

Dr. Jerry Medernach SPORTS SCIENTIST, PhD

ACADEMIC DEGREE

Dr. Sportwiss. (Ph.D.)
Professor E.P.S.
Dipl. Sportwiss.

CERTIFICATIONS

Sport Climbing Coach (EQF 6)
Personal Trainer of the German Sport
University Cologne
Strength & Conditioning Coach of the
German Sport University Cologne

RESEARCH INTERESTS

Cognition and Sports Psychology

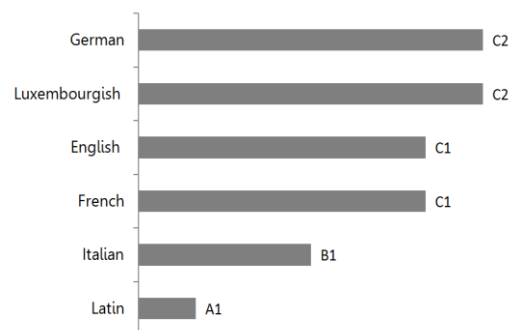
REFERENCES

Univ.-Prof. Dr. Daniel Memmert
Institute of Exercise Training &
Sport Informatics
German Sport University Cologne
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Univ.-Prof. Dr. Helmut Lötzerich
Institute of Outdoor Sports &
Environmental Science
German Sport University Cologne
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LANGUAGE PROFICIENCY (CEFR)



SOCIAL MEDIAS



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Profile Jerry Medernach



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CONTACT DETAILS

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1. WORK HISTORY

- 15/09/2021 – a. pr. Conceptual Elaboration of Educational Programs:** National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- 01/01/2020 – a. pr. Postdoctoral Qualification (Venia Legendi):** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 02/11/2020 – 15/10/2021 Lecturer:** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 20/08/2019 – 15/07/2022 Physical Education Teacher:** Deutsch-Luxemburgisches Schengen-Lyzeum. 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:** Ligue des Associations Sportives Estudiantines Luxembourgeoises (L.A.S.E.L.). Ministry of Education, Children, and Youth (LUX).
- 11/04/2016 – a. pr. Lecturer:** Institute of Formation in National Education (I.F.E.N.). Formations Continues dans le domaine de la Promotion du Mouvement. Ministry of Education, Children, and Youth (LUX).
- 24/11/2014 – 14/09/2021 Lecturer:** National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- 24/02/2012 – 28/08/2013 Lecturer:** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 26/07/2012 – 20/05/2015 Research Scientists:** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 04/06/2008 – 23/06/2011 Supervision and Animation:** Elementary School Classes. Ministry of Education, Children, and Youth (LUX).
- 15/09/2003 – 15/07/2019 Climbing and Bouldering Coach:** National Climbing Community, B.K.L., G.A.L., V.S.L., Escalzette Steinsel (LUX).

2. ACADEMIC QUALIFICATIONS

- 01/01/2020 – a. pr. Post-Doc (Venia Legendi):** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 01/09/2016 – 31/08/2019 Professor E.P.S.:** Professor in Physical Education and Sports. Athénée de Luxembourg. Ministry of Education, Children, and Youth (LUX).
- 01/08/2012 – 20/05/2015 Ph.D. Sports Sciences (Dr. Sportwiss.):** 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 (Dipl. Sportwiss.):** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).

3. FURTHER EDUCATIONS

- 01/04/2022 – 03/04/2022** **Social and Mental Strengthening Through Sports:** German Sport University Cologne (GER).
- 14/01/2022 – 16/01/2022** **Mental Coaching:** German Sport University Cologne (GER).
- 10/04/2021 – 11.04/2021** **Emotional Intelligence in Sports:** German Sport University Cologne (GER).
- 26/08/2019 – 30/08/2019** **Schulung – Eine Frage der Haltung:** Deutsch-Luxemburgisches Schengen-Lyzeum (GER).
- 05/03/2018** **Sportspielvermittlung – Schulgemäße Konzepte und Unterrichtsideen:** German Sport University Cologne (GER).
- 15/03/2013 – 18/03/2013** **National Route Setter Formation:** German Alpine Club (GER).
- 08/02/2012 – 12.10/2016** **Sport Climbing Coaching Licence (EQF 1-6):** German Alpine Club & German Sport University Cologne (GER).
- 18/10/2010 – 24/04/2011** **Kinderturnen Turnteam Toyota Köln e.V.:** 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: Validation of Preventive Medical Aspects of a Natural Lifestyle:** German Sport University Cologne (GER).
- 15/10/2008 – 10/02/2009** **Teacher and Therapist Behaviour:** German Sport University Cologne (GER).
- 15/10/2008 – 10/02/2009** **Diagnostics of Restricted Functions:** German Sport University Cologne (GER).
- 20/01/2009 – 21/01/2009** **DLRG Lifeguard Certification** (silver): German Sport University Cologne (GER).
- 13/12/2008 – 14/12/2008** **First Aid Certification** (EH 239 / 08): German Sport University Cologne (GER).

