

Biography

Nadja Schott is Professor at the Department of Sport and Exercise Science at the University of Stuttgart, Germany, heading the [Cognitive and Motor Performance across the Lifespan](#) Group.

EDUCATION	1994 to 2000	Ph.D. in Sport Science <i>University of Frankfurt and University of Karlsruhe, Germany</i> Advisor: Klaus Boes, Ph.D., Professor of Sport Science Dissertation: Prognosis and stability of motor performance capability
	1989 to 1994	Master of Sport Science <i>Johann Wolfgang Goethe-University in Frankfurt, Germany</i> Main subject: Sport science; additional subjects: Sports medicine; law

AWARDS/GRANTS	2007	University of Illinois, Senior Fellowship
	2005 to 2006	University of Illinois, Post-Doctoral Research Scholarship “Neural correlates of motor imagery”
	1994 - 1996	Bundesinstitut für Sportwissenschaften, Bonn: Prognosis and stability of motor performance capability, (VF 0407/05/01/94; VF 0407/05/01/95)

PROFESSIONAL EXPERIENCE	2007 - 2009	Associate Professor for Sport Psychology and Movement Science <i>Liverpool Hope University, UK</i>
	September 2005 – April 2006, July – October 2006, April - September 2007	Senior Fellow at the Productive Aging Laboratory <i>University of Illinois, Urbana, Il, USA</i> Study: Effects of aging on the neural correlates of motor imagery Supervisor: Denise Park, Ph.D., Professor
	March 2005	Visiting Researcher at the Productive Aging Laboratory <i>University of Illinois, Urbana, Il, USA</i> Supervisors: Denise Park, Ph.D., Professor; Arthur Kramer, Ph.D., Professor
	March/April & August 2003	Visiting Researcher at the Department of Health, Exercise & SportSciences <i>Texas Tech University, Lubbock, USA</i> Supervisor: Lanier Dornier, Ph.D., Associate Professor
	March/April 2002	Visiting Researcher at Laboratory for the Study of Eating, Appearance, & Health, Department of Psychology <i>University of Central Florida, Orlando, USA</i> Supervisor: Stacey Dunn, Ph.D., Professor

September
1999 – 2007
Scientific Assistant at the Department of Sport Psychology
and Movement Science
Justus Liebig-University of Giessen, Germany
Supervisor: Joern Munzert, Ph.D., Professor

February 1994
to 1999
Research Assistant at the Department of Physical Activity
and Health
Johann Wolfgang-Goethe-University of Frankfurt, Germany
Supervisor: Klaus Boes, Ph.D., Professor).

**ADDITIONAL
EXPERIENCE**

since 2008
Editorial Board of the "Zeitschrift für Sportpsychologie"
(Journal of Sport Psychology)

2004 – 2008
Co-Editor of the "Zeitschrift für Sportpsychologie"
(Journal of Sport Psychology)

since 2000
Reviewer for e.g. "Zeitschrift für Sportpsychologie", "Research Quar-
terly for Exercise and Sport", "European Review of Aging and Physical
Activity", "Journal of Physical Activity and Aging", "British Journal of
Sports Medicine", "Psychology of Sport & Exercise"

2002 - 2004
dvs-commission for "Young Researchers"

**ADDITIONAL
QUALIFICATIONS**

since
2008/2009
British Psychological Society
Test Administration
BPS Level A Certificate in Occupational Testing
BPS Level B Certificate in Personality Testing

Research

Schott's recent research is focused in the area of motor behavior at both ends of the life span. Her work specifically examines the effects of physical activity and fitness on motor competence and cognitive performance (e.g., academic achievement, inhibitory control, or executive function) in children with and without Developmental Coordination Disorder (DCD). Her research has shown, for example, that children with DCD are unable to perform motor abilities and motor skills at a level of competence that is equal to their age-matched peers, which is one of the most prominent aspects of this disorder.

