

PROF. DR. MICHAEL TIEMANN

michael.tiemann@srh.de

+49 (0)2171 74382-01

Current Position

Professor of Sport Science, University of Applied Health Sciences, SRH Hochschule für Gesundheit, Campus Leverkusen

Member of the Scientific Advisory Board of the German Gymnastics Federation (DTB)

Education and Degrees

- Studies of Social Science and Sport Science, Bielefeld University
- 1995 PhD in Sport Science, Bielefeld University
- 2007 Habilitation in Sport Science, Karlsruhe University / Karlsruhe Institute of Technology (KIT); title of habilitation thesis: »Public Health and Health Sport«

Activities in the German Gymnastics Federation (DTB)

2002 – 2008 Member of the DTB-board »Gymnastics for All«

since 2002 Member of the DTB Scientific Advisory Board

Professional Experience

1989 – 1993 Research Assistant, Institute of Sport Science, Bielefeld University

1994 – 2015 Research Lecturer, Department of Prevention, AOK – Die Gesundheitskasse (health care insurance company), Dortmund

2007 – 2011 Private Lecturer, Institute of Sport and Sport Science, Karlsruhe Institute of Technology (KIT)

2012 – 2015 Associate Professor, Institute of Sport and Sport Science, Karlsruhe Institute of Technology (KIT)

since 2016 Professor of Sport Science, Department of Physiotherapy, University of Applied Health Sciences, SRH Hochschule für Gesundheit, Campus Leverkusen

Main Research Topics

- Physical activity and Public Health
- Intervention and evaluation in physical activity promotion for sedentary people and persons with chronic diseases (e.g. rheumatic diseases)
- Determinants of physical activity behaviour and exercise adherence
- Digital physical activity programmes

Current Advisory Work

- GKV-Spitzenverband, National Association of Statutory Health Insurance Funds: Guidelines for Prevention and Health Promotion (since 2008)
- Federal Ministry of Health: Actions for healthy lifestyles and living environments (2008); promotion of physical activity in everyday life, national recommendations for physical activity and its promotion (since 2012)
- Member of the Scientific Advisory Board of the BMBF (Federal Ministry of Education and Research) funded project »SMARTACT« (cooperative research project of University of Konstanz, University of Mannheim and Karlsruhe Institute of Technology) (since 2015)
- Advisory member of the Management Board of the German Walking Institute (DWI) (since 2018)