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Peer coaching as a population approach to increase physical activity in older adults

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CHAPTER 13

Curriculum vitae

CURRICULUM VITAE

Paulus Luigi van de Vijver was born on the 13th of July 1992 in 's-Gravenhage, the Netherlands. In 2010 he completed gymnasium secondary school cum laude at Segbroek College in 's-Gravenhage, the Netherlands. He was also awarded the Diligentia Prize for outstanding performance in the bèta subjects. After this he moved to Leiden to study medicine. During his studies he went to Vietnam to do a clerkship ophthalmology. In 2017 he graduated and got his Master of Science.

His interest in science started during the elective course The Ageing Programme, which resulted in an internship at the Leyden Academy on Vitality in Ageing in 2014. After this internship he joined the Young Excellence Class to practice his scientific skills. This culminated in a scientific publication and a PhD position from 2017 to 2021. As a PhD-student he was engaged in the development and organisation of the Vitality Clubs: the peer coach physical activity intervention studied throughout this thesis. He was also engaged in the organisation of the minor programme Human Evolution of Leiden Institute of Biology, Leyden Academy on Vitality and Ageing, the Faculty of Archaeology of Leiden University and Leiden University Medical Center.