

## CURRICULUM VITAE, PETER KRUSTRUP



**Name:** Peter Krstrup

**Title:** Professor of Sport and Health Sciences, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark.

Honorary Visiting Professor, University of Exeter, United Kingdom,

Honorary Visiting Professor at Shanghai University of Sport, Shanghai, China.

**Gender:** Male. **Age:** 49. Date of birth: June 16th, 1970.

**Place of birth:** Copenhagen, Denmark. Citizenship: Danish.

**Marital Status:** Married to Birgitte Rejkjær Krstrup (48), since 1999.

Two daughters: Sarah (19) and Andrea (15).

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### **Educational background:**

PhD, Exercise Physiology, Department of Exercise and Sport Sciences, UCPH, Denmark, 2004.

### **Positions:**

Full Professor of Sport and Health Sciences, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark, from October 1, 2016.

Honorary Visiting Professor, Shanghai University of Sport, Shanghai, China, from November 1, 2018.

Professor of Team Sport and Health (Mso), NEXS, University of Copenhagen (2014-2016).

Honorary Visiting Professor, University of Exeter, United Kingdom (2013-present).

Full Professor of Sport and Health Sciences, University of Exeter, United Kingdom, from 2011-2013.

Vice Head of Department and Head of Teaching, UCPH, from 2007-2010.

Associate Professor, Theory and Practice of Ball Games, UCPH, from 2005-2011.

Assistant Professor of Exercise Physiology, Dept. of Exercise and Sport Sciences from 2003-2004.

### **Citations and H-index:**

Career citations: >14000. H-index: 57. Citations in 2019: >1200. Most cited paper: >1000 citations.

### **Publications:**

307 peer-reviewed scientific articles (51 as first author and 94 as last author) from 2000-present, 60 articles over the last two years, published in high-impact journals, such as J Physiol (16), Am J Physiol (11), Scand J Med Sci Sports (33), Med Sci Sports Exerc (16) and Pflügers Arch (8) and BJSM (8).

165 abstracts published at 52 scientific congresses held from 1997-present. >100 sports related magazine articles in English and Danish 1996-present. 5 books on Sport and Health, 25 book chapters.

### **5 selected original publications:**

**Krstrup P**, Mohr M, Amstrup T, et al. (2003). The Yo-Yo intermittent recovery test: physiological response, reliability, and validity. Med. Sci. Sports Exerc. 35(4): 697-705.

**Krstrup P**, Mohr M, Steensberg A, et al. (2006). Muscle and Blood Metabolites during a Soccer Game: Implications for Sprint Performance. Med. Sci. Sports Exerc. 38(6): 1165-1174.

**Krstrup P**, Ortenblad N, Nielsen J, Nybo L, et al. (2011). Maximal voluntary contraction force, SR function and glycogen resynthesis during the first 72 h after a high-level competitive soccer game. Eur J Appl Physiol. 111(12): 2987-2995.

Bendiksen M, Bischoff R, Randers MB, .. , **Krstrup P** (2012). The Copenhagen Soccer test: Physiological Response and Fatigue Development. Med Sci Sports Exerc. 44(8): 1595-1603.

**Krstrup P**, Bradley PS, Christensen JF, Castagna C, et al. (2015). The Yo-Yo IE2 Test: Physiological Response for Untrained Men vs Trained Soccer Players. Med Sci Sports Exerc. 47(1): 100-108.

### **Teaching duties and advisory roles**

Module leader of >10 courses at the master and bachelor level at UCPH and Exeter, teaching at >20 courses. Organiser and co-organiser of 6 PhD courses, including Elite Football – Physiological Perspectives and Team Sport and Health. Advisor for 19 PhD students from 2007-present, in Copenhagen and in Exeter. Advisor for >100 master and bachelor students from 2005-present, in Copenhagen and in Exeter. Organiser of >10 public research and dissemination seminars on Team Sport for Health in DK/UK.

>350 dissemination presentations for DBU, DHF, DIF, Team Danmark, DGI, DFIF, DAI, and multiple public presentations eg “Science in the City”, “Forskningens Døgn”, “Politiken”, etc.