Schott's research related to aging include funded projects that investigate motor imagery as a tool in the rehabilitation of older adults, the relationship between aging, fitness and neurocognitive functions and falls prevention in older adults. For example, she and her students have been examining the influence of working memory, age, gender, and physical activity on motor imagery in healthy older adults. To that end they have demonstrated that the classic effect of a close correspondence between active and imagined durations could not be replicated for age groups aged 70 years and older walking short distances, whereas it was still found in groups younger than 70 years. Given that the majority of patients in the field of neurological or orthopedic rehabilitation belong to the age group of 60 years or older, the therapeutic use of motor imagery becomes more problematic. Ongoing research is examining in the neural correlates of motor imagery in older adults (Post-Doctoral Research Scholarship at the Productive Aging Laboratory at the Beckman Institute, University of Illinois, USA). Furthermore, Schott and her students are interested in interventions that can prevent falls in older adults. As the population becomes increasingly sedentary and ages rapidly, the situation for falls and fall-related injury is expected to worsen and calls for comprehensive and effective intervention strategies. To that end, they have conducted a longitudinal study exploring the effects of a motor and a cognitive training on selective aspects of motor performance and cognition of older adults. In order to facilitate effective implementation of falls prevention programs, Schott conducts special training workshops in collaboration with the German Red Cross to train exercise instructors, nurses and physiotherapists for safe and effective delivery of the program. Furthermore, she developed as a companion resource the DVD „Avoid Falls – Reduce Injury Consequences”. Schott use a variety of approaches and methods to address these questions, including behavioral methods, movement analysis, EMG and functional magnetic resonance imaging (fMRI).

Her interests in applying research to the improvement of people's live has led to collaborations with the National Olympic Committee of Germany and educational departments in India, Papua-New Guinea and Thailand providing services to children, adolescents, women and older adults.

Teaching

Her relevant experience includes teaching Introductory Sport Psychology; Motor Behavior over the Lifespan; Aging, Fitness and Cognition and others at different universities (undergraduate & graduate) nationally and internationally (European Master in Health and Physical Activity), working as a teacher in developing countries, and her supervision of undergraduate, graduate and Ph.D. students. Time spent in the classroom should be interesting and enjoyable for both the professor and the students. Using a variety of techniques in each class (lecture, demonstrations, discussion, and group activities) increases the accessibility of the material to a larger number of students. In the laboratory as well as in field work, students have a chance to participate in the experiments they have read about in textbooks and also to create novel experiments. This kind of hands-on experience is invaluable for helping them to understand the scientific method.

Publications

Books/DVDs

- Schott, N., Buscher, A. & Karger, C. (2009). *Having fun – getting fit. An activity program for kindergarten and primary school*. Schorndorf: Hofmann.
- Schott, N., Buscher, A. & Karger, C. (2008). *Spielerisch fit. Ein Bewegungsprogramm für Kindergarten und Grundschule*. Schorndorf: Hofmann (Having fun – getting fit – A program for kindergarten and primary school).
- Schott, N. (2007). *Stürze verhindern – Sturzfolgen minimieren. Theoretische Hintergründe*. Filmhaus.de. (Avoiding falls – minimizing injury consequences. Theoretical Background)
- Schott, N. (2007). *Sicher & Beweglich. Ihr Ratgeber zur Sturz-Prävention*. Dornburg: Ludwig Artzt GmbH. (Safe & flexible – A guidebook for falls prevention)
- Bös, K., Hänsel, F. & Schott, N. (2004). *Empirische Untersuchungen in der Sportwissenschaft* (2., vollständig überarbeitete und aktualisierte Auflage). Hamburg: Czwalina. (Empirical investigations in Sport Science).
- Woll, A., Tittlbach, S. & Schott, N. (2004). *Diagnose körperlich-sportlicher Aktivität, Fitness und Gesundheit - Methodenband II*. Berlin: dissertation.de. (Diagnosis of physical activity, fitness and health).
- Schott, N. (2000). Prognostizierbarkeit und Stabilität von sportlichen Leistungen über einen Zeitraum von 20 Jahren: eine Nachuntersuchung bei 28jährigen Erwachsenen. Dissertation, Karlsruhe. <http://www.ubka.uni-karlsruhe.de/cgi-bin/psview?document=2000/geist-soz>. (Prognosis and stability of motor performance).

Bös, K., Schneider, W., unter Mitarbeit von Rieder, H., Schott, N. u.a. (1997). *Vom Tennistalent zum Spitzenspieler*. Czwalina: Hamburg. (From tennis-talent to expert level).

Bös, K., Krieg, B., Parzefall, C., Schott, N., Tittlbach, S. & Zeug, U. (1996). *Hochschulsport an der Universität Regensburg*. Regensburg: Selbstverlag. (Physical activity universities).

Editor

Schott, N. & Munzert, J. (Eds.) (2010). *Lehrbuch Motorische Entwicklung und ihre Anwendung*. Göttingen: Hogrefe. (Textbook Motor development).

Woll, A. (Hrsg.) & Schott, N. (Red.) (2003). *"Miteinander lernen, forschen, spielen" - Zukunftsperspektiven im Tennis*. Hamburg: Czwalina. (Learn and play together).

