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11.05.2023

RE: ASSESSMENT OF HABILITATION THESIS OF Ms LADISLAV BATALIK

Dear Habilitation assessment committee,

Thank you for inviting me to assess the habilitation thesis of Ms. Ladislav Batalik for promotion to Associate Professor position. The work provided is of high standard and contains a solid literature review. The evidence regarding exercise-based cardiac rehabilitation (CR), a multifactorial intervention which incorporates physical exercises and activity as well as important assessment of social status and healthy lifestyle habits to improve the physical capacity and psychological status of cardiac patients is provided in adequate detail. Presented also is the concept of Cardiac telerehabilitation (CTR), which incorporates innovative technological tools for both monitoring and reaching out these vulnerable patients.

Several papers are provided. These papers are well-written and clearly present the evidence of the role of CRT in cardiovascular diseases. While the first few papers provide the background of the CTP and why it is believed to be effective, the other papers provide evidence and how to implement such programs. There is also enough evidence provided that argues why CTP could be potential tool to reach a broader audience and how it can overcome barriers to the usage of CTP in different population groups. The papers also show the meticulous care in which the candidate has presented the studies, analyzed and interpreted the results. The discussions and future directions are clear and concise. The papers clearly advance the literature in the proposed research topic.

I have the pleasure to inform you that I have positively assessed the presented Habilitation thesis and strongly recommend the candidate for the promotion to an Associate Professor position.

I hereby confirm that the presented habilitation thesis meets the standard requirements set for the level of habilitation theses in the field of Kinanthropology and I recommend it for defense.

Yours faithfully

ed. Nandu Goswami, PhD.

Physiology), PhD, Master of Science (Medical Education)

Assoz. Prof. PD Dr. med.

Nandu GOSWAMI

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