

JERRY MEDERNACH

SPORTS SCIENTIST, Ph.D.



ACADEMIC DEGREE

Dr. Sportwiss. (Ph.D. in Sports Science)
Professor EPS
Sports Science Diploma

CERTIFICATIONS

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

RESEARCH INTERESTS

My current research focuses on the cognitive processes of decision-making in indoor climbing and bouldering

CONTACT DETAILS



30th of June 1985
Luxembourg



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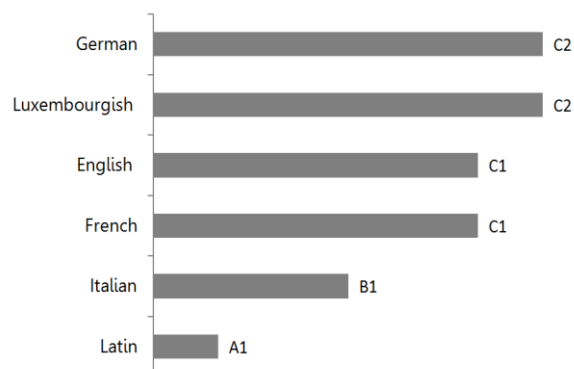


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LANGUAGE PROFICIENCY (C.E.F.R)



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profile/Jerry_Medernach



Profile Jerry Medernach



Jerry Medernach

REFERENCES

Prof. Dr. Daniel Memmert

Institute of Exercise Training and Sport Informatics
German Sport University Cologne (GER)
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Prof. Dr. Helmut Lötzerich

Institute of Outdoor Sports and Environmental Science
German Sport University Cologne (GER)
loetzerich@dshs-koeln.de

1. WORK HISTORY

02/11/2020 – a. pr.	Lecturer SBV7 Sport Climbing Institute of Outdoor Sports and Environmental Science German Sport University Cologne (GER)
01/01/2020 – a. pr.	Post-Doc Institute of Exercise Training and Sport Informatics German Sport University Cologne (GER)
20/08/2019 – a. pr.	Physical Education Teacher <i>Deutsch-Luxemburgisches Schengen-Lyzeum</i> 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 at the 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.) <i>Formations Continues dans le domaine de la Promotion du Mouvement</i> 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	External Scientific Researcher Institute of Outdoor Sports and Environmental Science German Sport University Cologne (GER)
04/06/2008 – 23/06/2011	Supervision and Animation of Elementary School Classes Ministry of Education, Children, and Youth (LUX)

2. QUALIFICATIONS

01/01/2020 – a. pr.	Post-Doc Institute of Exercise Training and Sport Informatics German Sport University Cologne (GER)
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 Diploma Institute of Outdoor Sports and Environmental Science 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? 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 (2015)

Was bringt was? Wie effektiv sind welche Trainingsformen? Klettern (06/2015), Hot Rocks, Cold Ice, Big Walls.

Medernach (2011)

Einsatz des Hangboards zur Steigerung der lokalen Kraftausdauer im Klettersport. AV Akademikerverlag (ISBN-13: 978-3639389340).

4. POSTERS & PRESENTATIONS**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 (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'Éducation Physique et des Sports (Amphitheatre Coque).

Medernach & Kraska (2021)

Rechtslage und Sicherheit im Klettersport. Ecole Nationale de l'Éducation Physique et des Sports (Amphitheatre Coque).

6. FURTHER EDUCATION:

- 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)
- 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)
- 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)
- 2017** **Chercheurs à l'école 2017**
Luxembourg National Research Fund (LUX)
- 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 - 2015	Climbing Coach Different Climbing Associations & Ministry of Education, Children, and Youth (LUX)