

Jerry Medernach



First and Last Name	Jerry Prosper Joseph Medernach
Date and Place of Birth	June 30 th , 1985, in Luxembourg
Current Works	University of Luxembourg – (LUX) German Sport University Cologne – DSHS (GER) Ministry of National Education, Children, and Youth – MENJE (LUX) Institute of Formation in National Education – IFEN (LUX)
Academic Degrees	Postdoc Sports Psychology Ph.D. (Dr. Sportwiss.) PE Teacher M.Sc. Sports Psychology M.Sc. Sports Science
Certifications	Mental Coach Graduate Climbing Coach (EQF 6) DSHS Personal Trainer DSHS Strength and Conditioning Coach
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Work History

15.09.2024 – a. pr.	University of Luxembourg (LUX): Lecturer Bachelor en Sciences de l'Éducation.
01.10.2023 – 02.09.2024	National Institute of Physical Activity and Sport – INAPS (LUX): Lecturer and conceptual designer in the field of coaching, cognition, and sport psychology.
15.09.2021 – 30.09.2023	National School of Physical Education and Sports – ENEPS (LUX): Conceptual designer of training and educational programmes.
02.11.2020 – 15.10.2021	German Sport University Cologne – DSHS (GER): Lecturer at the Institute of Outdoor Sports and Environmental Science.
01.01.2020 – a. pr.	German Sport University Cologne – DSHS (GER): Post-doctoral qualification in sport psychology at the Institute of Exercise Training and Sport Informatics.
20.08.2019 – a. pr.	Deutsch-Luxemburgisches Schengen-Lyzeum – SLP (GER): Physical education teacher.
01.09.2016 – 15.07.2019	Athénée de Luxembourg – AL (LUX): Physical education teacher traineeship.
01.09.2016 – 01.01.2021	Ligue des Associations Sportives Etudiantines Luxembourgeoises – LASEL (LUX): Sports director sport climbing and bouldering.
11.04.2016 – a. pr.	Institute of Formation in National Education – IFEN (LUX): Training courses for physical education teachers.
24.11.2014 – 14.09.2021	National School of Physical Education and Sports – ENEPS (LUX): Lecturer and conceptual designer in the field of coaching.
24.02.2012 – 28.08.2013	German Sport University Cologne – DSHS (GER): Lecturer at the Institute of Outdoor Sports and Environmental Science.
26.07.2012 – 20.05.2015	German Sport University Cologne – DSHS (GER): Research assistant at the Institute of Outdoor Sports and Environmental Science.
22.05.2013 – 14.09.2013	Lycée Technique d'Ettelbruck – LTETT (LUX): Physical education teacher.
04.06.2008 – 23.06.2011	Ministry of Education, Children, and Youth – MENJE (LUX): Supervision and animation of elementary school classes.
15.09.2003 – 15.07.2019	NCC, BKL, GAL, VSL, ESCST, & VDL: Climbing and bouldering coach.

Academic Degrees

01.09.2023 – 31.08.2024	University of East London – UEL (UK): M.Sc. Sports and body psychology.
01.01.2020 – a. pr.	German Sport University Cologne – DSHS (GER): Postdoctoral qualification at the Institute of Exercise Training and Sport Informatics.
01.09.2016 – 31.08.2019	Athénée de Luxembourg – AL (LUX): Physical education teacher traineeship.
22.02.2016	Ministry of Education, Children, and Youth – MENJE (LUX): Concours de recrutement pour fonction de professeur en spécialité de l'Éducation.
01.08.2012 – 20.05.2015	German Sport University Cologne – DSHS (GER): Ph.D. (Dr. Sportwiss.) in sports sciences (magna cum laude) at the Institute of Outdoor Sports and Environmental Science.
14.09.2011 – 12.02.2012	German Sport University Cologne – DSHS (GER): Personal Trainer certification.
24.06.2011 – 10.11.2011	German Sport University Cologne – DSHS (GER): Strength and Conditioning certification.
20.02.2006 – 13.10.2011	German Sport University Cologne – DSHS (GER): M.Sc. Sports Sciences (1.5, very good).
18.09.1997 – 30.06.2005	Lycée Robert-Schuman – LRSL (LUX): High school degree (Diplôme de fin d'études secondaires).
15.09.1991 – 08.07.1997	Mühlenbach (LUX): Elementary school.