Munzert, J., Künzell, S., Reiser, M. & Schott, N. (2001). Bewegung, Bewusstsein, Lernen. Beiträge der dvs-Sektionssitzung Sportmotorik vom 25. -27.1.2001 in Giessen. <<http://ites.orbis-communications.de/Recherche/index.asp>>, ISSN 1439-7919, Rev. 2001-10-22. (Movement, Consciousness, Learning).

Bös, K. & Schott, N. (Hrsg.) (1999). *Kinder brauchen Bewegung - leben mit Turnen, Sport, Spiel*. Kongreßbericht der Rheinland-Pfälzischen Turnverbände, 12. bis 14. November 1998. Hamburg: Czwalina. (Kids need movement).

Bös, K. & Schott, N. (Hrsg.) (1997). *Sport und Gesundheit*. Mainz: Sport und Medien-Verlag. (Sport and health).

Articles

To request a reprint, please send an email to nadja.schott@inspo.uni-stuttgart.de

Schott, N. (under revision). Predictors of adult age differences in motor imagery. *Experimental Aging Research*.

Schott, N. & Rhode, R. (2009). Ballfertigkeiten bei Kindern mit motorischer Ungeschicklichkeit. *Sportwissenschaft*, 39, 23-34. (ball skills in children with DCD)

Schott, N. (2008). Deutsche Adaptation der „Activities-Specific Balance Confidence (ABC) scale“ zur Erfassung der sturzassoziierten Selbstwirksamkeit. *Zeitschrift für Gerontologie und Geriatrie*, 41(6), 475-485. (German adaptation of the „Activities-Specific Balance Confidence (ABC) scale“ for the assessment of falls-related self-efficacy)

Schott, N. & Kurz, A. (2008). Stürze bei älteren Erwachsenen: Risikofaktoren –Assessment – Prävention. Ein Review. *Zeitschrift für Sportpsychologie*. (Falls in older adults: Risk factors – Assessment – Prevention. A Review.)

Schott, N., Alof, V., Hultsch, D., & Meermann, D. (2007). Physical activity in children with Developmental Coordination Disorder. *Research Quarterly for Exercise and Sport*, 78(5), 438-450.

- Schott, N. (2007). Korrelate der Sturzangst im Alter. *Zeitschrift für Sportpsychologie*, 14(2) 74-86. (correlates of fear of falling in older adults).
- Schott, N., & Munzert, J. (2007). Temporal accuracy of motor imagery in older women. *International Journal of Sport Psychology*, 38(3), 304-320.
- Schott, N., Konietzny, S. & Raschka, C. (2006). Einfluss von Rotem Ginseng auf ein Krafttraining bei älteren Erwachsenen: Eine randomisierte placebokontrollierte Doppelblindstudie. *Schweizerische Zeitschrift für Ganzheitsmedizin*, 18, 376-383. (*Red ginseng enhances the effect of strength training in elderly: A randomized placebo-controlled double-blind trial*).
- Schott, N. (2005). Trends in der Entwicklung von Körperkonstitution, sportlicher Aktivität und motorischer Leistungsfähigkeit im Vergleich 1976/77 und 1996/99. *Spektrum der Sportwissenschaft*, 17(2), 45-73. (Trends in body composition, physical activity and motor performance).
- Munzert, J., Schott, N. & Blischke, K. (2004). Motorische Entwicklung (Lehrbuch-Digest). *Zeitschrift für Sportpsychologie*, 11(2), 83-87. (Motor development).
- Schott, N. & Munzert, J. (2004). Tanz bringt physische und psychische Kompetenz. *Senioren tanzen*, 3, 8-9. (Dance creates physical and psychological competence)
- Schott, N. & Roncesvalles, N. (2004). Motorische Ungeschicklichkeit - Diagnose und Therapie. *Zeitschrift für Sportpsychologie*, 11, 147-162. (Developmental coordination disorder – diagnosis and therapy).
- Memmert, D. & Schott, N. (2003). Stellenentwicklung an deutschen Sportinstituten: Ist-Analyse 2002. *Zephyr*, 10, 16-25. (Development of job-positions in the German sport science).
- Schott, N. & Memmert, D. (2003). Umfrage: Perspektiven für die Sportwissenschaft aus der Sicht der Teildisziplinen. *Zephyr*, 10, 35-44. (Perspectives in the German Sport Science).
- Bös, K., Abel, T., Woll, A., Niemann, S., Tittlbach, S. & Schott, N. (2002). Der Fragebogen zur Erfassung des motorischen Funktionsstatus (FFB-Mot). *Diagnostica*, 2, 101-111. (The Physical Fitness Questionnaire; FFB-MOT).
- Beitat, H., Schott, N. & Bös, K. (2000). Trainingssteuerung in der Herzsportgruppe – Ein Vergleich von palpatorisch und telemetrisch gemessener Herzfrequenz. *Gesundheitssport und Sporttherapie*, 16, 98-101. (Training control in groups with heart attack).
- Beitat, H., Schott, N. & Wessinghage, T. (1999). Einfluß eines herzfrequenzkontrollierten Laufseminars auf das Belastungsempfinden. *Gesundheitssport und Sporttherapie*, 15, 13-15. (Control of heart rate in a running group).
- Schott, N., Bös, K. & Mechling, H. (1998). Prognostizierbarkeit von sportlichen Leistungen. Eine Nachuntersuchung bei 27jährigen Erwachsenen. In BISp (Hrsg.), *BISp Jahrbuch* (S. 185-192). Köln. (Prognosis and stability of motor performance).
- Bös, K. & Schott, N. (1997). Belastungsparameter beim Walking. *Deutsche Zeitschrift für Sportmedizin*, 48(4), 145-154. (Parameters in walking).

