



BERGISCHE
UNIVERSITÄT
WUPPERTAL

CURRICULUM VITAE

Prof. Dr. phil. Theodor Stemper

Born in Wickede/Ruhr
September 19, 1955

Arbeitsbereich Fitness & Gesundheit
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Professional Preparation

2001	Habilitation (Postdoctoral Lecturing Qualification in Sport Sciences), Heinrich-Heine-University, Duesseldorf
1994	Ph.D. (,Dr. phil.‘) (Major: Sport Sciences, Pedagogy, English) Heinrich-Heine-University Duesseldorf
1985	Second State Exam for teaching at secondary schools (Sports, English)
1982	First State Exam in English, University of Cologne
1981	UEFA Pro License (,Fußball-Lehrer-Lizenz DFB‘, German Football Association)
1979	Diploma in Sport Sciences, German Sport University Cologne (,August-Bier-Plakette‘ for best exam in 1979)
1974	Abitur (,A-level qualification for university entrance‘), Gymnasium Warstein

Positions

Since 12/2009	Professor of Sport Sciences (Department Fitness & Health), Bergische University Wuppertal
09/2005 - 11/2009	,Privatdozent‘ (Assistant Professor; Senior Lecturer) of Sport Sciences, Bergische University Wuppertal
09/2001 - 08/2005	,Privatdozent‘ (Assistant Professor; Senior Lecturer) of Sport Sciences, Heinrich-Heine-University Duesseldorf
05/1985 - 08/2001	,Diplom-Sportlehrer (,Research Assistent‘) in Sport Sciences, Heinrich-Heine-University Duesseldorf
1983-1985	,Referendariat‘ (Internship for higher teaching post), Cologne, Heinrich-Mann-Gymnasium
1982-1988	Part-time Lecturer (,Diplom-Sportlehrer‘) of Sport Sciences (Rehabilitation of cardiovascular diseases), German Sport University Cologne
1980-1982	Lecturer (,Diplom-Sportlehrer‘) of Sport Sciences (Football/Soccer), German Sport University Cologne

Focus of professional activities Fitness & Health, Training Sciences, Fitness Tests, Motor Development and Physical Activities in Childhood, Prevention and Rehabilitation, Football/Soccer

Selected Publications <https://www.fitness-gesundheit.uni-wuppertal.de>

Freelance work

Part time freelance activities Co-founder of health magazines (,Herz, Sport & Gesundheit‘; ,Gesundheitssport & Sporttherapie‘); free journalist for special interest papers in health and fitness. Lectures and seminars held in various conferences (sportsmedicine, sports sciences, rehabilitation). Different consulting activities with decision-makers in government (ministeries) and industry (e. g. ISPO, Munich; FIBO; Cologne). Management Board and Association Work (e. g. DFAV, Prae-Fit, TRPS)