Psychological Training Courses

29.08.2024	Academic Institute of Higher Education (GER): Die emotionale Achterbahn – Wie Filme Emotionen bei Zuschauern auslösen.
23.08.2024	Academic Institute of Higher Education (GER): Self-acceptance and self-love – the foundations for a fulfilled life.
22.08.2024	Academic Institute of Higher Education (GER): Cognitive Psychology – Developing cognitive abilities.
16.08.2024	Academic Institute of Higher Education (GER): Psychologie des Erfolgs – Zielsetzung und Motivation.
13.08.2024	Academic Institute of Higher Education (GER): Plötzlich böse oder depressiv. Psychische Störungen am Arbeitsplatz und ihre Erkennung.
08.08.2024	Academic Institute of Higher Education (GER): Was ist Intelligenz? Fakten und Mythen.
07.08.2024	Academic Institute of Higher Education (GER): Psychologie des Verhandeln. Was beeinflusst uns?
23.07.2024	Academic Institute of Higher Education (GER): Was taugt die Tugend? Wirtschaftspsychologische Überlegungen zu einer Ethik des guten Lebens.
18.07.2024	Academic Institute of Higher Education (GER): Emotional intelligence at the workplace.
15.01.2024	Academic Institute of Higher Education (GER): Work psychology and recovery: Why not being a couch potato is crucial for health and performance.
10.01.2024	Academic Institute of Higher Education (GER): Recognising, preventing, and treating stress and depression in the workplace.
24.12.2023 – a.pr.	Shaolin Online (GER): A way to self-mastery.
29.11.2023	Academic Institute of Higher Education (GER): Personal development - becoming the best of who you are.
17.11.2023	Academic Institute of Higher Education (GER): Insight into the psychology of communication.
10.11.2023	Academic Institute of Higher Education (GER): Faith and its intersection with medicine and psychology.
04.10.2023	Academic Institute of Higher Education (GER): The secrets of successful negotiation.
01.04.2022 – 03.04.2022	German Sport University Cologne - DSHS (GER): Social and mental strengthening through sport.
14.01.2022 – 16.01.2022	German Sport University Cologne - DSHS (GER): Mental coaching.
10.04.2021 – 11.04.2021	German Sport University Cologne - DSHS (GER): Emotional intelligence in sports.
17.08.2009 – 25.08.2009	German Sport University Cologne - DSHS (GER): Practical workshops in Feldenkrais, Pilates, Qigong, and Tai chi.

