Marta Molska, PhD
Assistant Professor in the Department of Dietetics, Poznań University of Physical Education, Faculty of Physical Culture in Gorzów Wielkopolski.

EDUCATION AND MAJOR AWARDS

- Doctoral Degree (2023): Doctor of Agricultural Sciences in the discipline of Food and Nutrition Technology (Diploma with Distinction).
- National Award: 1st Prize Winner in the national competition for the best doctoral thesis defended in 2023, awarded by the Polish Society of Food Technologists (PTTŻ).

RESEARCH GRANTS AND SCIENTIFIC PROJECTS

- Product Innovation: Developed a functional food product based on sprouted buckwheat seeds enriched with probiotic yeast.
- Project Management: Implementation of the "Small Grants for Public Universities in the Lubuskie Voivodeship" project (2024) – coordination of intersectoral (private partners) and academic (student team) collaboration.
- Statutory Research: Managed and executed institutional research projects investigating the health-promoting and nutritional properties of common buckwheat.

PUBLICATIONS AND BIBLIOMETRICS (as of May 5, 2026)

- Publications: Author of peer-reviewed papers in high-impact international journals (including *LWT*, *Experimental Gerontology*, *Plant Foods for Human Nutrition*).
- Bibliometric Indicators (Web of Science): Total citations: 272 | H-index: 7.

TEACHING AND ACADEMIC ENGAGEMENT

- Curriculum development in English: Teaching "Nutritional Aspects of Traditional, Ethnic, and Oriental Foods" to international groups as part of the module: Traditional, Ethnic, and Oriental Foods for Human Health, implemented as part of the project "The Best of Nature! Integrated Development Program of the Poznań University of Life Sciences."
- Conference Presentations: Actively participated in national and international scientific conferences. Awarded second place and received distinction in the paper competition at the International Scientific Conference "Nutrition Without Borders" for the paper entitled "Fatty Acid Composition in Buckwheat Sprouts Modified with Probiotic Yeast."

RESEARCH INTERESTS

- The microbiota-gut-brain axis and its impact on physiological processes, particularly neuroprotection.
- Functional foods, bioactive compounds, dietary components, probiotics, and pseudocereals, with particular emphasis on their role in, among other things, the regulation of neurotrophic factors and inflammatory responses.
- Nutritional and supplementation strategies to support cognitive function and the treatment of autoimmune and demyelinating diseases, such as multiple sclerosis.