Lebenslauf Sabine Schaefer Saarbrücken, April 2025

Persönliche Angaben

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Ausbildung

2002 - 2004	Fellow der International Max Planck Research School (IMPRS), „The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)“
1996 - 2001	Psychologiestudium an der Freien Universität, Berlin

Akademische Abschlüsse

2005	Dr. phil. Summa cum laude Freie Universität Berlin Mitglieder des Dissertationskommittees: Paul B. Baltes (Betreuer), Nina Knoll, Ulman Lindenberger, Herbert Scheithauer, Peter Walschburger Doktorarbeit „Concurrent cognitive and sensorimotor performance: A comparison of children and young adults“
2001	Diplom in Psychologie Abschlussnote 1,0 Freie Universität Berlin Diplomarbeit „Age differences in the regulation of action sequences“ (Betreuer: Ulman Lindenberger)

Berufserfahrung

April 2016 bis heute	W2-Professorin für Bewegungswissenschaft (Motorik und Kognition) an der Universität des Saarlandes
April 2015 bis März 2016	Juniorprofessorin für Exercise Psychology, Sportwissenschaftliche Fakultät der Universität Leipzig
April 2007 bis März 2015	Wissenschaftliche Mitarbeiterin und Forschungsgruppenleiterin, Projekt „Motorische und kognitive Entwicklung“, Max-Planck-Institut für Bildungsforschung, Berlin
2005 - 2007	Postdoktorandin, Projekt „Sensorimotor-Cognitive Couplings“ (PI: Ulman Lindenberger & Martin Lövdén), Max-Planck-Institut für Bildungsforschung, Berlin
2001 - 2004	Doktorandin, Projekt „Sensorimotor-Cognitive Couplings“ (PI: Paul B. Baltes & Ralf Krampe), Max-Planck-Institut für Bildungsforschung, Berlin
2000 - 2001	Studentische Hilfskraft im Projekt “The Interplay of Sensorimotor and Cognitive Functioning” (PI: Paul B. Baltes und Ralf Krampe), Max-Planck-Institut für Bildungsforschung, Berlin
1998 - 2000	Studentische Hilfskraft im Projekt “Memory and Intelligence in Development” (MIND) (PI: Ulman Lindenberger), Max-Planck-Institut für Bildungsforschung, Berlin

Veröffentlichungen

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Meha, R., Obërtinca, R., aus der Fünten, K., Leisge, K., & Schaefer, S. (2025). A new injury prevention program ‘FUNBALL’ improves cognitive performance of young football (soccer) players: A cluster randomized controlled trial. *Psychology of Sport and Exercise*, *76*, 102743. https://doi.org/10.1016/j.psychsport.2024.102743

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Amico, G., Braun, T., & Schaefer, S. (2023). Can acute resistance exercise facilitate episodic memory encoding? *Current Psychology, 42,* 10910–10923. https://doi.org/10.1007/s12144-021-02352-9

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Lindenberger, U., & Schaefer, S. (2008). Erwachsenenalter und Alter. In R. Oerter & L. Montada (Hrsg.), *Entwicklungspsychologie* (6. Auflage, pp. 366-409). Weinheim: Beltz.

Schaefer, S. & Bäckman, L. (2007). Normales und pathologisches kognitives Altern. In J. Brandtstädter & U. Lindenberger (Hrsg.), *Lehrbuch zur Entwicklungspsychologie der Lebensspanne*. Stuttgart: Kohlhammer.

Schaefer, S., Huxhold, O., & Lindenberger, U. (2006). Healthy mind in healthy body? A review of sensorimotor-cognitive interdependencies in old age. *European Review of Aging and Physical Activity, 3*, 45-54. https://doi.org/10.1007/s11556-006-0007-5

Manuskripte in Vorbereitung

Schaefer, S., & Leisge, K. (eingereicht). Who misses the target when thinking? Soccer expertise influences shooting-accuracies under cognitive load.

Kaczmarek, C., Pelzer, F., Engler, C., Ziegler, A., Bohnenberger, C., & Schaefer, S. (eingereicht). Balancing in front of a virtual audience: Social facilitation or visual fixation effects?

Leisge, K., Pitsch, W., & Schaefer, S. (eingereicht). Spotting the difference from lab to screen: How social distance and anonymity affect dishonesty.

Leisge, K., Heggenberger, A., Kaczmarek, C., Pitsch, W., & Schaefer, S. (in Überarbeitung). Tracing the lines of deceit. Male cheating behavior increases in online versus face-to-face environments over time.

Heggenberger, A., Vieweg, J., & Schaefer, S. (in Überarbeitung). Age simulation effects on full-body motor sequence learning.

Pelzer, F., Leisge, K., Kaczmarek, C. & Schaefer, S. (eingereicht). Spectators lead to overconfidence and risk-taking in males in a motor task.

Wahl, H.-W., Gerstorf, D., Schaefer, S., & Brunner, R. (in Vorbereitung). Frühe Risiko- und Schutzfaktoren menschlicher Entwicklung und ihre lebenslangen Auswirkungen. Buch in der Reihe "Entwicklungspsychologie über die Lebenspanne".

Mitglied des Editorial Boards

Frontiers in Psychology: Movement Science and Sport Psychology

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Age (Journal for the American Aging association)
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GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry
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Scandinavian Journal of Medicine and Science in Sports
Sports Biomechanics
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Sportwissenschaft
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Reviewer für Forschungsförderung

Deutsche Forschungsgemeinschaft (DFG)
Ministry of Science, Technology, and Space, Israel
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Professionelle Anbindungen

Deutsche Gesellschaft für Psychologie (DGPs)
Arbeitsgemeinschaft für Sportpsychologie (ASP)

Betreuung von Dissertationen

Fabian Pelzer (seit Januar 2025, Universität des Saarlandes)
Anna Heggenberger (seit Juni 2023, Universität des Saarlandes)
Kai Leisge (seit April 2022, Universität des Saarlandes)
Rina Meha (seit Juli 2020, Universität des Saarlandes; externe Dissertation)
Janine Vieweg (Verteidigung 2022, Universität des Saarlandes)
Gianluca Amico (Verteidigung 2020, Universität des Saarlandes)
Maike Kleemeyer (Verteidigung 2017, Humboldt Universität Berlin, Betreuung zusammen mit Ulman Lindenberger)