

Curriculum Vitae



Last name <i>Name</i>	Medernach
First name <i>Vorname</i>	Jerry Prosper Joseph
Academic degree <i>Akademischer Grad</i>	PhD in Sports Science <i>Dr. Sportwiss.</i> <i>Professeur en Éducation Physique et Sportive</i> <i>Diplom-Sportwissenschaftler</i>
University Certification <i>Universitäre Weiterbildung</i>	DSHS Personal Trainer of the German Sport University Cologne DSHS Strength- & Conditioning Coach of the German Sport University Cologne
Coach degree <i>Trainerausbildung</i>	Sport Climbing Coaching Licence level 1-4 (<i>Trainer C, B, A</i>)
Date of birth <i>Geburtstag</i>	30 th of June 1985
Place of birth <i>Geburtsort</i>	Luxembourg
Family status <i>Familienstand</i>	Single
Parents <i>Eltern</i>	Roger Medernach, <i>Professeur de Sciences Économiques et Sociales e.r.</i> Jacqueline Levy, <i>Employée Privée</i>
Sibling <i>Geschwister</i>	Simone Medernach, <i>Institutrice Enseignement Fondamental</i> Ben Medernach, <i>Professeur en Géographie, Enseignement Secondaire</i>
Address <i>Anschrift</i>	49, rue Emile Metz, L-2149 Luxembourg
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Synopsis *Überblick*

Since 01.09.2019	<i>Professeur en Éducation Physique et Sportive, Deutsch-Luxemburgisches Schengen-Lyzeum.</i>
Since 11.04.2016	<i>Formateur pour les Formations Continues de la thématique Promotion du Mouvement, Institut de Formation de l'Éducation Nationale (IFEN), Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse, Luxembourg.</i>
Since 09.08.2017	Committee Member of the International Rock Climbing Research Association (IRCRA).
Since 01.09.2016	<i>Directeur Sportif « Escalade Sportive », Ligue des Associations Sportives Etudiantines Luxembourgeoises (LASEL).</i>
01.09.2016 - 15.07.2019	<i>Professeur Stagiaire en Éducation Physique de l'Enseignement Secondaire, Athénée de Luxembourg, Luxembourg.</i>
22.02.2016	<i>Concours de recrutement pour fonction de professeur en spécialité de l'Éducation Physique et Sportive, Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse, Luxembourg.</i>
20.05.2015	Ph.D. in Sports Sciences (<i>Dr. Sportwiss.</i>), <i>Verleihung des akademischen Grades Doktor der Sportwissenschaften</i> , German Sport University Cologne.
Since 2014	<i>Chargé de Cours, École Nationale de l'Éducation Physique et des Sports (ENEPS), Ministère des Sports, Luxembourg.</i>
12.02.2012	DSHS Personal Trainer of the German Sport University Cologne.
10.11.2011	DSHS Strength- and Conditioning Coach of the German Sport University Cologne.
13.10.2011	Sports Scientist Diploma (<i>Diplom-Sportwissenschaftler</i>), German Sport University Cologne.

Language skills *Sprachkenntnisse*

Luxembourgish <i>Luxemburgisch</i>	Native language (C2)
German <i>Deutsch</i>	C2
French <i>Französisch</i>	C1
English <i>Englisch</i>	C1
Italian <i>Italienisch</i>	B1
Latin <i>Latein</i>	A1

University and School Background

Universitärer und schulischer Werdegang

01.08.2012 - 20.05.2015	Ph.D. in Sports Sciences (<i>Dr. Sportwiss.</i>), <i>Promotions-Studium mit Verleihung des akademischen Grades Doktor der Sportwissenschaften</i> , Institute of Outdoor Sports and Environmental Science, German Sport University Cologne (<i>magna cum laude</i>).
20.02.2006 -13.10.2011	Sports Scientist Diploma (<i>Diplom-Sportwissenschaftler</i>) with the specialization in the research field Training and Performance, German Sport University Cologne (<i>1.6, very good</i>).
18.09.1997 - 30.06.2005	High school degree (<i>Diplôme de fin d'études secondaires</i>), <i>Lycée Robert-Schuman Luxembourg</i> , Luxembourg.
15.09.1991 - 08.07.1997	Elementary school, <i>Mühlenbach</i> , Luxembourg.

