

Dr. Johannes Carl

*born 1991-11-07 in Fürth (Bavaria, Germany)

Education

01/2021 - now	Candidate for Post-Doctoral Qualification (Habilitation) Friedrich-Alexander University Erlangen-Nürnberg, Germany
07/2017 - 05/2021	PhD Qualification (Dr. phil.) in the Subject of <i>Sport Science</i> Friedrich-Alexander University Erlangen-Nürnberg, Germany, Research Assistant
10/2014 - 12/2016	Master of Arts <i>Sport Science with the profile Health Promotion</i> University of Tübingen, Germany
05/2013 - 04/2017	Bachelor of Science <i>Psychology</i> FernUniversität Hagen, Germany
10/2011 - 09/2014	Bachelor of Arts <i>Sport Science</i> University of Stuttgart, Germany

Theses

2020	Physical Activity-related Health Competence – From the development of a multidimensional assessment instrument to population-specific model results PhD Thesis Sport Science (summa cum laude) Reviewers: Prof. Dr. Klaus Pfeifer, Prof. Dr. Ansgar Thiel, Prof. Dr. Ralf Sygusch, Prof. Dr. Anne Reimers
2017	Weight-based stereotyping as a physical activity barrier: A validation study for the video-based manipulation of stigma experience Bachelor Thesis Psychology Supervisors: Dr. Birte Siem & Prof. Dr. Ansgar Thiel
2016	The transition out of competitive youth sport from a critical life event perspective: A systematic review of evaluated interventions Master Thesis Sport Science Supervisors: Dr. Johannes Raabe & Prof. Dr. Oliver Höner
2014	Einsamkeit im Alter: Überprüfung eines erweiterten Model of Depression and Loneliness anhand des Deutschen Alterssurveys [Loneliness in older age: Evaluation of an adjusted model of depression and loneliness by using the German Ageing Survey] Bachelor Thesis Sport Science Supervisors: Dr. Daniela Kahlert & Prof. Dr. Wolfgang Schlicht

Work Experience and Research Stays

- 07/2022 - now** **Leader of the Group “Integrative Physical Activity Promotion” within the Division “Physical Activity and Health”**
Chair lead by Prof. Dr. Klaus Pfeifer, Department of Sport Science and Sport, Friedrich-Alexander University Erlangen-Nürnberg, Germany
- 02/2022 - 04/2022** **Research Stay Titled “Physical Literacy and Health Promotion“ at the Center for Clinical Research and Prevention**
Visit supervised by Prof. Dr. Peter Bentsen & Dr. Peter Elsborg, Section for Health Promotion and Prevention, Frederiksberg Hospital / University of Copenhagen, Denmark
- 04/2020 - 09/2020** **Research Stay at the School of Human Movement and Nutrition Sciences**
Planned supervision by Prof. Dr. John Cairney, Faculty of Health and Behavioural Sciences, The University of Queensland, Brisbane, Australia
Finally cancelled due to COVID-19 / shifted to online cooperation
- 01/2017 - now** **Research Associate in the Division “Physical Activity and Health”**
Supervision by Prof. Dr. Klaus Pfeifer, Department of Sport Science and Sport, Friedrich-Alexander University Erlangen-Nürnberg, Germany
- 11/2014 - 04/2017** **Student Assistant in the Division “Sport Science with focus on Sport Psychology and Research Methods”**
Supervision by Prof. Dr. Oliver Höner, Institute of Sports Sciences, University of Tübingen, Germany
- 03/2014 - 05/2014** **Internship at the Citizen Office of Sport**
City of Erlangen, Germany
- 11/2012 - 07/2013** **Student Assistant in the Division “Modeling and Simulation in Sports”**
Supervision by Jun.-Prof. Dr. Syn Schmitt, Institute of Sports Science and Kinesiology, University of Stuttgart, Germany
- 09/2010 - 09/2012** **FDZ Fahrdienst für Behinderte**
Nürnberg, Germany

Academic Project Memberships

- 11/2022 - 08/2024** **Dissemination of the Physical Activity-related Health Competence Concept within Vocational Education of Nursing Care (TakeCare!)**
Funding (Co-Financiation): Förderinitiative Gesund.Leben.Bayern. of the Bavarian State Ministry for Health and Care, KKH Kaufmännische Krankenkasse (Health Insurance)
- 06/2022 - 06/2024** **Physical Literacy and Childhood Enrichment (PLACE)**
Cooperation Project with the University of Oldenburg, Germany
Funding: Stiftung Aktion Hilfe für Kinder, Bremen, Germany (Non-Profit Foundation)
- 01/2022 - 04/2023** **Physical Literacy in Europe – The Current State of Implementation in Research, Practice, and Policy (EUROPLIT)**
Cooperation Project with the Center for Clinical Research and Prevention, Frederiksberg Hospital, Denmark
Funding: Frederiksberg Hospital, Denmark

