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Dr. Dario Novak is an assistant professor at the University of Zagreb and a research associate at Institute for Anthropological Research, Croatia. He received his Ph.D. in sports science from University of Zagreb in 2010. He is a postdoctoral fellow of Columbia University, New York and Harvard University, Boston. Doctor Novak's research interests lie in integrated and holistic approaches in the field of human health & performance. An editor of one book and author of over 200 publications in scientific and sports journals, Doctor Novak has offered several keynote and invited presentations, and over 50 conference paper presentations. He has received both the *FIEP Europe Thulin Award 2011* from the International Federation of Physical Education (FIEP Europe) and *International FIEP Cross of Honor Award* from the International Federation of Physical Education (FIEP World). In 2018 he received The Croatian National Science Award. In 2017 was recognized by the FIEP Mexico at Mexico City where he has received the *Medalla Prof. Adolfo Pérez Acosta* as an outstanding scholar for his contributions to educational research. In addition, he was the recipient of the 2015, 2016 and 2017 University of Zagreb, Faculty of Kinesiology, *Best Young Scientists Award*. He was part of Christina McHale's coaching team (best ranking #24 in the world WTA) and also part of Donna Vekic's coaching team (best ranking #42 in the world WTA). Now he is part of Marta Kostyuk's coaching team (#2 in the world in ITF Juniors & 2017 Australian Open girls' singles championships). In the past Dr. Novak has also worked with Borna Coric (#1 in the world in ITF Juniors) and Ivana Jorovic (#1 in the world in ITF Juniors) among many others. He worked as a consultant with a number of teams and organizations including Bosnia & Herzegovina national basketball team.