University Education and Training

Universitäre Weiterbildungen und Ausbildungen

01.03.2018	A-Licence Certification in competitive sport climbing, Institute of Outdoor Sports and Environmental Science, German Sport University Cologne, Germany.
14.09.2011 - 12.02.2012	DSHS Personal Trainer of the German Sport University Cologne, Germany.
24.06.2011 - 10.11.2011	DSHS Strength- and Conditioning Coach of the German Sport University Cologne, Germany.
08.08.2010 - 15.08.2010	Trainer C Sport Climbing, <i>Deutscher Alpenverein</i> , Germany.
22.08.2009	Certification “Training methods Feldenkrais, Pilates, Qigong and Tai Chi”, German Sport University Cologne, Germany.
06.02.2009	Certification “Behaviour of Teachers and Therapists”, German Sport University Cologne, Germany.
04.02.2009	Certification “Friluftsliv - Validation of Preventive Medicine Aspects of a Natural Lifestyle”, German Sport University Cologne, Germany.
04.02.2009	Certification “Introduction to the Feldenkrais-Method: Mind Consciousness through Physical Activity”, German Sport University Cologne, Germany.
03.02.2009	Certification “Diagnostics of Human Dysfunctions and Restricted Capabilities”, German Sport University Cologne, Germany.
20.01.2009	Certification „ <i>Deutscher Rettungsschwimmabzeichen der DLRG - Silber</i> “, German Sport University Cologne, Germany.
14.12.2008	Certification „ <i>Erste Hilfe (Nr. EH 239 / 08)</i> “, German Sport University Cologne, Germany.

Professional Career

Beruflicher Werdegang

Since 01.09.2019	<i>Professeur en Éducation Physique et Sportive, Deutsch-Luxemburgisches Schengen-Lyzeum.</i>
Since 28.04.2018	<i>Formateur pour les Formations Continues de la Promotion du Mouvement, Institut de Formation de l'Éducation Nationale (IFEN), Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse, Luxembourg.</i>
01.09.2016 - 15.07.2019	<i>Professeur stagiaire en Éducation Physique et Sportive de l'Enseignement Secondaire, Athénée de Luxembourg.</i>
Since 01.09.2016	<i>Directeur Sportif « Escalade Sportive », Ligue des Associations Sportives Etudiantines Luxembourgeoises (LASEL).</i>
Since 06.12.2014	<i>Chargé de Cours, École Nationale de l'Éducation Physique et des Sports (ENEPS), Ministère des Sports, Luxembourg.</i>
24.02.2013 - 28.08.2013	University Lecturer "Trendsport Bouldern", module B 10, 1.0 SWS, German Sport University, Germany.
20.06.2011 - 23.06.2011	Supervision and animation of an elementary class during an educational school excursion, <i>Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse</i> , Luxembourg-Remerchen.
20.10.2010 - 02.02.2011	Youth Gymnastic Coach, Toyota Team Germany, German Sport University Cologne, Germany.
09.06.2010 - 11.06.2010	Supervision and animation of an elementary class during an educational school excursion, <i>Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse</i> , Luxembourg-Bourglinster.
04.05.2009 - 08.05.2009	Supervision and animation of an elementary class during an educational school excursion, <i>Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse</i> , Luxembourg-Xonrupt.
04.06.2008 - 06.06.2008	Supervision and animation of an elementary class during an educational school excursion, <i>Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse</i> , Luxembourg-Merscheid.