Book chapters

- Blischke, K. & Schott, N. (2010). Haltungskontrolle im höheren Lebensalter. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 49-68). Göttingen: Hogrefe. (Postural control in older adults)
- Blischke, K. & Schott, N. (2010). Fortbewegung im höheren Lebensalter. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 89-102). Göttingen: Hogrefe. (Locomotion in older adults)
- Schott, N. (2010). Entwicklung des Werfens. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 127-148). Göttingen: Hogrefe. (Development of throwing)
- Schott, N. (2010). Entwicklung des Fangens. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 149-168). Göttingen: Hogrefe. (Development of catching)
- Schott, N. (2010). Motorische Ungeschicklichkeit. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 169-185). Göttingen: Hogrefe. (Developmental Coordination Disorder)
- Schott, N. (2010). Down-Syndrom. In N. Schott & J. Munzert (Hrsg.), *Lehrbuch Motorische Entwicklung und ihre Anwendung* (S. 186-206). Göttingen: Hogrefe. (Down Syndrome)
- Schott, N. & Merkel, K. (2008). Chancen und Wege in der Entwicklungszusammenarbeit im Sport. In E. Balz & D. Kuhlmann (Hrsg.), *Sportentwicklung - Grundlagen und Facetten* (S. 119-140). Aachen: Meyer & Meyer. (Ways and means of sport in developing countries)
- Schott, N. (2008). Der Zusammenhang zwischen kardiorespiratorischer Fitness und kognitiven Funktionen über die Lebensspanne. In M. Knoll & A. Woll (Hrsg.), *Sport und Gesundheit in der Lebensspanne* (S. 58-62). Hamburg: Czwalina. (Relationship between cardiorespiratory fitness and cognitive functions across the lifespan).
- Brach, M. & Schott, N. (2003). Motorisches Lernen im Alter. In H. Mechling & J. Munzert (Hrsg.), *Handbuch Bewegungswissenschaften* (S. 461-474). Schorndorf: Hofmann. (Motor learning in older adults).
- Schott, N. (2003). Spielfähigkeit im Sportspiel. In A. Woll (Hrsg.), *"Miteinander lernen, forschen, spielen" - Zukunftsperspektiven im Tennis* (S. 155-165). Hamburg: Czwalina. (Creativity in games).
- Schott, N. (2003). Bewegung und Sport im Alter oder "Wer rastet, der rostet!". In K. Zentgraf (Hrsg.), *Schlaganfall - Bewegt in die Zukunft* (S. 91-106). Schorndorf: Hofmann. (Physical activity in older adults).
- Schott, N. & Munzert, J. (2003). Motorische Entwicklung im Kindesalter. In G. Köppe, & J. Schwier (Hrsg.), *Handbuch Grundschulsport* (S. 31-61). Baltmannsweiler: Schneider-Verlag. (Motor development in children).
- Schott, N. & Munzert, J. (2003). *Fangen und Schlagen*. [www]. eBuT – eLearning in der Bewegungs- und Trainingswissenschaft. Verfügbar unter: www.ebut.de. (Catching and throwing).
- Schott, N. (1996). Rückentraining - ein 12-Minutenprogramm. In A. Woll & K. Bös (Hrsg.), *Sport und Gesundheit, Teil 3*. Schorndorf: Hofmann. (Train your back).