



CURRICULUM VITAE

Personal information				
Name, surname	Irina Kliziene			
Education				
	Institution	Professional qualification, qualification degree, academic title	Year	
	Lithuanian Sports University	Doctor Degree, Biology Science	2002-2006	
	Kaunas University of Technology	Education Science, Graduate study (Master Degree)	1998-2000	
	Lithuanian Sports University	BSc of Physical Culture and Health, Public Health	1994-1998	
Work experience				
	Institution	Occupation or position held	Dates	
	Institute of Social Science	Assoc. Professor	2018 at present	
	Sport Centre, Kaunas University of Technology	Coach of Aerobic Gymnastics and Pilates	2014 at present	
	Kaunas University of Technology Gymnasium	Physical Education Teacher	2016-at present	
	Department of Education Science, Kaunas University of Technology	Assoc. Professor	2014-2017t	
	Department of Physical Education, Kaunas University of Technology	Head of Department	2011-2013	
	Department of Physical Education, Kaunas University of Technology	Assoc. Professor	2008-2013	
	Department of Physical Education, Kaunas University of Technology	Lecture	2000-2007	
Training				
Within the last 5 years	Institution	Description	Year	Duration
	Kaunas University of Technology	Basic training in the development of didactic competences	2017	1 week
	Kaunas University of Technology	Design-based thinking	2017	2 days
	Fitness factory	Practical workshop:peculiarities of training in postural disorders	2017	2 days
Scientific interests (keywords)				
	primary education			
	physical activity and health			
	assessment of learning achievements and progress			
Research publications				

Selected publications (no more than 5) within the last 5 years

Klizienė, Irina; Klizas, Šarūnas; Čižauskas, Ginas; Sipavičienė, Saulė. Effects of a 7 - month exercise intervention programme on the psychosocial adjustment and decrease of anxiety among adolescents // European journal of contemporary education. Bratislava : Academic Publishing House Researcher s.r.o. ISSN 2304-9650. eISSN 2305-6746. 2018, vol. 7, iss. 1, p. 127-136. DOI: 10.13187/ejced.2018.1.127. [Academic Search Complete; DOAJ; Emerging Sources Citation Index (Web of Science); Scopus; ERIC].

Klizienė, Irina; Sipavičienė, Saulė; Vilkienė, Jovita; Astrauskienė, Audronė; Cibulskas, Gintautas; Klizas, Šarūnas; Čižauskas, Ginas. Effects of a 16-week pilates exercises training program for isometric trunk extension and flexion strength // Journal of bodywork and movement therapies. Amsterdam : Elsevier. ISSN 1360-8592. eISSN 1532-9283. 2017, vol. 21, iss.1, p. 124-132. DOI: 10.1016/j.jbmt.2016.06.005. [Emerging Sources Citation Index (Web of Science); Scopus; SPORTDiscus with Full Text] [CiteScore: 1,32, SNIP: 0,883, SJR: 0,527 (2016, Scopus Journal Metrics)]

Klizienė, Irina; Sipavičienė, Saulė; Klizas, Šarūnas; Imbrasienė, Daiva. Effects of core stability exercises on multifidus muscles in healthy women and women with chronic low-back pain // Journal of back and musculoskeletal rehabilitation. Amsterdam : Ios Press. ISSN 1053-8127. 2015, vol. 28, no. 4, p. 841-847. DOI: 10.3233/BMR-150596. [Embase; Scopus; MEDLINE; Science Citation Index Expanded (Web of Science)] [IF: 0,956; AIF: 1,956; IF/AIF: 0,489; kvartilis: Q3 (2015, InCites JCR SCIE)] [CiteScore: 1,08, SNIP: 0,661, SJR: 0,357 (2015, Scopus Journal Metrics)]

Pliauga, Vytautas; Kamandulis, Sigitas; Dargevičiūtė, Gintarė; Jaszczanin, Jan; Klizienė, Irina; Stanislovaitienė, Jūratė; Stanislovaitis, Aleksas. The effect of a simulated basketball game on players' sprint and jump performance, temperature and muscle damage // Journal of human kinetics. Warsaw : De Gruyter Open. ISSN 1640-5544. 2015, vol. 46, p. 167-175. DOI: 10.1515/hukin-2015-0045. [Scopus; MEDLINE; Science Citation Index Expanded (Web of Science)] [IF: 0,770; AIF: 2,277; IF/AIF: 0,338; kvartilis: Q4 (2015, InCites JCR SCIE)] [CiteScore: 1,24, SNIP: 0,855, SJR: 0,503 (2015, Scopus Journal Metrics)]

