

## **PROF. DR. MICHAEL TIEMANN**

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### **Current Position**

Professor of Sport Science and Head of the Health and Social Department, 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, University of Applied Health Sciences, SRH Hochschule für Gesundheit, Campus Leverkusen

since 2021      Head of the Health and Social Department and member of the university management

## **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)
- Advisory member of the Management Board of the German Walking Institute (DWI) (since 2018)