

## DR. JERRY MEDERNACH

SPORTS SCIENTIST, Ph.D.

### ACADEMIC DEGREE

Ph.D. in Sports Science (*Dr. Sportwiss.*)

Professor EPS

Sports Scientist (*Dipl. Sportwiss.*)

### CERTIFICATIONS

Sport Climbing Coach (Licence 1-4)

Personal Trainer of the German Sport University Cologne

Strength & Conditioning Coach of the German Sport University Cologne

### RESEARCH INTERESTS

My current research focuses on cognitive and perceptual processes in sport climbing and bouldering.

### REFERENCES

#### Univ.-Prof. Dr. Daniel Memmert

Institute of Exercise Training and Sport Informatics

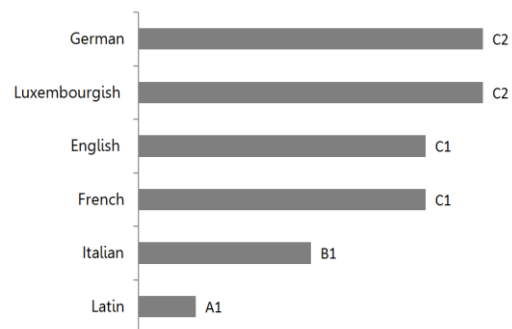
German Sport University Cologne  
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#### Univ.-Prof. Dr. Helmut Lötzerich

Institute of Outdoor Sports and Environmental Science  
German Sport University Cologne  
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### LANGUAGE PROFICIENCY (CEFR)



### SOCIAL MEDIAS

[www.climbing.science](http://www.climbing.science)

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Profile Jerry Medernach

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### CONTACT DETAILS

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**1. WORK HISTORY**

- 01/01/2020 – a. pr. Post-Doc:** Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
- 02/11/2020 – a. pr. Associate Lecturer SBV7 Sport Climbing:** Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
- 20/08/2019 – a. pr. 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 – a. pr. Lecturer:** 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 Scientific Researcher:** 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).

**ACADEMIC QUALIFICATIONS**

<b>01/01/2020 – a. pr.</b>	<b>Post-Doc</b> Institute of Exercise Training and Sport Informatics. German Sport University Cologne (GER).
<b>01/09/2016 – 31/08/2019</b>	<b>Professor EPS</b> Professeur in Physical Education and Sports. Athénée de Luxembourg. Ministry of Education, Children, and Youth (LUX).
<b>01/08/2012 – 20/05/2015</b>	<b>Ph.D. Sports Sciences</b> ( <i>Dr. Sportwiss.</i> ) Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).
<b>14/09/2011 – 12/02/2012</b>	<b>DSHS Personal Trainer Certification</b> German Sport University Cologne (GER).
<b>24/06/2011 – 10/11/2011</b>	<b>DSHS Strength &amp; Conditioning Certification</b> German Sport University Cologne (GER).
<b>20/02/2006 – 13/10/2011</b>	<b>Sports Scientist</b> ( <i>Dipl. Sportwiss.</i> ) Institute of Outdoor Sports and Environmental Science. German Sport University Cologne (GER).

**FURTHER EDUCATIONS**

<b>10/04/2021 – 11.04/2021</b>	<b>Emotional Intelligence in Sports</b> German Sport University Cologne (GER).
<b>08/02/2012 – 12.10/2016</b>	<b>Sport Climbing Coaching Licence (1-4)</b> German Alpine Club & German Sport University Cologne (GER).
<b>17/08/2009 – 25.08/2009</b>	<b>Feldenkrais, Pilates, Qigong, and Tai Chi Certification</b> German Sport University Cologne (GER).
<b>15/10/2008 – 10/02/2009</b>	<b>Friluftsliv: Validation of Preventive Medical Aspects of a Natural Lifestyle</b> German Sport University Cologne (GER).
<b>20/01/2009 – 21/01/2009</b>	<b>DLRG Rescue Swimming Certification – silver</b> German Sport University Cologne (GER).
<b>13/12/2008 – 14/12/2008</b>	<b>First Aid Certification (EH 239 / 08)</b> German Sport University Cologne (GER).

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**3. PUBLICATIONS (peer review)**

- Medernach & Memmert (2021)** Do Successful Competitors Make Better Decisions? A Movement Analysis of Competitive Bouldering Performances. *Journal of Sport & Exercise Psychology* (submitted).
- Medernach & Memmert (2021)** Effects of Decision-Making on Indoor Bouldering Performances: A Multi-Experimental Study Approach. *PLOS ONE* (accepted).
- 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).

**4. POSTERS & PRESENTATIONS**

- 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 23<sup>rd</sup> 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 25<sup>th</sup> 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 (2015)** Was bringt was? Wie effektiv sind welche Trainingsformen? Klettern (06/2015).
- 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'Education Physique et des Sports (LUX).
- Medernach & Kraska (2021)** Rechtslage und Sicherheit im Klettersport. Ecole Nationale de l'Education Physique et des Sports (LUX).

**6. FURTHER EDUCATION**

- 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).

7. Supervision

**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 & 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 - 2019** Climbing Coach, various climbing associations and Ministry of Education, Children, and Youth (LUX).