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Curriculum Vitae

Sabine Schaefer

Personal Information

Date of Birth: 9th of July 1976
Place of Birth: Gießen
Citizenship: German

Education

2002 - 2004	Fellow, International Max Planck Research School (IMPRS), „The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)“
1996 - 2001	Free University of Berlin, Psychology

Degrees

2005	Dr. phil. (PhD) Summa cum laude (highest grade) Free University of Berlin Members of the dissertation committee: Paul B. Baltes (thesis advisor), Nina Knoll, Ulman Lindenberger, Herbert Scheithauer, Peter Walschburger PhD thesis, „Concurrent cognitive and sensorimotor performance: a comparison of children and young adults“
2001	Dipl.-Psych. (MA in Psychology) Final grade 1,0 (highest possible grade) Free University of Berlin Diploma thesis, „Age differences in the regulation of action sequences“ (Advisor: Ulman Lindenberger)

Professional Experience

April 2016 until today	Full Professor (W2) for Human Movement Science (Motor and Cognition), Institute of Sports Sciences, Saarland University
April 2015 until March 2016	Assistant Professor for Exercise Psychology (tenure track), Department of Sports Sciences, Leipzig University
2007-2015	Research scientist and principal investigator, project „Sensorimotor-Cognitive Couplings“, Max Planck Institute for Human Development, Berlin
2005 - 2007	Post-doctoral fellow, project „Sensorimotor-Cognitive Couplings“ (PI: Ulman Lindenberger & Martin Lövdén), Max Planck Institute for Human Development, Berlin
2001 - 2004	Pre-doctoral student, project „Sensorimotor-Cognitive Couplings“ (PI: Paul B. Baltes & Ralf Krampe), Max Planck Institute for Human Development, Berlin
2000 - 2001	Student research assistant, project ”The Interplay of Sensorimotor and Cognitive Functioning” (PI: Paul B. Baltes & Ralf Krampe), Max Planck Institute for Human Development, Berlin
1998 - 2000	Student research assistant, project “Memory and Intelligence in Development” (MIND) (PI: Ulman Lindenberger), Max Planck Institute for Human Development, Berlin

Publications

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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Engler, C., Pelzer, F., Kaczmarek, C., & Schaefer, S. (2023). Effects of spectators on the performance of a dance routine. *German Journal of Exercise and Sport Research*. https://doi.org/10.1007/s12662-023-00929-z

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

Schaefer, S., Riediger, M., Li, C.-S. R., & Lindenberger, U. (2023). Too easy, too hard, or just right: Task-difficulty choices differ by age and gender. *International Journal of Behavioral Development, 47*(3), 253-264. https://doi.org/10.1177/01650254231160126

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Schaefer, S., Bill, D., Hoor, M., & Vieweg, J. (2023). The influence of age and age simulation on task-difficulty choices in motor tasks. *Aging, Neuropsychology, and Cognition, 30*(3), 429-454. https://doi.org/10.1080/13825585.2022.2043232

Amico, G., & Schaefer, S. (2022). Tennis expertise reduces costs in cognition but not in motor skills in a cognitive-motor dual-task situation. *Acta Psychologica, 223*, 103503. https://doi.org/10.1016/j.actpsy.2022.103503

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Kaczmarek, C., Schmidt, A., Emperle, A.-S., & Schaefer, S. (2022). The influence of social contexts on motor and cognitive performance: Performing alone, in front of others, or co-acting with others. *Journal of Sport and Exercise Psychology, 44*(2), 77-85. https://doi.org/10.1123/jsep.2021-0101

Schaefer, S., Ohlinger, C., & Frisch, N. (2021). Choosing an optimal motor-task difficulty is not trivial: The influence of age and expertise. *Psychology of Sport and Exercise, 57,* 102031. https://doi.org/10.1016/j.psychsport.2021.102031

Amico, G., & Schaefer, S. (2021). Implementing full body movements in a verbal memory task: Searching for benefits but finding mainly costs. *Mind, Brain, and Education, 15*(2), 211-219. https://doi.org/10.1111/mbe.12284

Möhring, W., Klupp, S., Zumbrunnen, R., Segerer, R., Schaefer, S., & Grob, A. (2021). Age-related changes in children's cognitive-motor dual-tasking: Evidence from a large, cross-sectional sample. *Journal of Experimental Child Psychology, 206,* 105103. https://doi.org/10.1016/j.jecp.2021.105103

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Schaefer, S. (2019). Werde ich das schaffen? Unter- und Überschätzung der eigenen Fähigkeiten im Alltag. *InMind, 3*.

