

PROF. DR. KARSTEN KRÜGER

SESSION: SYMPOSIUM 2 (DAY 1: 1600 – 1625)

TOPIC: SPORTS AND IMMUNITY

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RESEARCH FOCUS AND SCIENTIFIC CAREER

Research focuses on the molecular and cellular mechanisms of adaptation to physical activity. Health aspects are at the forefront of the research, both from the perspective of preventive medicine and the therapy of lifestyle-associated diseases. One focus of the research is on immunological adaptations, especially leukocyte and cytokine regulation with regard to the balance of inflammatory and anti-inflammatory processes. Here, one topic area of applied research is the investigation of inflammatory biomarkers in the blood that reflect changes in physical activity status with the inclusion of influencing factors of body composition and nutritional status.

- Since 2019: W3-Professorship for Exercise Physiology and Sports Therapy, Institute of Sports Science, University of Giessen, Gießen, Germany
- Since 2018: Managing director of the Institute for Sports Science, Leibniz University, Hannover, Germany
- Since 2017: W2-Professor, head of the Department Exercise and Health, Institute for Sports Science, Leibniz University, Hannover, Germany
- 2015-2017 Academic counsel, Institute for Sports Science, Justus-Liebig- University Gießen, Germany
- 2011-2015 Teacher for special tasks, Institute for Sports Science, Justus- Liebig-University Gießen, Germany
- 2006-2010 Scientific employee, Institute for Sports Science, Justus-Liebig-University Gießen, Germany

- 2005 -2006 Scientific employee, Institute for Sports Medicine, University Hospital, Münster, Germany
- 2002-2004 Student assistant, Institute for Sports Medicine, University Hospital, Münster, Germany

FURTHER EDUCATION

- 06/2015 Cumulative habilitation with the title “Immunologische Aspekte der Adaptation an Belastung und Training (Immunological Aspects of Adaptation to Exercise and Training)” received the designation ‘private lecturer’ and teaching authorization (venia legendi) for the subjects sport science and sport biology
- 05/2009 Cumulative promotion to Dr. rer. nat. with the title Mechanisms of Quantitative and Functional Changes of Lymphocytes After Acute Exercise (summa cum laude)

OTHER PROFESSIONAL ACTIVITIES

Editor-in-Chief of the journal *Exercise Immunology Review* (EIR)

Board member, International Society of Exercise and Immunology (ISEI)

Advisory board, *Deutschen Zeitschrift für Sportmedizin (German Journal of Sports Medicine)* (DZSM)

Lecturer and speaker at the *German Police University*, Münster, Germany

Trainer and speaker for trainer training in rehabilitation sport (Internal medicine, orthopedics and neurology) for the Hessian disabled and rehabilitation sports group (HBRS) and fitness trainer A-License, German fitness teacher association (DFLV)

1st Chairman, Rehabilitation sport club for Health Sport, Sport Therapy and Rehabilitation Gießen e.V.

(Previous and current) ACTIVITIES IN ACADEMIC SELF ADMINISTRATION

Managing director of the Institute for Sports Science, Leibniz University, Hannover

Member of the institute board and human resources officer, Institute for Sports Science, Leibniz University, Hannover

Student counseling for the 'Clinical Sport Physiology and Sport Therapy' master's course and the 'Movement and Health' bachelor's course (until 2017)

Vice chairman of the local ethics commission for subject area 06 (Psychology and sport science) of the Justus-Liebig-University, Gießen (until 2017)

Risk manager, subject area 06, Justus-Liebig-University, Gießen (until 2017)

Member of the executive board of the Institute for Sport Science (Employee representative), Justus-Liebig- University, Gießen (until 2015)

Erasmus representative, Institute for Sport Science, Justus-Liebig-University, Gießen (until 2016)

PRIZES

Award for the best examination paper, subject area psychology/sport science, 2004, Münster

Poster prize, DGSP Congress 2007, Köln

2nd prize, Early Young Career Researcher Award, ISEI Symposium 2011, Oxford, GB

3rd Lecture-/Poster prize, DGSP-Jubilee congress 2013, Berlin

Immunotools Special Award Winner 2015

MEMBERSHIP IN SCIENTIFIC PROFESSIONAL SOCIETIES

International Society of Exercise and Immunology (ISEI)

Deutsche Vereinigung für Sportwissenschaft e.V. (dvs)

Deutsche Gesellschaft für Sportmedizin und Prävention (DGSP)

The American Physiological Society (APS)

The American College of Sports Medicine (ACSM)

SCIENTIFIC EXPERT ACTIVITIES

Organizations:

Bundesinstitut für Sportwissenschaften (Federal Institute for Sport Science (BISP)) (called 2017-2019)

World Cancer Research Fund International (WCRF)

Internal Funding Exercise Physiology, University of Leuven, Belgium

Reviewer of master's program: 'Health Promotion and Therapy Through Sport'. University of Mainz

Deutscher Akademischer Austauschdienst e. V. (German Academic Exchange Service (DAAD))