

OSEBNI PODATKI

Ime in priimek: Krištof Knap

Kontakt: 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.