

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 *Sport Science***
Friedrich-Alexander University Erlangen-Nürnberg, Germany, Research Assistant
- 10/2014 - 12/2016** **Master of Arts *Sport Science with the profile Health Promotion***
University of Tübingen, Germany
- 05/2013 - 04/2017** **Bachelor of Science *Psychology***
FernUniversität Hagen, Germany
- 10/2011 - 09/2014** **Bachelor of Arts *Sport Science***
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

- 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 Elsberg, Section for Health Promotion and Prevention, Frederiks 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
- 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

- 06/2022 - 05/2024** **Physical Literacy and Childhood Enrichment (PLACE)**
Funding: Stiftung Aktion Hilfe für Kinder, Deutschland
- 04/2020 - 10/2022** **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 - 03/2022** **BGK: Theoriebildung, Assessmententwicklung und Netzwerkarbeit**
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

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

Certificate **Higher Education Teaching of the Universities in Bavaria – Advanced Level** (60 AE, 01/2021 - 11/2021)

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)

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)

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)

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)

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)

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)

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)

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

Kathleen Mohr [2022]

Hanna Schöttner [2022]

Matti Bochert [2022]

Adrian Taylor [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 (basics, for upcoming project)
Qualitative Content Analysis (basics, based on single interviews and focus groups)
Nominal Group Technique and Delphi Methodology (basics, for upcoming project)

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 Untererasbach

Contact

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