- 04/2020 - 12/2022 Physical Literacy Interventions**
Cooperation Project with The University of Queensland, Brisbane, Australia
- 04/2020 - 12/2021 Moving Exercise Research in Multiple Sclerosis Forward (The MoXFo Initiative)**
Subgroup "Exercise Adherence"
- 04/2018 - 12/2022 Physical Activity-related Health Competence in Apprenticeship and Vocational Education (PArC-AVE) – Second Funding Phase**
Research Consortium Capital4Health
Funding: Federal Ministry of Education and Research (BMBF), Germany
- 10/2017 - 12/2022 Physical Activity-related Health Competence: Theory Development, Assessment Development, Intervention Support, and Network Formation**
Theory-Focused Cross-Cutting Project
- 02/2017 - 05/2019 Stay Active After Rehabilitation (STAR)**
Funding: German Pension Insurance, Section Bavaria South, Germany
- 02/2017 - 03/2018 Physical Activity-related Health Competence in Apprenticeship and Vocational Education (PArC-AVE) – First Funding Phase**
Research Consortium Capital4Health
Funding: Federal Ministry of Education and Research (BMBF), Germany

Awards

Second Place at the Young Investigator Award of the Annual Conference 2019 of the commission Health of the Germany Society of Sport Science (dvs)

Second Poster Price 2019 at the 8. D-A-CH Rehabilitation Congress „Pneumological Rehabilitation in German-speaking Europe“ in Bad Reichenhall

FISPO Price 2017 at the Institute of Sports Sciences of the University Tübingen for the best Thesis of the year

Peer Review Service for Academic Journals

Bewegungstherapie und Gesundheitssport
Frontiers in Sports and Active Living
BMC Public Health
Journal of Clinical Medicine
German Journal of Sport and Exercise Research
Journal of Science and Medicine in Sport (declined due to conflict of interest)
BMJ Open Sport and Exercise Medicine
Nature Scientific Reports

Organization of scientific events

1. Symposium Physical Literacy in German-speaking Countries (2023-02-23)

Online via zoom, keynote by Margaret Whitehead and Nigel Green, organization by Dr. Johannes Carl & Dr. Clemens Töpfer, [Announcement](#)

Third Network Meeting Physical Activity-related Health Competence (2021-09-20/21, finally not held due to COVID-19), Friedrich-Alexander University Erlangen-Nürnberg, Department of Sport Science and Sport, organization by Johannes Carl & Prof. Dr. Klaus Pfeifer, already postponed from March 2021, [Announcement](#)

Second Network Meeting Physical Activity-related Health Competence (2020-02-17/18), Friedrich-Alexander University Erlangen-Nürnberg, Department of Sport Science and Sport, 25 participants, organization by Johannes Carl & Prof. Dr. Klaus Pfeifer, [Announcement](#), [Report](#)

First Network Meeting Physical Activity-related Health Competence (2019-02-28/03-01), Friedrich-Alexander University Erlangen-Nürnberg, Department of Sport Science and Sport, 23 participants, organization by Johannes Carl & Prof. Dr. Klaus Pfeifer, [Announcement](#)

Membership in Associations

International Association for Physical Education in Higher Education (AIESEP)
International Physical Literacy Association (IPLA) – Research and Innovation Group
International Physical Literacy Association (IPLA) – Advocacy and Collaboration Group
Physical Activity-related Health Competence Network in German-speaking Countries (Founder)
German Society for Sport Psychology [Arbeitsgemeinschaft für Sportpsychologie in Deutschland e.V. (ASP)]
Förderkreis des Instituts für Sportwissenschaft der Universität Tübingen e.V. (FISPO)
German Society of Sport Science [Deutsche Vereinigung für Sportwissenschaft e.V. (dvs)]
German Alpine Club – Section in Erlangen [Deutscher Alpenverein e.V. – Sektion Erlangen]
TSV Altenberg (Sports Club)

Other Certificates and Active Licenses

Physical Literacy Development Course (05/2022)

Certificate **Higher Education Teaching of the Universities in Bavaria – Advanced Level** (60 AE, 01/2021 - 03/2022)