Schaefer, S. (2018). Why is it difficult to cross the street while talking? *Frontiers for Young Minds, 6*, 30. https://doi.org/10.3389/frym.2018.00030

Meeusen, R., Schaefer, S., Tomporowski, P., & Bailey, R. (Eds.). (2018). *Physical activity and educational achievement: Insights from exercise neuroscience*. London: Routledge.
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Bierbauer, W., Inauen, J., Schaefer, S., Kleemeyer, M. M., Lüscher, J., König, C., Tobias, R., Kliegel, M., Zimmerli, L., Holzer, B. M., Battegay, E., Siebenhüner, K., Ihle, A., Schmid, C., Scholz, U. (2017). Health behavior change in older adults: Testing the Health Action Process Approach at the inter- and intraindividual level. *Applied Psychology: Health and Well-Being, 9,* 324-348. https://doi.org/10.1111/aphw.12094

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Schaefer, S. & Schumacher, V. (2011). The interplay of cognitive and motor functioning in healthy older adults: Findings from dual-task studies and suggestions for intervention. *Gerontology*, 57, 239-246. https://doi.org/10.1159/000322197

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Verrel, J., Lövdén, M., Schellenbach, M., Schaefer, S., & Lindenberger, U. (2009). Interacting effects of cognitive load and adult age on the regularity of whole-body motion during treadmill walking. *Psychology and Aging, 24*, 75-81. https://doi.org/ 10.1037/a0014272

Huxhold, O., Schäfer, S., & Lindenberger, U. (2009). Wechselwirkungen zwischen Sensomotorik und Kognition im Alter: Überblick über ein internationals Forschungsfeld (Interactions of sensory and cognitive functioning in old age: Overview of an international research topic). *Zeitschrift für Gerontologie und Geriatrie, 42,* 93-98. https://doi.org/10.1007/s00391-008-0566-3

Schaefer, S., Krampe, R. Th., Lindenberger, U., & Baltes, P. B. (2008). Age differences between children and young adults in the dynamics of dual-task prioritization: Body (balance) vs. mind (memory). *Developmental Psychology, 44*, 747-757. https://doi.org/10.1037/0012-1649.44.3.747

Lövdén, M., Schaefer, S., Pohlmeyer, A., & Lindenberger, U. (2008). Walking variability and working memory load in aging: A dual-process account relating cognitive control to motor control performance. *Journal of Gerontology: Psychological Science, 63B,* P121-P128. https://doi.org/10.1093/geronb/63.3.P121

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

Schaefer, S. & Bäckman, L. (2007). Normales und pathologisches kognitives Altern (Normal and pathological cognitive aging). In J. Brandtstädter & U. Lindenberger (Eds.), *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

Submitted Manuscripts and Manuscripts in Preparation

Schaefer, S. (submitted). Embodied counting: Touching objects reduces errors in counting under cognitive load.

Schaefer, S., Kaczmarek, C., Pelzer, F. , et al. (in preparation). Spectators lead to overconfidence in males in a motor task.

Funding

2022
27.100 Euro from the International Research Fund (Internationalisierungsfond) of Saarland University

2020
19.021 Euro from the Research Fund (Investitionsprogramm Forschung) of Saarland University

Member of Editorial Boards

Frontiers in Psychology: Movement Science and Sport Psychology
Frontiers in Psychology: Psychology of Aging

Ad-hoc Rewiever

Age (Journal for the American Aging association)
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Applied Developmental Psychology
Archives of Physical Medicine and Rehabilitation
Behavior and Brain Functions
Brain, Mind, and Education
Developmental Psychology
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Ergonomics
European Journal of Applied Physiology
European Journal of Developmental Psychology
European Journal of Sport Sciences
Exercise and Sport Science Reviews
Experimental Brain Research
Experimental Child Psychology
Experimental Gerontology
Frontiers in Human Neuroscience
Frontiers in Neuroscience
Frontiers in Psychology
German Journal of Exercise and Sport Research
Gerontology
GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry
Human Brain Mapping
Innovations in Aging
International Journal of Aging and Human Development
Journal of Experimental Child Psychology
Journal of Experimental Psychology: General
Journal of Gerontology: Psychological Science
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Journal of Psychophysiology
Journal of Speech, Language, and Hearing Research
Journal of the American Aging Association
Medicine and Science in Sports and Exercise
Memory

Motor Control
Multisensory Research
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Neurobiology of Learning and Memory
Neuropsychological Rehabilitation
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PLOS One
Psychological Research
Psychology and Aging
Psychology of Sport and Exercise
Research Quarterly for Exercise and Sport
Scandinavian Journal of Medicine and Science in Sports
Sports Biomechanics
Sports Medicine
Sportwissenschaft
Stroke
Zeitschrift für Sportpsychologie

Reviewer for Grant Proposals

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Professional Affiliations

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Arbeitsgemeinschaft für Sportpsychologie (German Society for Sport Psychology; ASP)

Supervision of Dissertations

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Rina Meha (started summer 2020, external PhD student from Cosovo)
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