

27th INTERNATIONAL TEACHING WEEK



Faculty of Physical Culture
Palacký University Olomouc

13th – 17th April 2026



Mary Efraim

Palacký University Olomouc,
USA

Mary is a doctoral student at the Institute of Active lifestyle, here at the Faculty of Physical Culture. Her research focuses on child health and development, measuring the strength of influence of factors such as 24-hour movement behavior, screentime, and parental lifestyle choices.

Mary has over a decade of experience in primary research, including lab management and publishing primary research as well as seven years of personal experience as a parent.

Aside from her love of research, she is passionate about active play, the neuroscience of religion, and finding like-minded people to befriend.

Mary's Topics for the 27th International Teaching Week:

- **Psychology of Eating and Motivation**
- **Genetic Knockouts and Human Health**