

Born on 16th September 1983 in Nicosia, Cyprus
 German and Cypriot citizen
 Personal status: married, two children
 (Larissa, born 2017; Simeon, born 2020);
 maternity leave 23 months

University of Tübingen

Institute of Sports Science
 Wilhelmstraße 124, 72074 Tübingen
 E-mail: yolanda.demetriou@uni-tuebingen.de

Links: Department · [Google Scholar](#)



Yolanda Demetriou, born in Nicosia, Cyprus (*1983), studied sports science, pedagogics and psychology at the University of Freiburg in Germany. She received her PhD in 2012 at the University of Tübingen. Yolanda Demetriou was appointed as a professor for Educational Science in Sport and Health at the Technical University of Munich in 2014. In 2023 she accepted the BMK endowed professorship for Active Mobility at the University of Innsbruck. In 2024 she took over the professorship of Sports Science with a special focus on Social Sciences in Sports at the University of Tübingen.

Yolanda Demetriou's research focuses on the conditions and effects of physical activity primarily through active mobility in the population. Frame models and theories underlying her research are social-ecological models, implementation science models, psychological behaviour change theories, and pedagogical theories and concepts. Specifically, Yolanda Demetriou aims to identify determinants of active mobility over the lifespan, focusing on children and adolescents. Based on theory, evidence and participatory approaches, she develops, implements and evaluates intervention programmes on a social, physical and policy level with a strong interest in underlying mechanisms of behaviour change and educational processes in the school setting.

Her research is characterised by an interdisciplinary strategy including sports, health-related, psychological, educational, sociological, medical and ethical perspectives. Diversity, especially sex/gender, is a cross-cutting topic throughout her work to understand and counteract social discrimination and inequalities. Furthermore, as part of the third mission of universities, she is committed to communicating scientific results to key decision-makers outside the university and thus raising awareness of the relevance and urgency of promoting sports, overall physical activity and especially active mobility in society. With her research she contributes to achieving the Sustainable Development Goals set by the United Nations and, thus, to increase population health and promote a better climate.

UNIVERSITY POSITIONS

2024 -	Professorship of Sports Science with a focus on Social Sciences in Sports, University of Tübingen
2023 - 2024	Professorship of Active Mobility: Physical Activity in Leisure and Daily Life, University of Innsbruck
2014-2023	Professorship "Educational Science in Sport and Health" followed by a one-year temporary position, Technical University of Munich
2015 and 2016	Visiting Professorship , University of Bath, UK
2007 - 2014	Research Assistant , University of Tübingen, Institute of Sports Science, Department of Sport Psychology and Research Methods

EDUCATION

2007 - 2012	PhD (Dr. phil.) University of Tübingen, Institute of Sports Science, Department of Sport Psychology and Research Methods
2001 - 2005	Magister Artium Studies in Sport Science, Pedagogics, and Psychology at the University of Freiburg
1989 - 2001	Abitur (final secondary school examination) Gymnasium "Eniaio Lyzeum" in Nicosia, Cyprus

AWARDS AND NOMINATIONS

2023	University of Tübingen Full Professorship of Sports Science with a focus on Social Sciences in Sports
2023	University of Augsburg Full Professorship of Sport Education
2023	University of Innsbruck Full Professorship of Active Mobility: Physical Activity In Leisure and Daily Life
2014	Technical University of Munich Assistant Professorship of Educational Science in Sport and Health
2014	University of Leipzig Junior Professorship of Empirical Education in Sport (declined)
2013	PhD Award of the German Society of Sport Science

ACADEMIC ENGAGEMENT (SELECTION)

2019 - 2022	Deputy women's representative at TUM
2019 - 2022	Programme director, BSc study course Health Science at TUM
2019 - 2022	Member, department strategy commission team at TUM
2018 - ongoing	Reviewer for Funding Agencies: German Research Foundation (DFG); Federal Ministry of Education and Research (BMBF)
2010 - 2020	Member in appointment committees
2016 - 2022	Lead in PhD examinations at TUM
2016 - 2017	Committee Member, committee designing the teachers education curriculum
2016 - 2017	Member, leading committee for the dvs-Hochschultag 2017 at TUM
2015 - 2019	Vice president, youth promotion of the German Society of Sport Science
2015 - 2023	Active support for TUM's internationalization policy (grants for visiting professors)
2010 - ongoing	Journal Reviewer

RESEARCH GRANTS AND PROJECT FUNDING (SELECTION)

2022	Erasmus+ Sport EUPAG-DS: European Physical Activity Guidelines to Tackle Depressive Symptoms
2020	Horizon2020 GO GREEN: Resilient Optimal Urban natural, Technological and Environmental Solutions
2019	Erasmus+ Sport ACTS: Understanding cross-cultural barriers and facilitators of active travel to school
2018	German Research Foundation (DFG) CReActivity: Understanding physical activity behaviour change in lower secondary 6th grade girls
2018	Federal Ministry of Education and Research (BMBF) GenEffects - Effects of interventions in children's and adolescents' physical activity and sedentary behaviour: a gender-sensitive systematic review
2017	Die Schwenninger Krankenkasse Report Card on Physical Activity - Physical activity and sedentary behaviour of children and adolescents in Germany