Scientific publications

- Medernach, Henz, Memmert, & Sanchez (2024)**
“Thinking, Fast and Slow” in Olympic Bouldering: Decision-Making and Climbing Performance Under Time Constraints. Scandinavian Journal of Medicine and Science in Sports (submitted).
- Henz, Sanchez, Memmert, & Medernach (2024)**
Strategic Planning in Olympic Bouldering: The Role of Climbing Movement Repertoire Examined. International Journal of Sport and Exercise Psychology (in review).
- Medernach, Henz, Memmert, & Sanchez (2024)**
Role of Strategic Planning in Climbing Performance: The Case in Olympic Bouldering. Sport, Exercise, and Performance Psychology (in press).
- Henz, Sanchez, Memmert, & Medernach (2024)**
Promotion of Olympic Bouldering: A Survey on how to Design Boulders for Climbing Gyms: European Sport Management Quarterly (submitted).
- Sanchez, Henz, Martha, & Medernach (2024)**
Psychological Aspects of Elite Performance in new Olympic Disciplines: The Case of Climbing. Olympic Mind: Special issue on the psychology of extraordinary sports performance. <https://www.in-mind.org/article/psychological-aspects-of-elite-performance-in-new-olympic-disciplines-the-case-of-climbing>
- Medernach, Sanchez, Henz, & Memmert (2024)**
Cognitive-Behavioural Processes During Route Previewing in Bouldering. Psychology of Sport & Exercise. <https://doi.org/10.1016/j.psychsport.2024.102654>
- Henz, Sanchez, Memmert, & Medernach (2024)**
Profiling of Expert Bouldering Routesetters. International Journal of Sport Science & Coaching. <https://doi.org/10.1177/17479541241248583>
- Medernach, Henz, & Memmert (2024)**
Mechanisms Underlying Superior Memory of Skilled Climbers in Indoor Bouldering. Journal of Sports Sciences. <https://doi.org/10.1080/02640414.2023.2300569>
- Medernach & Memmert (2021)**
Effects of Decision-Making on Indoor Bouldering Performances: A Multi-Experimental Study Approach. PLoS ONE. <https://doi.org/10.1371/journal.pone.0250701>
- Henz, Medernach, & Memmert (2021)**
Key Determinants of Accomplished Route Setters in Indoor Bouldering. Central Library for Sport Sciences. <https://fis.dshs-koeln.de/de/persons/julian-henz>
- 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.
- Medernach, Kleinöder, & Lötzerich (2015)**
Fingerboard in Competitive Bouldering: Training Effects on Grip Strength and Endurance. Journal of Strength and Conditioning Research. <https://doi.org/10.1519/JSC.0000000000000873>
- Medernach, Kleinöder, & Lötzerich (2015)**
Effect of Interval Bouldering on Hanging and Climbing Time to Exhaustion. Sports Technology. <https://doi.org/10.1080/19346182.2015.1063643>
- Medernach (2015)**
Einsatz sportartspezifischer Trainingsmethoden im Wettkampfbouldern. Dissertation. Central Library for Sport Sciences. German Sport University Cologne.
- Medernach (2015)**
Was bringt was? Wie effektiv sind welche Trainingsformen? Klettern (06/2015).

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).

Talks and Presentations

- Augste, Künzell, Henz, & Medernach (2024)** **Research in Olympic Bouldering.** Colloquium at the Institute of Exercise Training and Sport Informatics. German Sport University Cologne – DSHS (GER).
- Medernach & Hilbert (2023)** **Kleine Spiele – Große Wirkung?** Talk and practical workshop at the 2nd Symposium “Bewegung, mehr als nur Sport? Sport, mehr als nur Bewegung?”. LTPES (LUX).
- Medernach, Henz, & Memmert (2023)** **Memory in Bouldering.** Talk at the 6th International Rock Climbing Research Association Congress – IRCRA. Bern (CHE).
- Henz, Medernach, & Memmert (2023)** **Route Setting in Indoor Bouldering.** Talk at the 6th International Rock Climbing Research Association Congress – IRCRA. Bern (CHE).
- Memmert & Medernach (2023)** **Memory in Sports.** Talk at the Luxembourg Academy of Sports Medicine, Physiotherapy, and Sports Science (LUX).
- Henz & Medernach (2023)** **The “Art” of Route Setting.** Colloquium at the Institute of Exercise Training and Sport Informatics. German Sport University Cologne – DSHS (GER).
- Medernach & Remy (2022)** **Sport beginnt im Kopf.** Symposium zur Bewegungserziehung für Kinder und Jugendliche (LUX).
- Medernach (2022, 2023, 2024)** **Fundamental Coaching Skills.** Oral presentation and practical workshop at the National Institute of Physical Activity and Sports – INAPS (LUX).
- Medernach (2022, 2023, 2024)** **Coaching Soft Skills.** Oral presentation at the National Institute of Physical Activity and Sports – INAPS (LUX).
- Medernach (2021)** **Didaktik und Methodik: Kick-Off für ein erfolgreiches Coaching.** Oral presentation at the National School of Physical Education and Sports – ENEPS (LUX).
- Medernach, Joachim, & Memmert (2021)** **Intelligenz und Kreativität im Sport.** Oral Presentation at the National School of Physical Education and Sports (LUX).
- Medernach & Kraska (2021)** **Sicherheit im Klettersport.** Oral presentation at the National School of Physical Education and Sports – ENEPS (LUX).
- Medernach, Dieudonné, & Memmert (2021)** **Introducing Indoor Bouldering to High School Students.** Oral presentation at the 23rd Annual International Conference on Education. Athens (GRE).
- Medernach, Jakob, & Memmert (2020)** **The System Board: An Effective Training Tool in Indoor Bouldering?** Oral presentation at the 25th Anniversary ECSS Congress. Sevilla (SPA).
- Medernach (2019)** **Basiswissen für die Betreuung einer künstlichen Kletterwand.** Oral presentation at the Institute of Formation in National Education – IFEN (LUX).
- Medernach (2019)** **Tipps und Tricks für den Routenbau im Schulsport.** Oral presentation at the Institute of Formation in National Education – IFEN (LUX).
- Medernach (2018)** **The High Fives in Climbing and Bouldering – Vermittlung grundlegender Kompetenzen im Klettern und Bouldern für den Sportunterricht.** Oral presentation at the Institute of Formation in National Education – IFEN (LUX).
- Medernach (2017)** **Chercheurs à l’École 2017.** Talk for the National Research Fund – FNR (LUX).

