



We congratulate Ieva Kundzina, PhD student at the Latvian Academy of Sport Education, who has defended her Thesis “Physical Recreation to Improve the Well-Being of 45-55 Year Old People” (Sport Science) at the Latvian Academy of Sport Education on January 22, 2015. Supervisor: Dr.paed., prof. Juris Grants.

Ieva Kundziņa professional work experience since 2012 is connected with fitness study “Vingrosev.lv”, where she is the president, and since 2009: with Latvian Academy of Sports Education, where Kundzina is an assistant in the Department of Anatomy, Physiology, biochemistry and Hygiene, conducts the courses in Anatomy and Dynamic Anatomy.

The Doctoral Thesis has been developed by ESF support within the project “Support for Sport Science” Nr. 2009/0155/1DP/1.1.2.1.2/09/IPIA/VIAA/010 work program „Human resources and employment” 1.1.2.1.2. sub activity ”Support to Implementation of Doctoral Study Programme”

### INVESTING IN YOUR FUTURE