Klizienė, Irina; Cibulskas, Gintautas; Astrauskienė, Audronė; Vilkienė, Jovita; Urbanavičius, Karolis; Stropus, Ovidijus; Bartninkienė, Daiva. Jaunesniojo mokyklinio amžiaus vaikų fizinio pajėgumo analizė Lietuvoje: 2016 metų studija = Primary school children's physical capability analysis Lithuania: study year 2016 // Sveikatos mokslai = Health sciences in Eastern Europe. Vilnius : Sveikatos mokslai. ISSN 1392-6373. eISSN 2335-867X. 2017, t. 27, nr. 3, p. 18-22. DOI: 10.5200/sm-hs.2017.033. [IndexCopernicus]

Conferences

Selected presentations (no more than 5) within the last 5 years

Presentation	Conference	Institution	Year
Associations of Learning Outcomes for the Physical Activity of the Primary School Students and their Influence on the Educational Process	VII International Conference "Early Childhood Care and Education" (ECCE 2018)	Lomonosov Moscow State University and Moscow Academy of Preschool Education	2018
Модифицированный урок физической культуры, как способ изменения психосоциальной адаптации подростков	International Scientific Congress Values, traditions and innovations of modern sport	National Olympic Committee of the Republic of Belarus Sports and Tourism Ministry of the Republic of Belarus Belarusian State University of Physical Culture	2018
Effects of a twelve-week programme of spine-stabilizing exercises on trunk muscle area, strength and function in women with chronic low back pain	Physical activity and fitness: challenges and new perspectives : the 28th symposium of the International council for physical activity and fitness research	Lithuania Sports University	2016

Project activity

Participation in projects within the last 10 years

2014-2015 Development of Impact on Public Health in Lithuania "(Project No. VP1-4.3-VRM-02-V-04-001) for the period 2007-2013. Priority 4 of the Operational Program for the Development of Human Resources Development "Administrative Capacity Building and Public Administration Improving efficiency "VP1-4.3-VRM-02-V measure" Promoting public policy reforms. Project 1.3.3 "Development of training programs for understanding the impact assessment on public health in various sectors and organization of training".

2016 "Preparation of Methodology for Achieving Achievement for Primary Schoolchildren in Physical Education Lessons" No. SV9-0669. Production: a physical assessment of Lithuanian students (6 years old); A methodology for evaluating achievements in physical education lessons was prepared. A scientific publication published in the international scientific publication "Analysis of Physical Capacity of Younger School Aged Children in Lithuania: The 2016 Study" was published.

2017-2018 Leading the project from the European Union Structural Funds, Student Free Student Studies "Interpersonal Physical Activity Interface for Primary School Students in Mathematic Learning Achievements, Using Innovative Physical Education Lessons" (Project Code 09.3.3.-LMT-K-712-03-0101)

2018 Leading the project from the European Union Structural Funds, Scientific trips from Lithuania to Lithuania, raising competencies at scientific events abroad "Relationship between the physical activity of the elementary school students and the educational factors influencing them with the learning achievements of mathematics" (project code 09.3.3.-LMT-K -712-06-0246)

Exchange programmes

Participation in exchange programmes within the last 5 years

Institution	Description	Year	Duration
Tartu University, Institute Sport science and Physiotherapy	Erasmus program, staff mobility	2017	1 week

Subjects delivered

Cycle (BA, MA or PhD)	Subjects
BA	Personal Health Education
BA	Physical Activity and Health
MA	Supervises of the final work (MA thesis)

Relevant professional practice and expert work

Description	Dates
Physical Education Teacher	2000-2007

Professional membership

Association / Organisation	Dates
Lithuanian Aerobic Federation, Vice President	2017 at present

Languages

Mother tongue	Lithuanian
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<http://europass.cedefop.europa.eu/LanguageSelfAssessmentGrid/lt>

Language	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
Russian	B2	B2	B2	B1	B1