- Medernach (2016)** **Einführung in den Bouldersport – Bouldern in der Schule "unterrichten"**. Oral presentation at the Institute of Formation in National Education – IFEN (LUX).
- Medernach (2016, 2018, 2020)** **Routenbau im Bouldern für den Schulsport**. Talk at the Institute of Formation in National Education – IFEN (LUX).
- Medernach, Kleinöder, & Lötzerich (2015)** **Vibration Training in Indoor Bouldering: Effects on Strength and Endurance**. Poster presentation at the ECSS Congress. Malmö (SWE).
- Medernach (2015)** **Ausdauer im Bouldern: Conditio sine qua non oder Nonsense?** Poster for the National Climbing Community (LUX).
- Medernach (2014)** **Einführung in den Kraftsport**. Talk at the National School of Physical Education and Sports – ENEPS (LUX).
- Medernach (2014)** **Effect of Moonboard Training on Grip Strength in Bouldering**. Poster for the National Climbing Community (LUX).

Scientific Supervisions

- 2024** **B.Sc.: Caetano Schiller (Matr.-Nr. 504870). The Past, the Presence, and the Future of Research in Olympic Bouldering.** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 2024** **B.Sc.: Pauline Aleithe (Matr.-Nr. 580427). The Impact of Reporting Climbing Degrees on Climbing Performance.** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 2024** **B.Sc.: Claude Lucas (Matr.-Nr. 356412). Validierung des Sensors zur Bestimmung der Körperkerntemperatur.** Institute of Sports Science. Universität Mainz (GER).
- 2024** **Projet Pédagogique: Julien Thiery. Démarches Pédagogiques Pour Augmenter la Motivation des Élèves au Cours d'Éducation Physique et Sportive.** Institute of Formation in National Education (LUX).
- 2023** **Travail de Promotion: Rita Pinto. Langfristige Fehlzeiten: Körperliche und mentale Gesundheit im Sportministerium.** Ministry of Sport (LUX).
- 2021 – a.pr.** **Ph.D.: Julian Henz (Matr.-Nr. 7303503). Sport-Specific Determinants of Expert Route Setters.** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 2021** **M.Sc.: Julian Henz (Matr.-Nr. 7303503). Key Determinants of Accomplished Route Setter Skills in Indoor Bouldering.** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).

Academic Teaching

16.09.2024 – a.pr.	University of Luxembourg (6 SLW) – (LUX).
2023 – 2024	National Institute of Physical Activity and Sport (4 SLW) – INAPS (LUX).
2022 – 2023	National Institute of Physical Activity and Sport (4 SLW) – INAPS (LUX).
2021	Institute of Outdoor Sports and Environmental Science (4 SLW) – DSHS (GER).
2020 – 2021	Institute of Outdoor Sports and Environmental Science (4 SLW) – DSHS (GER).
2012 – 2013	Institute of Outdoor Sports and Environmental Science (1 SLW) – DSHS (GER).

Scientific Reviews

- 2024** Frontiers in Psychology.
- 2023** Journal of Sports Science.
- 2021** International Journal of Sport and Exercise Psychology.

