

## Curriculum Vitae

Ass.-Prof. Priv.-Doz. Mag. phil. Dr. rer. nat.

**Gerhard Tschakert**

### Institute of Sports Science

Exercise Physiology, Training & Training Therapy Research Group

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**31.07.1968:** born in Graz, Austria

**1989 - 2002:** Diploma studies Sports Sciences, Institute of Sports Science, University of Graz, Austria

**2002 - 2006:** Doctoral studies Sports Sciences and Physical Education, Institute of Sports Science, University of Graz, Austria

**2006 - 2008:** Research Associate (postdoc) at the research center Human Performance Research<sup>Graz</sup>, University of Graz and Medical University of Graz, Austria

**2008 - 2010:** Assistant Professor with qualification agreement at the Human Performance Research<sup>Graz</sup>

**Since 2008:** Lectures in Sports and Movement Sciences and physical education, Institute of Sports Science, University of Graz, Austria

**2011 - 2016:** 2011 - 2012: Assistant Professor at the Human Performance Research<sup>Graz</sup> (67 %, with a new qualification agreement including the venia docendi) and at the 7<sup>th</sup> faculty, Center for Society, Science and Communication, University of Graz (33 %).

2012 - 2016: Assistant Professor at the Institute of Sports Science, University of Graz (67 %) and at the 7<sup>th</sup> faculty, Center for Society, Science and Communication, University of Graz (33 %)

**Since 2011:** Implementation of an event series (“Der Bewegte Körper”) for science communication in the field of sports science

**2016:** Habilitation (award of the venia docendi) in the subject of training science (training research)

**Fields of research:** Performance diagnostics, exercise training, training therapy, exercise physiology

Specific research area: aerobic high-intensity interval exercise in health and disease

**Function as a reviewer** for the Journal of Sports Sciences and the International Journal of Sports Physiology and Performance

**Membership:** Member of the American College of Sports Medicine (ACSM)

Member of the European College of Sport Science (ECSS)

Member of the International Society of Exercise and Immunology (ISEI)

Member of the Association of Sports Scientists in Austria (VSOE)

Member of the Austrian Association of Sport Science (OESG)

**List of publications** (status July 2016):

Full papers

Moser O., Mader J.K., **Tschakert G.**, Mueller A., Groeschl W., Pieber T.R., Koehler G., Messerschmidt J., Hofmann P. Accuracy of continuous glucose monitoring (CGM) during continuous and high-intensity interval exercise in patients with Type 1 Diabetes Mellitus. *Nutrients* (accepted July 2016).

**Tschakert G.**, Kroepfl J.M., Mueller A., Harpf H., Harpf L., Traninger H., Wallner-Liebmann S., Stojakovic T., Scharnagl H., Meinitzer A., Pichlhofer P., Hofmann P. Acute physiological responses to short- and long-stage high-intensity interval exercise in cardiac rehabilitation: a pilot study. *J Sports Sci Med* 2016, 15(1): 80-91.

Moser O., **Tschakert G. (contributed equally)**, Mueller A., Groeschl W., Pieber T.R., Obermayer-Pietsch B., Koehler G., Hofmann P. Effects of high-intensity interval exercise versus moderate continuous exercise on glucose homeostasis and hormone response in patients with Type 1 Diabetes Mellitus using novel ultra-long-acting insulin. *PLoS One* 2015, Aug 28; 10(8): e0136489. 17 pages. doi: 10.1371.

**Tschakert G.**, Kroepfl J., Mueller A., Moser O., Groeschl W., Hofmann P. How to regulate the acute physiological response to aerobic high-intensity interval exercise. *J Sports Sci Med* 2015, 14: 29-36.

Ofner M., Wonisch M., Frei M., **Tschakert G.**, Domej W., Kroepfl J.M., Hofmann P. Influence of acute normobaric hypoxia on physiological variables and lactate turn point determination in trained men. *J Sports Sci Med* 2014, 13: 774-781.

Wallner D., Simi H., **Tschakert G.**, Hofmann P. Acute physiological response to aerobic short interval training in trained runners. *Int J Sports Physiol Perform* 2014, 9(4): 661-666.

**Tschakert G.** & Hofmann P. High-intensity intermittent exercise - methodological and physiological aspects. *Int J Sports Physiol Perform* 2013, 8: 600-610.

Cimenti Ch., Schlagenhaut A., Leschnik B., Schretter M., **Tschakert G.**, Gröschl W., Seibert F.-J., Hofmann P., Muntean W.E. Low endogenous thrombin potential in trained subjects. *Thromb Res* 2013, 131: E281-E285. doi:pii: S0049-3848(13)00141-2. 10.1016/j.thromres.2013.04.009.

