
01/08/2012 – 20/05/2015	Ph.D. Sports Sciences (<i>Dr. Sportwiss.</i>) Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
14/09/2011 – 12/02/2012	DSHS Personal Trainer Certification German Sport University Cologne (GER).
24/06/2011 – 10/11/2011	DSHS Strength & Conditioning Certification German Sport University Cologne (GER).
20/02/2006 – 13/10/2011	Sports Scientist (<i>Dipl. Sportwiss.</i>) Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).

FURTHER EDUCATIONS

10/04/2021 – 11.04/2021	Emotional Intelligence in Sports German Sport University Cologne (GER).
08/02/2012 – 12.10/2016	Sport Climbing Coaching Licence (1-4), German Alpine Club & German Sport University Cologne (GER).
17/08/2009 – 25.08/2009	Feldenkrais, Pilates, Qigong, and Tai Chi Certification German Sport University Cologne (GER).
15/10/2008 – 10/02/2009	Friluftsliv Certification: Validation of Preventive Medical Aspects of a Natural Lifestyle. German Sport University Cologne (GER).
20/01/2009 – 21/01/2009	DLRG Rescue Swimming Certification – silver German Sport University Cologne (GER).
13/12/2008 – 14/12/2008	First Aid Certification (EH 239 / 08) German Sport University Cologne (GER).

3. PUBLICATIONS (peer review)

- Medernach (2018)** Das Schoolboard: Ein methodisches Konzept zur Förderung des Boulderns im luxemburgischen Sportunterricht? Ministry of Education, Children, and Youth (LUX). Published in AV Akademikerverlag (ISBN-13: 978-6200658111).
- Medernach, Kleinöder, & Lötzerich (2016)** Movement Demands of Elite Female and Male Athletes in Competitive Bouldering. *Journal of Physical Education and Sport*, 2016, 16(3), 836-840.
- Medernach, Kleinöder, & Lötzerich (2015)** Fingerboard in Competitive Bouldering: Training Effects on Grip Strength and Endurance. *Journal of Strength and Conditioning Research*, 29(8), 2286-2295.
- Medernach, Kleinöder, & Lötzerich (2015)** Effect of Interval Bouldering on Hanging and Climbing Time to Exhaustion. *Sports Technology*, 76-82.
- Medernach (2015)** Einsatz sportartspezifischer Trainingsmethoden im Wettkampfbouldern. Dissertation. Central Library for Sport Sciences. German Sport University Cologne.
- Medernach (2011)** Einsatz des Hangboards zur Steigerung der lokalen Kraftausdauer im Klettersport. Central Library for Sport Sciences. German Sport University Cologne. Published in AV Akademikerverlag (ISBN-13: 978-3639389340).

4. POSTERS & PRESENTATIONS

- Medernach, Dieudonné, & Memmert (2021)** Introducing Indoor Bouldering to High School Students: A Self-Reported Perception Analysis of Various Short-Term Training Regimen. Oral presentation at the 23rd Annual International Conference on Education. Athens Institute for Education and Research. Athens (GRE).
- Medernach, Jakob, & Memmert (2020)** The System Board: An Effective Training Tool in Indoor Bouldering? Oral presentation at the 25th Anniversary Congress of the European College of Sport Science. ECSS Sevilla (SPA).
- Medernach, Kleinöder, & Lötzerich (2015)** Vibration Training in Indoor Bouldering: Effects on Strength and Endurance. E-Poster presentation at the annual Congress of the European College of Sport Science. ECSS Malmö (SWE).
- Medernach (2015)** Ausdauer im Bouldern: Conditio sine qua non oder Nonsense? E-poster. National Climbing Community (LUX).
- Medernach (2015)** Was bringt was? Wie effektiv sind welche Trainingsformen? Klettern (06/2015).
- Medernach (2014)** Effect of Moonboard Training on Grip Strength in Bouldering. E-poster. National Climbing Community (LUX).

5. COLLOQUIUM

- Medernach, Joachim, & Memmert (2021)** Spielintelligenz und Kreativität im Sport. Ecole Nationale de l'Education Physique et des Sports (LUX).
- Medernach & Kraska (2021)** Rechtslage und Sicherheit im Klettersport. Ecole Nationale de l'Education Physique et des Sports (LUX).

6. FURTHER EDUCATION

- Medernach (2019)** Basiswissen für die Betreuung einer künstlichen Kletter- und Boulderwand. Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).
- Medernach (2019)** Klettern: Tipps und Tricks für den Routenbau im Schulsport. Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).
- Medernach (2018)** The High Fives in Climbing and Bouldering – Vermittlung grundlegender Kompetenzen im Klettern und Bouldern für den Sportunterricht. Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).
- Medernach (2017)** Chercheurs à l'école 2017. Luxembourg National Research Fund (LUX).
- Medernach (2016)** Einführung in den Bouldersport – Bouldern in der Schule "unterrichten". Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).

7. COACHING & ENGAGEMENT

- 2017 - a. pr.** Committee Member of the International Rock Climbing Research Association (I.R.C.R.A.).
- 2017 - 2019** Climbing Coach, University of Luxembourg (LUX).
- 2016 - 2020)** Climbing Coach, Bloc House (LUX).
- 2010 - 2015** Climbing Coach, Boulder Klub Letzebuerg (LUX).
- 2014 - 2019** Chief Executive, National Climbing Community (LUX).
- 2014 - a. pr.** Honorary President, Boulder Klub Letzebuerg (LUX).
- 2011 - 2014** Chief Executive, Boulder Klub Letzebuerg (LUX).
- 2011 - 2012** Committee Member of the National Climbing Federation (LUX).
- 2007 - 2010** Vice-Chief Executive, Boulder Klub Letzebuerg (LUX).
- 2003 - 2019** Climbing Coach, various climbing associations and Ministry of Education, Children, and Youth (LUX).