

Olga Kozhanova

RHYTHMIC GYMNASTICS COACH || [HTTPS://OLGAKOZHANOVA.COACH](https://olgakozhanova.coach)

GLARNERSTRASSE 23, 8805 RICHTERSWIL, SWITZERLAND

+41 79 773 58 61 | | KOZHANOVAOLGA8@GMAIL.COM



OBJECTIVE ||

I am a rhythmic gymnastics coach with experience of working in Ukraine's most venerable gymnastics school, Deriugina School. I am working with all aspects of being a coach.

I am also an associate professor in the Faculty of Health, Physical Education and Sport at Borys Grinchenko Kyiv University. I have 7 years of experience with scientific and pedagogical work in this educational institution.

I am a holder of a Swiss B-Permit.

KEY SKILLS ||

- Communicative
- Organized
- Resilient
- Purposeful
- Industrious
- Decent
- Demanding
- Self-sufficient at setting up exercise programs and coaching girls aged 5 – 12
- Ability to compose routines that adhere to the international RSG rules
- Ability to plan and setting up training programs for university students
- Speaks Russian, Ukrainian, English and basic German

QUALIFICATIONS ||

ASSOCIATE PROFESSOR OF SPORTS AND FITNESS

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2014-2018

From 2019 to present - Academic Secretary of the Academic Council of the Faculty of Health, Physical Education and Sports of Borys Hrinchenko University of Kyiv.

Appointed to the position of Associate Professor of Sports and Fitness at the Faculty of Health, Physical Education and Sports from September 3, 2018, to January 1, 2014. Order № 1459-k / tr from 03.09.2018.

CANDIDATE OF SCIENCES IN PHYSICAL EDUCATION AND SPORTS

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2012-2014

Candidate of Sciences in Physical Education and Sports since 2014. The dissertation was defended on November 28, 2013 in the specialized academic council D 26.829.01 at the National University of Physical Education and Sport of Ukraine in the specialty 24.00.01 - Olympic and professional sports, received a diploma DK № 018912.

TRAINER IN RHYTHMIC GYMNASTICS, TEACHER OF PHYSICAL EDUCATION

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2008-2012

In 2008 I graduated from the National University of Physical Education and Sport of Ukraine (diploma with honours), qualification - trainer in rhythmic gymnastics, teacher of physical education.

In 2008 I graduated with honours: Master of Olympic and Professional Sports.

In 2012 I graduated from the National University of Physical Education and Sport of Ukraine (Department of Gymnastics and Dance)

WORK EXPERIENCE | |

ASSOCIATE PROFESSOR OF SPORTS AND FITNESS **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2018 - September 3, 2018 - to this day - Associate Professor of Sports and Fitness, Faculty of Health, Physical Education and Sports, Borys Grinchenko University of Kyiv.**

In 2019, she participated in the fifth international week of Erasmus + (Kaunas, Lithuania, April 8, 2019 - April 12, 2019) and international internship (Kaunas, Lithuania). Has a certificate confirming proficiency in English at the level of "B2".

RHYTHMIC GYMNASTICS COACH **DERIUGINA SCHOOL, 2018 - 2018 - to this day- Coaching girls ages 5- to 12-year-old.**

SENIOR LECTURER OF THE DEPARTMENT OF FITNESS AND RECREATION **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2014-2018**

06.10.2014 - 02.09.2018 - Senior Lecturer of the Department of Fitness and Recreation, Faculty of Health, Physical Education and Sports.

RHYTHMIC GYMNASTICS COACH **SEREBRIANSKAYA STUDIO SCHOOL, 2013 - 2018**

Coaching girls ages 5- to 12-year-old.

LECTURER OF THE DEPARTMENT OF PHYSICAL CULTURE AND SPORTS **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2012-2014**

08.10.2012 - 05.10.2014 - Lecturer of the Department of Physical Culture and Sports Skills of the Humanities Institute of Kyiv University named after Borys Grinchenko.

PUBLICATIONS | |

PECULIARITIES OF CORRECTING THE FIGURE AMONG WOMEN OF THE FIRST MATURE AGE PERIOD BY MEANS OF SHAPING TECHNIQUES IN ACCORDANCE WITH BODY TYPES **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2021**

January 2021 Sport Science and Human Health 5(1):30-42

DOI:10.28925/2664-2069.2021.13 [Researchgate](#)

PSYCHOLOGICAL STRUCTURE OF THE COMMUNICATIVE COMPETENCE OF THE FUTURE COACH **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2020**

January 2020 Sport Science and Human Health 3(1)

DOI:10.28925/2664-2069.2020.1.5 [Researchgate link](#)

FEATURES OF THE TACTICAL TRAINING OF GYMNASTS PERFORMING IN GROUP EXERCISES **BORYS GRINCHENKO UNIVERSITY OF KYIV, 2019**

October 2019 Slobozhansky scientific and sports bulletin

DOI:10.15391/snsv.2019-5.008 [Researchgate Link](#)

APPLICATION OF METHODOLOGICAL APPROACH TO
SELECTION OF SPORTSWOMEN TO CALISTHENICS TEAMS
FOR GROUP EXERCISES, CONSIDERING COMPATIBILITY
FACTOR

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2015

April 2015 Pedagogics Psychology Medical-biological Problems of Physical Training and Sports 19(4):27-32
DOI:10.15561/18189172.2015.0405 [Researchgate link](#)

COMPATIBILITY OF SPORTSWOMEN AT A SELECTION IN
COMMANDS ON GROUP EXERCISES OF CALISTHENICS
TAKING INTO ACCOUNT THEIR TECHNICAL AND SPECIAL
PHYSICAL PREPAREDNESS

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2013

February 2013 Pedagogics Psychology Medical-biological Problems of Physical Training and Sports 2
DOI:10.6084/m9.figshare.639188 [Researchgate link](#)

COMPATIBILITY OF SPORTSWOMEN AT SELECTION IN
COMMANDS ON GROUP EXERCISES OF ARTISTIC
GYMNASTICS ACCOUNTING THEIR FUNCTIONAL
CONDITION

BORYS GRINCHENKO UNIVERSITY OF KYIV, 2013

January 2013 Physical Education of Students 1
DOI:10.6084/m9.figshare.156354 [Researchgate link](#)

HOBBIES AND INTERESTS | |

- Reading literature
 - Travelling
 - Spending time in nature
-