4. PUBLICATIONS (Peer Review)

- Medernach & Memmert (2022)** **Analysis of Competitive Bouldering Performances? Do Successful Athletes Make Better Decisions?** International Journal of Sport and Exercise Psychology.
- Heinz, Medernach, & Memmert (2021)** **Key Determinants of Accomplished Route Setter Skills in Indoor Bouldering.** Central Library for Sport Sciences. German Sport University Cologne.
- Medernach & Memmert (2021)** **Effects of Decision-Making on Indoor Bouldering Performances: A Multi-Experimental Study Approach.** PLOS ONE.
- 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, 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 (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).

5. ORAL PRESENTATIONS AND POSTERS

- Medernach (2022)** **Fundamental Coaching Skills.** National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- Medernach (2022)** **Coaching Soft Skills.** National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- Medernach (2021)** **Didaktik und Methodik: Kick-Off für ein erfolgreiches Coaching.** National School of Physical Education and Sports (E.N.E.P.S.). Ministry of Sport (LUX).
- Medernach, Dieudonné, & Memmert (2021)** **Introducing Indoor Bouldering to High School Students: A Self-Reported Perception Analysis of Various Short-Term Training Regimen.** Oral presentation at the 23rd Annual International Conference on Education. Athens Institute for Education and Research. Athens (GRE).
- 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 (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).
- Medernach (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).
- Medernach (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).
- Medernach (2017)** **Chercheurs à l'École 2017.** Luxembourg National Research Fund (LUX).
- Medernach (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).
- Medernach (2016, 2018, 2020)** **Routenbau im Bouldern für den Schulsport.** Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).
- 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 (2015)** **Was bringt was? Wie effektiv sind welche Trainingsformen?** Klettern (06/2015).
- Medernach (2014)** **Einführung in den Kraftsport.** Institute of Formation in National Education (I.F.E.N.). Ministry of Education, Children, and Youth (LUX).
- Medernach (2014)** **Effect of Moonboard Training on Grip Strength in Bouldering.** E-poster. National Climbing Community (LUX).

6. COLLOQUIUM

- Medernach & Remy (2022)** **Sport Beginnt im Kopf.** Symposium zur Bewegungserziehung für Kinder und Jugendliche (LUX).
- Medernach, Joachim, & Memmert (2021)** **Intelligenz und Kreativität im Sport.** Ecole Nationale de l'Éducation Physique et des Sports (LUX).
- Medernach & Kraska (2021)** **Sicherheit im Klettersport.** Ecole Nationale de l'Éducation Physique et des Sports (LUX).

7. SUPERVISION

- 2021 – a. pr.** Doctoral Thesis. 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** Master Thesis. 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).

8. COACHING & SPORT-SPECIFIC ENGAGEMENT

- 2017 – 2022** 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 – 2021** 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 – 2010** Climbing Coach, various climbing associations and Ministry of Education, Children, and Youth (LUX).

9. PRIVATE COMMITMENT

- 2019 – 2020** Committee Member of the *Allianz der Humanisten, Atheisten und Agnostiker* (LUX).
- 2014 – 2016** Committee Member of the *Groupe Santé, Demokratesch Partei* (LUX).
- 2014 – 2015** Head of Marketing, LuxDoc (LUX).
- 2014 – 2020** Member of the *Allianz der Humanisten, Atheisten und Agnostiker* (LUX).
- 2012 – 2016** Member of the Demokratesch Partei (LUX).
- 2011 – 2012** Committee Member of the Fédération Luxembourgeoise d'Escalade, de Randonnée Sportive et d'Alpinisme (LUX).
- 2010 – 2012** Men's National Climbing Team, Fédération Luxembourgeoise d'Escalade, de Randonnée Sportive et d'Alpinisme (LUX).
- 2009 – 2013** Men's National Climbing Team, German Alpine Club (GER).