Scientific Publications

Wissenschaftliche Publikationen

- 12.08.2016 | **Medernach, J.P.**, Kleinöder, H., Lötzerich, H.H. (2016): *Movement Demands of Elite Female and Male Athletes in Competitive Bouldering*, Journal of Physical Education and Sport, 2016, 16(3), 836-840.
- 07.08.2015 | **Medernach, J.P.J.**, Kleinöder, H., Lötzerich, H.H. (2015): *Fingerboard in Competitive Bouldering: Training Effects on Grip Strength and Endurance*, Journal of Strength and Conditioning Research, 29(8), 2286-2295.
- 24.06.2015 | **Medernach, J.** (2015): *Vibration Training in Indoor Bouldering: Effects on Strength and Endurance*, E-Poster presentation and publication in the Book of Abstracts of the 20th annual Congress of the European College of Sport Science - ECSS Malmö 2015.
- 15.06.2015 | **Medernach, J.** (2015): *Einsatz sportartspezifischer Trainingsmethoden im Wettkampfbouldern*. Dissertation von der Deutschen Sporthochschule Köln zur Erlangung des akademischen Grades Doktor der Sportwissenschaften. Zentralbibliothek der Deutschen Sportwissenschaften, German Sport University Cologne.
- 14.04.2015 | **Medernach, J.**, Kleinöder, H., Lötzerich, H. (2015): *Effect of Interval Bouldering on Hanging and Climbing Time to Exhaustion*, Sports Technology, 76-82.
- 20.05.2011 | **Medernach, J.** (2011): *Einsatz des Hangboards zur Steigerung der lokalen Kraftausdauer im Klettersport*, Diplomarbeit, Zentralbibliothek der Deutschen Sportwissenschaften, German Sport University Cologne.

Non-scientific Publications

Nicht-wissenschaftliche Publikationen

- 19.09.2017 | *Ohne Seil und Haken. Der Klettersport Bouldern soll in den Schulen mit einfachsten Mitteln gefördert werden*, Luxemburger Wort, 19.09.2017, 21.
- 10.06.2015 | *Was bringt was? Wie effektiv sind welche Trainingsformen?* Klettern (06/2015), Hot Rocks, Cold Ice, Big Walls.
- 04.01.2015 | *Ausdauer im Bouldern: Conditio sine qua non oder Nonsense?* E-poster, Luxembourg Center of Sport Climbing Research, Luxembourg.
- 23.12.2014 | *Effect of Moonboard Training on Grip Strength in Bouldering*, E-poster, Luxembourg Center of Sport Climbing Research, Luxembourg.
- 25.02.2012 | *The Use of the Fingerboard to Increase Local Endurance in Sport Climbing (Einsatz des Hangboards zur Steigerung der lokalen Kraftausdauer im Klettersport)*, AV Akademikerverlag, Series of Human Science, Germany.
- 23.11.2011 | *Introduction to Maximum Strength and Muscular Endurance Training in Bouldering - An Exemplary Presentation of Different Training Methods to Improve Maximum Strength and Endurance*, Institute of Nature Sports and Ecology, German Sport University Cologne, Germany.
- 15.09.2009 | *Mental Preparation in Competitive Sport Climbing*, Institute of Psychology, German Sport University Cologne, Germany.

Lectures and Presentations

Vorträge und Präsentationen

08 - 15.06.2019	<i>Formation Continue “Basiswissen für die Betreuung einer künstlichen Kletter- und Boulderwand”, Institut de Formation de l’Éducation Nationale (IFEN), Ministère de l’Éducation Nationale, de l’Enfance et de la Jeunesse, Luxembourg.</i>
27.04.2019	<i>Formation Continue “Klettern: Tipps und Tricks für den Routenbau im Schulsport”, Institut de Formation de l’Éducation Nationale (IFEN), Ministère de l’Éducation Nationale, de l’Enfance et de la Jeunesse, Luxembourg.</i>
28.04.2018	<i>Formation Continue “The High Fives in Climbing and Bouldering, Vermittlung grundlegender Kompetenzen im Klettern und Bouldern für den Sportunterricht”, Institut de Formation de l’Éducation Nationale (IFEN), Ministère de l’Éducation Nationale, de l’Enfance et de la Jeunesse, Luxembourg.</i>
28.03.2017	<i>Presentation “Chercheurs à l’école”, Luxembourg National Research Fund, Redange, Luxembourg.</i>
11.04.2016	<i>Formation Continue “Einführung in den Bouldersport - Bouldern in der Schule”, Institut de Formation de l’Éducation Nationale (IFEN), Ministère de l’Éducation Nationale, de l’Enfance et de la Jeunesse, Luxembourg.</i>
24.06.2015	<i>Vibration Training in Indoor Bouldering: Effects on Strength and Endurance. E-Poster presentation at the 20th annual Congress of the European College of Sport Science - ECSS Malmö 2015.</i>
24.02.2013 - 28.08.2013	<i>University Lecturer “Trendsport Bouldern”, module B 10, 1.0 SWS, German Sport University, Germany.</i>

