

## (A) Summary

The habilitation thesis entitled „Publishing and Editorial Activity as a Bridge between Research and Practice in Sports Science and Physical Education: Impact on Quality of Life and Human Motor Performance" focuses on my concerns regarding the interconnection between scientific research, publishing activity, and applied practice in the field of Sports Science and Physical Education. The main objective of this thesis is to highlight the importance that I have given over the years to publishing and editorial activities in promoting knowledge and deep understanding of the impact of physical activities on quality of life and human motor performance.

The thesis presents several main research directions that reflect my publishing activity over the past 8 years (2015-2023), starting from the completion of my doctoral thesis. During this period, I have authored or co-authored three fundamental manuals/guides, aimed at providing students in the field with up-to-date information and practical guidance in their professional development. Additionally, through the clusters of articles published in prestigious international journals (over 75 articles), I have focused on various themes, including exploring the close relationship between lifestyle and its impact on quality of life and human motor performance. This cluster of articles highlights the benefits of physical exercise, the importance of healthy nutrition, and the impact of harmful habits on human behavior. Another cluster of articles emphasizes the importance of a holistic approach in sports training, highlighting key aspects of comprehensive instruction that encompasses the development of motor skills as well as psychological and social aspects. Based on the investigations I have conducted, I believe that this integrated approach contributes to superior motor performance and the harmonious development of individuals. Lastly, through another series of articles, I have analyzed the consequences of human behavior generated by the SARSCOV-2 pandemic episode, from the perspective of both physical and motor aspects, as well as mental health and social relationships.

The thesis also highlights the importance of my publishing and editorial activities in promoting knowledge and understanding of the consequences of engaging in physical activities on quality of life and human motor performance. Finally, the content of my habilitation thesis emphasizes my constant concern for professional career development, assuming responsibilities entrusted to me, and providing support to future generations of specialists in the field of Sports Science and Physical Education