Certificate **Higher Education Teaching of the Universities in Bavaria – Basic Level** (60 AE, 05/2019 - 09/2020)

Coach License B (Second Level) for Combined Events of the Bavarian Athletics Association (BLV, 09/2017 - 06/2018)

Certificate of the **Structured PhD Graduate Program in “Physical Activity and Health”** at the Department of Sport Science and Sport as part of the Graduate School of the Faculty of Humanities, Social Sciences and Theology at Friedrich-Alexander University Erlangen-Nürnberg (02/2017 - 07/2020)

Examined Referee for the Bavarian Athletics Association (BLV, 2010)

Coach License C (First Level) in Athletics of the Bavarian Athletics Association (BLV, 10/2010 - 03/2011)

Teaching

Abbreviations: ST = Summer Term, WT = Winter Term, CSH = Credit Semester Hours (Workload)

Seminar „Programme Development“ in the Master’s Program „Physical Activity and Health“ of

Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: ST 2022)

Theory Lecture Basic Qualification in Physical Education for the Elementary School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (1 CSH: ST 2021, WT 2021/22, ST 2022, WT 2022/23, ST 2023)

Theory Lecture Basic Qualification in Physical Education for the Middle School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (1 CSH: ST 2021, WT 2021/22, ST 2022, WT 2022/23)

Seminar „Interdisciplinary Aspects in Rehabilitation“ in the Master’s Program „Physical Activity and Health“ of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: WT 2020/21, WT 2021/22, WT 2022/23)

Seminar „Introduction to Rehabilitation Sciences“ in the Master’s Program „Physical Activity and Health“ of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: WT 2020/21, WT 2021/22, WT 2022/23)

Practical Course „Athletics II“ in the Physical Education Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: 2 Courses ST 2019, 2 Courses in ST 2021, 1 Course in ST 2022, 1 Course in the ST 2023)

Project Seminar „Intervention Health Promotion“ in the Physical Education Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (3 CSH: WT 2018/19)

Seminar „Health Promotion in Schools“ in the Physical Education Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: ST 2018, WT 2019/20, ST 2023)

Seminar „Basics in Kinesiology“ in the Master’s Program „Physical Activity and Health“ of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: WT 2017/18, WT 2018/19, WT 2019/20, WT 2020/21, WT 2021/22, WT 2022/23)

Basic Qualification in Physical Education for the Middle School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: ST 2017, WT 2017/18, ST 2018, WT 2018/19, WT 2019/20, Two Courses in ST 2020, WT 2020/21)

Basic Qualification in Physical Education for the Elementary School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (2 CSH: ST 2017)

Statistical Consultation Course for Student Theses („SPSS-Consultation“) at the Institute of Sports Sciences, University of Tübingen (WT 2016/2017)

Tutorial Course Sport Psychology at the Institute of Sports Sciences, University of Tübingen (WT 2015/2016, ST 2016)

Tutorial Course „Athletics“ at the Institute of Sports Science and Kinesiology, University of Stuttgart (ST 2013)

Tutorial Course „Research Methods for the Natural Sciences of Sport“ at the Institute of Sports Science and Kinesiology, University of Stuttgart (ST 2013)

Academic Responsibilities

Organization and Coordination of the Structured PhD Graduate Program in “Physical Activity and Health” at the Department of Sport Science and Sport, as part of the Graduate School of the Faculty of Humanities, Social Sciences and Theology at Friedrich-Alexander University Erlangen-Nürnberg (11/2021 - now)

Administrative Coordination of the „Medical Rehabilitation“ class in cooperation with the Rehabilitation Hospital Herzogenaurach (Prof. Dr. Bernd Kladny, Dr. Wilfried Schupp) for the master’s program „Physical Activity and Health“ at Friedrich-Alexander University Erlangen-Nürnberg (12/2019 - now)

Overall Coordination of the Internet Website at the Department of Sport Science and Sport at Friedrich-Alexander University Erlangen-Nürnberg (10/2018 - now)

Module Coordination „Running / Throwing / Jumping“ within the Didaktikfach („Minor Subject“) of the Teaching Program in Physical Education at the Department of Sport Science and Sport of Friedrich-Alexander University Erlangen-Nürnberg (04/2019 - 09/2019)

Module Coordination „Advanced Compository Teaching Competence“ at the Department of Sport Science and Sport at Friedrich-Alexander University Erlangen-Nürnberg (04/2019 - now)

Module Coordination „Circus Arts 1+2“ at the Department of Sport Science and Sport at Friedrich-Alexander University Erlangen-Nürnberg (05/2017 - now)