Zunzer S., von Duvillard S.P., **Tschakert G.**, Mangus B., Hofmann P. Energy expenditure and sex differences of golf playing. *J Sports Sci* 2013, DOI:10.1080/02640414.2013.764465.

Wultsch G., Rinnerhofer S., **Tschakert G.**, Hofmann P. Governmental regulations for early retirement by means of energy expenditure cut offs. *Scand J Work Environ Health* 2012, 38(4): 370-378.

Hofmann P. & **Tschakert G.** Special needs to prescribe exercise intensity for scientific studies. *Cardiol Res Pract* 2011, Article ID 209302, 10 pages, 2011. doi:10.4061/2011/209302.

Hofmann P. & **Tschakert G.** Warum wird körperliches Training in der Therapie chronischer Erkrankungen trotz klarer Evidenz der Wirkung kaum angewendet? *Arzt + Patient* 2013, 1: 36-37.

Hofmann P., **Tschakert G.**, Wonisch M., Pokan R. Ausdauer-Training bei PatientInnen mit kardiologischen Erkrankungen. *Journal für Kardiologie* 2009, 16(9-10): 333-336.

#### Textbook chapters/proceedings

**Tschakert G.**, Mueller A., Hofmann P. Grundlagen der Trainingslehre - Teil II: Training der Hauptkomponenten der Leistungsfähigkeit - Trainingsmethoden und Trainingsberatung. In: Wonisch

M., Hofmann P., Pokan R. (Hrsg): *Kompendium der Sportmedizin*. Wien, New York: Springer Verlag 2016 (in Druck).

Hofmann P., **Tschakert G.**, Mueller A. Grundlagen der Trainingslehre - Teil I: Allgemeine Grundlagen, Planung und Organisation des Trainings. In: Wonisch M., Hofmann P., Pokan R. (Hrsg): *Kompendium der Sportmedizin*. Wien, New York: Springer Verlag 2016 (in Druck).

Hofmann P., Mueller A., **Tschakert G.** Durchführung und Interpretation von Belastungsuntersuchungen - Gütekriterien, Protokolle und Spezial-Ergometrien zur Belastungsuntersuchung. In: Wonisch M., Hofmann P., Pokan R. (Hrsg): *Kompendium der Sportmedizin*. Wien, New York: Springer Verlag 2016 (in Druck).

Hofmann P. & **Tschakert G.** 4. Trainingswissenschaftliche Grundlagen. Kenngrößen des sportlichen Trainings, Kondition, Belastungskomponenten, Leistungsdiagnostik u. Trainingssteuerung. In: Lamprecht M. (Hrsg): *Lehrbuch Sporternährung*. Graz: Clax Fachverlag GmbH 2016 (in Druck).

Mueller A., **Tschakert G.**, Moser O., Groeschl W., Hofmann P. High intensity exercise warm-up, inhibition of glycolysis and its practical consequences. 6th International Congress on Science and Skiing 2013, St. Christoph a. Arlberg, Austria. In: Mueller E., Kroell J., Lindinger S., Pfusterschmied J., Stoeggel T. (eds.): *Science and Skiing VI*. Maidenhead: Meyer & Meyer Sport (UK) 2015, 224-230.

Hofmann P. & **Tschakert G.** Exercise training in chronic disease - importance of performance diagnostics. Scientific conference with international participation. June 15-16, 2013, Faculty of Education in Jagodina, University of Kragujevac. *Proceedings Book* 2014, 17 (special edition): 19-30.

Burgsteiner H., Dorn A., Groeschl W., Hofmann P., Mueller A., Simi H., **Tschakert G.**, Wallner D., Zutz S. Implementation and evaluation of existing algorithms to calculate aerobic and anaerobic thresholds. *Proceedings of the eHealth* 2013, May 23-24; Vienna, Austria. OCG; 2013: 237-242.

Spirk S., Steiner G., **Tschakert G.**, Groeschl W., Schippinger G., Hofmann P. Oxygen uptake during race-like alpine giant slalom skiing in relation to variables of the human power spectrum. In: Mueller E., Lindinger St., Stoeggel Th. (eds): *Science and Skiing V.*; Maidenhead: Meyer & Meyer Sport (UK) 2012: 418-425.

Monograph

**Tschakert G.** *Sport als Kommunikationsmedium der Wirtschaft. Zusammenhänge und Wechselwirkungen zwischen Unternehmenskommunikation, Habitus und Sport.* Graz: Grazer Universitätsverlag - Leykam - Karl-Franzens-Universität Graz 2008.