Colloquium

Kolloquium

27.04.2015	<i>Le sport, la pilule du 21^e siècle?</i> , Speaker: Prof. Dr. Daniel Theisen, <i>Amphitheatre CHL</i> , Luxembourg.
19.11.2014	Cooling and Regeneration in sports, <i>Colloque médico-sportif d'Eich</i> , Speaker: Dr. Olivier Faude, <i>Centre Médical de la Fondation Norbert Metz</i> , Luxembourg.
25.11.2013 - 16.03.2014	<i>Wissenschaftstheorie (2 SWS)</i> , Speaker: Univ.-Prof. Dr. V. Schürmann, German Sport University Cologne, Germany.
25.11.2013 - 16.03.2014	<i>Forschungs- und Methodenkolloquium</i> , Speaker: Prof. Dr. W. Hollmann, German Sport University Cologne, Germany.
07.10.2013 - 16.02.2014	<i>Fachspezifisches Forschungskolloquium (14-tägig) und -praktikum (2 SWS)</i> , Speaker: Prof. Dr. H. Lötzerich, German Sport University Cologne, Germany.
09.10.2013	<i>SPSS 2. Forschungs- und Methodenkolloquium</i> , Speaker: Dr. T. Bruns, Location, German Sport University Cologne, Germany.
30.07.2013	<i>Wissensmanagement</i> , Speaker: Univ.-Prof. Dr. D. Memmert, German Sport University Cologne, Germany.
26.04.2013 - 31.05.2013	<i>Wissenschaftsethik (2 SWS)</i> , Speaker: Univ.-Prof. Dr. E. Meinberg, German Sport University Cologne, Germany.
24.07.2013	<i>SPSS 1. Forschungs- und Methodenkolloquium</i> , Speaker: Dr. T. Bruns, German Sport University Cologne, Germany.
16.01.2013	Medical problems from exposition to high altitude, <i>Colloque médico-sportif d'Eich</i> , Speaker: Prof. Dr. Peter Bärtsch, <i>Centre Médical de la Fondation Norbert Metz</i> , Luxembourg.

Coaching and volunteer commitment (selection)

Trainertätigkeit und ehrenamtliches Engagement (Selektion)

Since 2016	Head Coach of the Bloc House Luxembourg, Luxembourg.
2010-2015	Head Coach of the Boulder Klub Letzebuerg, Luxembourg.
Since 2018	Bouldering Coach at the Campus Sport for the University of Luxembourg, Luxembourg.
2014-2019	Foundation member and President of the National Climbing Community, Luxembourg.
Since 2014	Honorary President of the Boulder Klub Letzebuerg, asbl.
2014-2016	Member of the <i>Groupe de Travail Santé et Sécurité Sociale, Demokratesch Partei (DP)</i> , Luxembourg.
2014-2015	Head of Marketing, LuxDoc, Luxembourg.
15.10.2012	Foundation member of the association Sport Climbing Luxembourg, Luxembourg.
2011-2014	President of the Boulder Klub Letzebuerg, Luxembourg.
2011-2012	Committee member of the <i>Fédération Luxembourgeoise d'Escalade, de Randonnée Sportive et d'Alpinisme (FLERA)</i> , Luxembourg.
2007-2010	Foundation member and Vice-President of the Boulder Klub Letzebuerg, Luxembourg.
Since 2003	Head Route Setter of the L.A.S.E.L. National Championships, Ligue des Associations Sportives Estudiantines Luxembourgeoise, Luxembourg.
2003-2015	Climbing coach in various Luxembourg climbing associations and supervision of over thirty bouldering and climbing courses for the <i>Ministère de l'Éducation Nationale, de l'Enfance et de la Jeunesse</i> .