Webmastering for the Division Physical Activity and Health at the Department of Sport Science and Sport at Friedrich-Alexander University Erlangen-Nürnberg (05/2017 - now)

Coordination of the Basic Qualification Program in Physical Education for the Middle School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (04/2017 - now)

Coordination of the Basic Qualification Program in Physical Education for the Elementary School Teaching Program of Friedrich-Alexander University Erlangen-Nürnberg (04/2017 - now)

Supervised Theses

Annika Medla [2023]

Tim Fängerlings [2023]

Eva Lorenz [2022/2023]

Alia Alamina [2022/2023]

Keno Harms [2022/2023]

Sophia Sondinger [2022/2023]

Tim Foltin [2022/2023]

Hanna Schöttner [2022/2023]

Adrian Taylor: „Untersuchung des Einflusses der Ländlichkeit auf Sportvereine und deren sportlichen Erfolg“ [2021/2022]

Kathleen Mohr: „Sport und Bewegung – Prävention und Therapiemaßnahme bei Depressionen“ [2021/2022]

Matthias Schmid: „Auswirkungen eines High Intensity Interval Trainings auf die motorische Konsolidierung einer visuomotorischen Tracking Task unter Berücksichtigung der subjektiven Schlafqualität“ [2021/2022]

Franziska Weidner: „Evaluated transition programs for athletes retiring from sport: a systematic review“ [2021]

André Zahl: „Untersuchung der Talentsichtungskriterien des Bayerischen Leichtathletikverbandes auf der ersten Förderstufe: Der Landeskader U15“ [2020/2021]

Laura Hanika: „Funktionen von Bewegung bei der Krankheitsbewältigung von Diabetes (Typ-1 und Typ-2) bei Erwachsenen“ [2019/2020, Supervision together with Dr. Wolfgang Geidl and Prof. Dr. Mark Stemmler]

Sven Gäbelein: „Nicht sitzen bleiben! – Entwicklung und Evaluation einer partizipativen Interventionsstudie zur Reduktion des Sitzverhaltens von kaufmännischen Auszubildenden des staatlichen Berufsschulzentrums Neusäß“ [2019/2020, Supervision together with Eva Grüne, Johanna Popp and Prof. Dr. Klaus Pfeifer]

Julia Babel: „Der Zusammenhang von bewegungsbezogener Gesundheitskompetenz und proaktivem Coping bei Diabetes“ [2019/2020, Supervision together with Dr. Wolfgang Geidl and Prof. Dr. Mark Stemmler]

Michael Popp: „Körperliche Aktivität und Bewegungsverhalten von Auszubildenden – Pilot-Validierung des BSA-Fragebogens mittels Akzelerometer für eine spezifische Zielgruppe“ [2018/2019, Supervision together with Prof. Dr. Klaus Pfeifer]

Experience with Research Methods (Selection)

Correlation Analyses (advanced)
Simple and Multiple Regression Analyses (advanced)
Exploratory Factor Analysis (advanced)
Confirmatory Factor Analyses (advanced, incl. second order analyses)
t-tests, U-test, Wilcoxon test, Chi-square tests (advanced)
Analyses of (Co-)Variance (AN[C]OVA, advanced)
Path Analyses (advanced)
Structural Equation Modeling (advanced)
Logistic Regression (advanced)
Overview Articles (advanced; e.g., Systematic Review, Scoping Review)
Cluster Analyses (proficient)
Multidimensional Scaling (proficient)
Accelerometry (ActiGraph / ActiLife: proficient)
Meta-Analysis (proficient)
Multi-level Analysis (proficient)
Biographical Mapping (proficient)
Development of Reporting Templates (proficient)
Document Analysis (proficient)
Interview and Focus Group (basics)
Nominal Group Technique and Delphi Methodology (basics)

Honorary Engagement

12/2020 – now	Regional Base Coach for the Combined Events in Mittelfranken (located at Fürth)
10/2020 – now	Head Coach for the Combined Events at LAC Quelle Fürth (male and female)
10/2016 – 10/2020	Decathlon Coach for LAC Quelle Fürth (U18/U20)
10/2011 – 09/2013	Editor and co-responsible for the internet presence of the athletics of VfL Sindelfingen
03/2011 – 01/2017	Youth warden of the athletes of TSV Altenberg
08/2010 – 09/2017	Main responsible for the internet presence of the athletes of TSV Altenberg
05/2007 – 04/2009	Deputy management of the youth group of the St. Stephanus Community Unterasbach

Contact

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