

## OSEBNI PODATKI

Ime in priimek: Krištof Knap

Kontakt: [kristof.knap@yahoo.com](mailto:kristof.knap@yahoo.com)

## DELOVNE IZKUŠNJE

1/11/2018–Present

### **Sports Nutrition and Recovery Consultant**

Ice Hockey Federation of Slovenia / Hokejska zveza Slovenije

2/2/2016–Present

### **Nutritionist**

Kodaprom d.o.o., Ljubljana (Slovenia)

- development of products and recipes. Project GoodChilla has been recognized and awarded by EU Commission in 2016 as a part of Horizon 2020 - SME Instrument project.

- nutrition expert, responsible for development of Goodchilla shake recipes and for overall ingredients quality control

- conduction of research under the mentorship of prof. dr. Bojan Knap, MD, PhD, IOC Diploma in Sports Nutrition.

1/10/2015–Present

### **Clinical Research**

Medical Faculty of Ljubljana, Ljubljana (Slovenia)

Research work for Prešeren's Reward titled:

"Lean Tissue index and Phase angle values in Elite Athletes, General Population and Chronic Patients"

Research work in collaboration with Department of Nephrology, University Clinical Center of Ljubljana

14/4/2015–14/4/2015

### **Lecturer at a congress of Nutrition and Sports**

Medical Faculty of Ljubljana, Ljubljana (Slovenia)

Held a lecture at a Congress organized by Gaster Felix project, Društvo Študentov Medicine Slovenije titled "Miti in resnice o športni prehrani"

11/2012–11/2012

### **Sports Nutrition for Youth Athletes Seminar**

Plavalni Klub Radovljica, Radovljica (Slovenia)

Lecture in Sports Nutrition for Youth athletes

12/2012–12/2012

### **Sports Nutrition for Youth Athletes Seminar**

Športno Društvo Gorje, Gorje (Slovenia)

Lecturer at a seminar for Youth Cross country skiing athletes. Subject of a lecture: Sports Nutrition for Youth Athletes

## IZOBRAZBA:

2018–Present

### **IOC Diploma in Sports Nutrition**

International Olympic Committee

The goal of the IOC Diploma in Sports Nutrition is to make available an academic program to help the development of professionals who can support athletes by providing sound information about nutrition.

Postgraduate study - IOC Diploma in Sports Nutrition

1/10/2010–27/6/2018

### **Medical Doctor (MD), UNIFORM SECOND-LEVEL MASTER'S PROGRAM MEDICINE**

Medical Faculty of Ljubljana, University of Ljubljana

Vrazov trg 2, Ljubljana, 1104 Ljubljana (Slovenia)

1/3/2011–1/10/2016

### **Under the mentorship of Derek M. Hansen**

Derek M. Hansen, CSCS, BA, MASc, Toronto (Canada)

Mentored by Derek M. Hansen, CSCS, BA, MASc in fields such as:

- sprint mechanics,
- speed development,
- recovery,
- hamstring rehabilitation

Derek is a NSCA Certified Strength and Conditioning Specialist that has been working with athletes in speed, strength and power sports since 1988.

1/9/2006–10/6/2010

### **High School Diploma**

Gimnazija Kranj, Kranj (Slovenia)

5/8/2008–Present

### **Track and Field Athlete**

AD Mass Ljubljana, Ljubljana (Slovenia)

Universiade 2017 participant,

World Medical and Health Games 2016 Champion 400m,

World Medical and Health Games 2016 Champion 200m,

European Champion Clubs Cup 2015, Mersin, Turkey 4x400m - 7th place,

Multiple Senior National Champion in 4x400m relay.