PUBLICATIONS (SELECTION)

1. **Demetriou, Y.**, Beck, F., Sturm, D., Abu-Omar, K., Forberger, S., Hebestreit, A., . . . Reimers, A. K. (2024). Germany's 2022 Report Card on Physical Activity for Children and Adolescents. *German Journal of Exercise and Sport Research*.
2. Aubert, S., Barnes, J. D., Demchenko, I., Abdeta, M. H. C., Nader, P. A., Sala, J. C. A., Aznar, N. A.-F. S., Bakalár, P., Bhawra, J., Brazo-Sayavera, J., Bringas, M., Cagas, J. Y., Carlin, A., **Demetriou, Y.**, . . . & Tremblay, M. S. (2022). Global Matrix 4.0 Physical Activity Report Card Grades for Children and Adolescents: Results and Analyses from 57 Countries. *Journal of Physical Activity & Health*. <https://doi.org/10.1123/jpah.2022-0456>
3. Renninger, D., Kelso, A., Reimers, A. K., Marzi, I., Beck, F., Engels, E. S., Standage, M., & **Demetriou, Y.** (2022). Motivation and active travel in adolescent girls and boys in Germany—Findings from the ARRIVE study. *Transportation Research Part F: Traffic Psychology and Behaviour*, 90, 425-437. <https://doi.org/10.1016/j.trf.2022.09.015> [IF: 3.261]
4. Reimers, A. K., Marzi, I., Beck, F., Engels, E., Renninger, D., Buttazzoni, A., Krieger, C., & **Demetriou, Y.** (2022). Active travel behaviour in the family environment: protocol for the mixed-methods cross-sectional ARRIVE study. *BMJ Open*, 12(2), e056383. <https://10.1136/bmjopen-2021-056383> [IF: 2.692]
5. Sturm, D., Bachner, J., Renninger, D., Haug, S., & **Demetriou, Y.** (2021). A cluster randomized trial to evaluate need-supportive teaching in physical education on physical activity of sixth-grade girls: A mixed method study. *Psychology of Sport and Exercise*, 54, 101902. doi:<https://doi.org/10.1016/j.psychsport.2021.101902>
6. Mutz, M., Reimers, A. K., & **Demetriou, Y.** (2020). Leisure Time Sports Activities and Life Satisfaction: Deeper Insights Based on a Representative Survey from Germany. *Applied Research in Quality of Life*. doi:<https://doi.org/10.1007/s11482-020-09866-7>
7. Schönbach, D. M. I., Vondung, C., Hidding, L. M., Altenburg, T. M., Chinapaw, M. J. M., & **Demetriou, Y.** (2020). Gender Influence on Students, Parents, and Teachers' Perceptions of What Children and Adolescents in Germany Need to Cycle to School: A Concept Mapping Study. *International Journal of Environmental Research and Public Health*, 17(18), 6872. doi:<https://doi.org/10.3390/ijerph17186872>
8. **Demetriou, Y.**, & Bachner, J. (2019). A school-based intervention based on self-determination theory to promote girls' physical activity: study protocol of the CReActivity cluster randomised controlled trial. *BMC Public Health*, 19(1), 1-9. doi:<https://doi.org/10.1186/s12889-019-6817-y>
9. Schlund, A., Reimers, A. K., Bucksch, J., Brindley, C., Schulze, C., Puil, L., . . . **Demetriou, Y.** (2021). Do Intervention Studies to Promote Physical Activity and Reduce Sedentary Behavior in Children and Adolescents Take Sex/Gender Into Account? A Systematic Review. *Journal of Physical Activity and Health*, 1-8. doi:<https://doi.org/10.1123/jpah.2020-0666>
10. Schönbach, D. M. I., Altenburg, T. M., Marques, A., Chinapaw, M. J. M., & **Demetriou, Y.** (2020). Strategies and effects of school-based interventions to promote active school transportation by bicycle among children and adolescents: a systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1), 138. doi:<https://doi.org/10.1186/s12966-020-01035-1>
11. **Demetriou, Y.**, Vondung, C., Bucksch, J., Schlund, A., Schulze, C., Knapp, G., . . . Reimers, A. K. (2019). Interventions on children's and adolescents' physical activity and sedentary behaviour: protocol for a systematic review from a sex/gender perspective. *Systematic reviews*, 8(1), 1-7. doi:<https://doi.org/10.1186/s13643-019-0963-2>

INTERVIEWS AND MEDIA COVERAGE (SELECTION)

Die Presse	„Es soll einfacher sein, das Auto stehen zu lassen“
Deutschlandfunk Kultur	“Wie bringen wir unsere Kinder wieder in Bewegung“
Stern	“Kinder und Jugendliche machen zu wenig Sport – was sich an deutschen Schulen ändern muss“
Süddeutsche Zeitung	„Bewegungsmangel: Zweimal 45 Minuten Sportunterricht in der Woche sind zu wenig“
Hessischen Rundfunks	„Die Ratgeber: Bewegungsarmut bei Kindern“ zum Bewegungs-Zeugnis 2022
Sat.1 Bayern	Bewegungs-Zeugnis 2022