Non-Formal Education

21.03.2024 - 28.03.2024	Arcus Kanner, Jugend a Famill (LUX): Basiswissen für die Betreuung einer Kletterwand.
19.01.2024	Service National de la Jeunesse – SNJ (LUX): Certification d'accréditation pour formateur du secteur de l'éducation non formelle.
2023 – 2024	National Institute of Physical Activity and Sport - INAPS (LUX): Lecturer and conceptual designer in the non-formal educational field.
2010 - 2014	Boulder Klub Letzebuerg – BKL (LUX): Kids coach.
20.10.2010 - 02.02.2011	German Sport University Cologne – DSHS (GER): Youth Gymnastic Coach, Toyota Team Germany.

Climbing

2017 – 2022	International Rock Climbing Research Association – IRCRA: Committee member.
2017 – 2019	University of Luxembourg (LUX): Climbing coach.
2016 – 2020	Bloc House Luxembourg (LUX): Climbing coach.
2010 – 2015	Boulder Klub Letzebuerg – BKL (LUX): Climbing coach.
2014 – 2019	National Climbing Community – NCC (LUX): Founder and chief executive.
2014 – 2021	Boulder Klub Letzebuerg – BKL (LUX): Honorary President.
2013	German Alpine Club – DAV (GER): National route setter formation.
2012 – 2016	German Sport University Cologne – DSHS (GER): Sport climbing coaching Licence (EQF 1-6).
2011 – 2014	Boulder Klub Letzebuerg – BKL (LUX): Chief executive.
2011 – 2012	National Climbing Federation - FLERA (LUX): Committee member.
2010 – 2012	National Climbing Federation - FLERA (LUX): National Climbing Team.
2009 – 2013	German Alpine Club (GER): National Climbing Team NRW.
2007 – 2010	Boulder Klub Letzebuerg (LUX): Founder and vice-chief executive.
2003 – 2021	Ligue des Associations Sportives Etudiantines Luxembourgeoises – LASEL (LUX): Head routesetter.
2003 – 2015	Ministry of Education, Children, and Youth – MENJE (LUX): Supervision of over 30 climbing courses.
2003 – 2010	GAL, VSL, ESCST, & VDL: Climbing coach.

Additional Certifications

07.06.2023 – 05.09.2023	Institut Supérieur des Technologies de la Formation – ISTF (FRA): E-learning resource designer.
05.03.2018	German Sport University Cologne - DSHS (GER): Teaching sports games - school-based concepts and teaching ideas.
20.10.2010 - 02.02.2011	German Sport University Cologne – DSHS (GER): Youth Gymnastic Coach, Toyota Team Germany.
2009	German Sport University Cologne – DSHS (GER): DLRG Lifeguard certification (silver).
2009	German Sport University Cologne – DSHS (GER): First aid certification (EH 239 / 08).
15.10.2008 – 10.02.2009	German Sport University Cologne – DSHS (GER): Friluftsliv – validation of preventive medical aspects of a natural lifestyle.
15.10.2008 – 10.02.2009	German Sport University Cologne – DSHS (GER): Teacher and therapist behaviour.
15.10.2008 – 10.02.2009	German Sport University Cologne – DSHS (GER): Diagnostics of restricted functions.

Language Proficiency (CEFR)

Language Proficiency (CEFR)

German	C2
Luxembourgish	C2
English	C2
French	C2
Italian	A1
Latin	A1

Academic References

Prof. Dr. Xavier Sanchez

University Orléans.

Prof. Dr. Daniel Memmert

German Sport University Cologne.

Prof. Dr. Helmut Lötzerich

German Sport University Cologne.

Private Commitments

2019 – 2020	Allianz der Humanisten, Atheisten und Agnostiker – AHA (LUX): Committee Member.
2014 – 2016	Demokratesch Partei – DP (LUX): Committee Member of the Groupe Santé.
2014 – 2015	LuxDoc (LUX): Head of Marketing.
2014 – 2020	Allianz der Humanisten, Atheisten und Agnostiker – AHA (LUX): Member.
2012 – 2016	Demokratesch Partei – DP (LUX): Member.