

Prof. Dr. Klaus Pfeifer
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University Education and Academic Degrees

1990 Diploma in Sport Science, German Sports University Cologne; (Exercise Therapy and Rehabilitation)
1996 Dr. phil., Goethe-University Frankfurt am Main

Professional Career

1989 Klinik Porta Westfalica in Bad Oeynhausen, Exercise Therapist
1991 Research Associate at Institute of Sport Science at Goethe-University Frankfurt a.M., Dep. Sports Medicine
1996 Research Associate (Senior Researcher) at Institute at Sport Science of Goethe-University Frankfurt a.M., Dep. Sports Medicine
2001 Associate Professor for Sport Science („Exercise and Health“) at Otto-von-Guericke University Magdeburg, Germany
2004 Associate Professor for Sport Science („Exercise and Health“) at Institute of Sport Science and Sport at Friedrich-Alexander-University Erlangen-Nürnberg
2007 Call of Leipzig University – Full Professor (W3) for Sport Science (Health related physical activity) – rejected May 2008
2008 Full professor – Chair for Exercise and Health at Friedrich-Alexander-University Erlangen-Nürnberg

Main Research Areas

Rehabilitation Science, Exercise Therapy, Health-related Physical Activity, Interdisciplinary Human Movement Science and Training Science

Current Research Funding

BMBF (Federal Ministry of Education and Research) – Research Associations for Preventions and Health Promotion and Research priority "Patient-Oriented Research - Patient Orientation and Chronic Diseases"

- Physical activity-related health competence in apprenticeship & vocational education" (PARCAVE) in the research association CAPITAL4HEALTH
- Integrative patient education for stationary rehabilitation to optimize back pain" (PASTOR)
- "Behavioural exercise therapy to optimize orthopedic rehabilitation in chronic low back pain" (VBT in VMO)

Statutory German Pension Insurance

- Exercise therapy in medical rehabilitation – an inventory of structures and processes" (BewegtheReha)

Deutsche Stiftung Neurologie (German Foundation Neurology) and Emerging Fields Initiative of FAU

- Sensorimotor treadmill training of patients with gait disorders in neurologic rehabilitation (StaBLE)

Hertie-Foundation

- Internet-based exercise intervention for persons with Multiple Sclerosis" (MS@intakt)
- "geMeinSam aktiv" – Internet platform for physical activity promotion of persons with Multiple Sclerosis"

Novartis

- Physical activity in Gilenya treated persons with Multiple Sclerosis" (PACE)

Functions, Counseling, Peer reviews etc.

- Member or expert group "Physical Activity" of the German Federal Ministry of Health
- Speaker of the exercise therapy work group in the German Society of Rehabilitation Science (DGRW)
- Vice-chairman of the German association for health related physical activity and exercise therapy (DVGS e.V.)
- Peer reviewer for German Research Foundation, German Federal Institute of Sport Science, German Statutory Pension Insurance and German Society of Rehabilitation Sciences, National Research Foundations of Belgium, Switzerland and South Africa
- Peer reviewer for a multitude of peer reviewed scientific journals
- Counseling of National Association of the Statutory Health Insurance, Participation at development of Guidelines for Prevention (§20, SGB V) since 2000
- Counseling of NGO (DOSB, DTB etc.) for health promotion and physical activity
- Board of trustees of the DOSB-Science Award
- Board of trustees of Lurija Institute of Rehabilitation and Health Sciences at the University of Konstanz
- Board of trustees of the Boxberger Foundation, Bad Kissingen, Germany

Current Publications (selection, find more at www.sport.uni-erlangen.de)

- Klamroth, S., Devan, S, Pfeifer, K., Steib, S. (*accepted for publication*). The effects of exercise therapy on postural instability in Parkinson's disease: A Meta-analysis. *Journal of Neurologic Physical Therapy*
- Tallner, A., Waschbisch, A., Hentschke, C., Pfeifer, K., Mäurer, M. (2015). Mental health in multiple sclerosis patients without limitation of physical function: The role of physical activity. *International Journal of Molecular Sciences* 16, 14901-14911; doi:10.3390/ijms160714901
- Zech A., Hendrich S, Schmitt, B., Pfeifer, K. (2015). Association between exercise therapy dose and functional improvements in the early postoperative phase after hip and knee arthroplasty. *Physical Medicine & Rehabilitation* 7(10):1064-1072 DOI:10.1016/j.pmrj.2015.04.008
- Semrau, J., Hentschke, Ch., Buchmann, J., Meng, K, Vogel, H., Faller, H., Bork, H., Pfeifer, K. (2015). Long-term effects of interprofessional biopsychosocial rehabilitation for adults with chronic non-specific low back pain: a multicentre, quasi-experimental study. *PLoS ONE* 10(3): e0118609. doi:10.1371/journal.pone.0118609
- Geidl, W., Hofmann, J., Pfeifer, K. (2014). Health behaviour change theories: Contributions to an ICF-based behavioural exercise therapy for individuals with chronic diseases. *Disability & Rehabilitation*, Early Online: 1–10. DOI: 10.3109/09638288.2014.891056
- Steib, S., Hentschke, C., Welsch, G., Pfeifer, K., Zech, A. (2013). Effects of fatiguing treadmill running on sensorimotor control in athletes with and without functional ankle instability. *Clin Biomech* 28(7):790-795
- Steib, S., Zech, A., Hentschke, C., Pfeifer, K. (2013). Fatigue-induced alterations of static and dynamic postural control in athletes with a history of ankle sprain. *Journal of Athletic Training* 48(2):203–208; doi: 10.4085/1062-6050-48.1.08
- Pfeifer, K.; Sudeck, G. Geidl, W., Tallner, A. (2013). Bewegungsförderung und Sport in der Neurologie – Kompetenzorientierung und Nachhaltigkeit [*Physical activity promotion and sport in Neurology – competence orientation and sustainability*]. *Neurol Rehabil* 2013; 19 (1): 7 – 19
- Zech, A, Steib, S, Freiburger, E, Pfeifer, K. (2011). Functional Muscle Power Testing in Young, Middle-Aged, and Community-Dwelling Nonfrail and Prefrail Older Adults. *Arch Phys Med Rehabil.* 92(6):967-71.