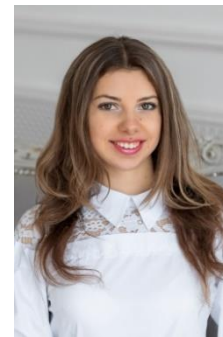


**Name**                                      **Olesia Bilous**

**E-mail**                                      **olesia.bilous@khpi.edu.ua**



**PROFESSIONAL AND ACADEMIC POSITIONS:**

- 2018 to current    Assistant professor, Department of Physical Education, National Technical University "Kharkiv Polytechnic Institute";
- 2017 – 2018        Teacher, Department of Physical Education, National Technical University "Kharkiv Polytechnic Institute";
- 2015 – 2017        Assistant, Department of Organic Chemistry, Biochemistry and Microbiology, National Technical University "Kharkiv Polytechnic Institute".

**EDUCATION:**

- Ph.D. (Technical science) (2015) National Technical University "Kharkiv Polytechnic Institute", Kharkiv, Ukraine  
Specialization: Technology of fats, essential oils and perfumes and cosmetics products.
- Specialist Degree (Physical culture and sports, Honors Diploma) (2018) National Technical University "Kharkiv Polytechnic Institute", Kharkiv, Ukraine  
Educational program: Psychology of physical activity and sports
- Master Degree (Intellectual property) (2013) National Technical University "Kharkiv Polytechnic Institute", Kharkiv, Ukraine  
Qualification: Intellectual property professional.
- Specialist Degree (Technology of fats and fat substitutes, Honors Diploma) (2011) National Technical University "Kharkiv Polytechnic Institute", Kharkiv, Ukraine  
Qualification: Chemical Engineer-Technologist.

**COURSES TAUGHT**

Extensive teaching at all university levels: Bachelor/Master:

- Physical Education (in English),
- Biochemistry of physical culture and sports (in Ukrainian),
- Fundamentals of the theory of health and healthy lifestyle (in Ukrainian),
- Current problems of physical culture and sports (in Ukrainian).

**FIELDS OF RESEARCH INTEREST:**

- Biochemical processes in the human body during exercise and during recovery,
- Creating nutrition programs for professional athletes,
- Creating a training program for different segments of the population.

**SUMMARY OF CAREER ACHIEVEMENTS**



Published 55 scientific works.

### **PROFESSIONAL MEMBERSHIPS:**

Member of the Ukrainian Association of Chemical and Food Engineering CFE-UA, which is a structural component of the European Federation of Chemical Engineering EFCE.

### **RELATED PUBLICATIONS**

#### **Books**

Tovazhnyansky L., Bukhkalo S., Denisova A., Demidov I., Kapustenko P., Arsenyeva O., Bilous O., Olkhovskaya O. General technology of food industry in examples and tasks (innovative measures). Kyiv "Center for Educational Literature: 2016, 470 pp. - Textbook in English and Ukrainian language.

#### **Papers**

- Physical culture and sport in harmoniously developed personality formation. Editors: Volodymyr Prystynskyi, Tadeusz Pokusa. Authors: Olesia Bilous, Serhii Khirnyi and others. Monograph. Publishing House WSZiA, Opole. 2021. 384. ISBN 978-83-66567-34-4.
- Educational Processes Management: Development in Reform Context. Editors: Olena Tryfonova & Sławomir Śliwa. Authors: Olesia Bilous, Alla Voids, Julia Gasan and others. Monograph. Opole: The Academy of Management and Administration in Opole, 2021, pp.308; ISBN 978-83-66567-25-2.
- National Health as Determinant of Sustainable Development of Society. Editors: Nadiya Dubrovina & Stanislav Filip. Authors: Olesia Bilous, Svitlana Shirjaeva, Sergiy Hrdzelidze and others. Monograph. School of Economics and Management in Public Administration in Bratislava, 2021, pp. 788.
- Chuprun, N. The Effectiveness of Choreography in the Formation of the Coordination Skills in First Graders / N. Chuprun, T. Kravchenko, S. Zakopaylo, O. Bilous, V. Polishchuk, V. Tsaruk, O. Potuzhnyj, S. Hrdzelidze, I. Kryvenko // International Journal of Applied Exercise Physiology. – 2020. – Vol. 9 № 16. – C. 52–57.
- Bilous, O. Development of a food antioxidant complex of plant origin / O. Bilous, N. Sytnik, S. Bukhkalo, V. Glukhykh, G. Sabadosh, V. Natarov, N. Yarmysh, S. Zakharkiv, T. Kravchenko, V. Mazaeva // Eastern-European Journal of Enterprise Technologies. – Kharkiv: PC «TECHNOLOGY CENTER», 2019. – № 6/11 (102). – C. 66-73.
- Sytnik, N. Research of oxidative stability of vegetable oils for use in sport nutrition / N. Sytnik, V. Mazaeva, O. Bilous, S. Bukhkalo, V. Glukhykh, G. Sabadosh, V. Natarov, N. Yarmysh, T. Kravchenko, S. Zakharkiv // Technology audit and production reserves. – Kharkiv: PC «TECHNOLOGY CENTER», 2019. – № 6/3 (50). – C. 26–30.
- Bilous O.V. Innovatsiyni zakhody pry vykladanni dystsypliny «Biokhimiya fizychnoyi kul'tury ta sportu» dlya studentiv spetsial'nosti «Fizychna kul'tura ta sport» / O.V. Bilous, M.S. Zhurbin // Naukovyy zhurnal Natsional'noho pedahohichnoho universytetu imeni M.P. Drahomanova. Seriya 15: Naukovo-pedahohichni problemy fizychnoyi kul'tury (fizychna kul'tura ta sport): zb. nauk prats'. -Kyiv: Vyd-vo NPU imeni M. P. Drahomanova, 2019. - № 3K (110). - S. 57-60.