### **Main research areas:**

1) Muscle metabolism and muscle fibre recruitment during dynamic exercise (~75 scientific articles from 2000-2019). This includes single-legged and whole-body dynamic and analyses of the kinetics and the regulation of oxidative and anaerobic metabolic and the effect of exercise intensity, warm-up, previous intense exercise, diet and drug manipulation, environmental conditions and training. 2) Sports performance, fatigue, training and testing of male and female elite athletes (~100 articles from 2001-2019). This includes analysis of physiological demands and locomotor activities in training and match-play for elite athletes and the general population, fatigue, recovery, development of sport-specific testing protocols, reliability and validity of tests in relation to sports performance, effects of aerobic training, anaerobic training, strength training, sprint training, agility training and injury prevention for elite and recreational and effects of environmental factors, playing surface and diet manipulation, 3) Fitness and health effects of physical activity across the lifespan with special reference to team sport (~135 articles from 2009-2019). This includes investigations of the link between the locomotor activities and physiological demands of various sports disciplines and other types of physical activity types, the cardiovascular, metabolic and musculoskeletal adaptations after short- and long-term interventions, and the potential for prevention, treatment and rehabilitation of life-style related diseases, such as hypertension, obesity, type 2 diabetes and osteoporosis, and also for men with prostate cancer. The mechanisms responsible for the fitness and health effects are investigated for participants across the lifespan and for children, men and women with different experiences and skills and socio-economic background.

### **Scientific collaborations and merits**

>250 presentations as invited speaker/key note speaker in 31 countries. Pioneering work related to Football for Health research, now involving 225 scientists from 22 countries. Women’s Football Key Note Speaker, WCSF, Japan, 2011. Chair, organizing committee, World Congress on Science in Football (WCSF), Copenhagen 2015. Chair, organizing committee, Consensus Conference, Children, Youth and Physical Activity, 2016, Chairman of the Football is Medicine 2019 conference, Odense, Denmark, 2019.

### **Media Attention**

>400 TV, radio and newspaper interviews. Research communication in 110 countries from 2007-2017, with special media attention in 2007, 2010, 2014, 2016 and 2018. News coverage/stories on 50 American Television Companies including CNN and CBS.

### **Copenhagen Centre for Team Sport and Health**

Vicehead of Copenhagen Centre for Team Sport and Health 2015-2016, Co-applicant in 2011-2012. Head of PR. Project leader of 8 RCTs investigating ball games as prevention and treatment across the lifespan.

### **Editorial roles:**

Editor, British Journal of Sports Medicine since 2016, Editor, Eur J Appl Physiol (Muscle Physiology) since 2012, Guest editor, Scand J Med Sci Sports, Football for Health Special Issues in 2010, 2014 and 2018 and Guest editor, J Sport and Health Sci, Team Sport and Health Special Issue in 2018.

### **Awards, commitments and teaching duties:**

“Unibanks Idrætspris”, 1994, “Young Investigators Award”, ECSS, 1997. “Science Media Award/Formidlingsprisen”, UCPH, 2007. “Men’s Health Award”, 2010. “Who is Who in the World” 2011-2015. Nominated for “Kulturministerens Idrætspris 2008/2013/2018” and “Forskningsskommunikationsprisen”, 2015/2017. Danish FA “A Part of Something Bigger” award 2014.

### **Sports-related positions and commitments:**

UEFA Pro-license coach from 2017. UEFA A-license coach from 2010. Football coach for 20 years, 1985-present for children, adolescence and adults. Fitness advisor for the Danish Women’s national team since 2007 and assistant Coach from 2012-2013, winning a bronze medal in the Euro 2013. Advisor for the Danish Male A-team 2002-2004. Currently Fitness Coach for the Danish Women’s National Team.

### **Funding:**

**Dkk.: 160.000.000.- as co-applicant** from 2007-present. **Dkk.: 42.000.000.- as main applicant** from 2007-present. Funding has been obtained from a series of charities, funding bodies and sports organisations, including Nordea-fonden, TrygFonden, The Danish Ministry of Culture, The Danish Heart Foundation, The Danish Cancer Foundation (Kræftens Bekæmpelse), Danielsen Fonden, The Municipalities of Copenhagen and Frederikssund, The Danish Sports Confederation, The Danish Football Association, The Danish Handball Federation, Team Denmark, EU, UEFA, FIFA and many more.