

# Dr. Elisabeth Braeuer

## Curriculum Vitae

### CONTACT INFORMATION

**Email:** elisabeth.braeuer@hotmail.com  
**Address:** Vorgartenstraße 219/1/11, A-1020 Vienna  
**Phone:** +43 69911310617  
**Date of birth:** December 3, 1982  
**Nationality:** Austria  
**Homepage:** www.doktorpilates.at  
**LinkedIn:** www.linkedin.com/in/elisabeth-bräuer



### SUMMARY

Sports scientist with a strong background in sports medicine (exercise physiology/exercise testing, prevention) and pedagogy, passionate about health and well-being both on a physical and mental level. I appreciate to work in multidisciplinary projects and teams, goal-oriented and efficient. I am an empathic, well organized, open minded and ambitious person. Being a sport and nature enthusiast, I love to inspire and share my knowledge and experience to interact with and help others.

### EXPERIENCE

**Austria**  
05 / 2022 - Present

#### Freelance sports scientist

**Baden/Vienna, Austria**  
09/ 2011- 10 / 2021

#### Professor

University College of Teacher Education Lower Austria/University of Vienna

Scientific project leader: movement and language acquisition in the educational system

Lecturer for teacher education: anatomy and exercise physiology, stress management, figure skating, modern dance, track and field, yoga for children;

Master thesis supervisor

**Vienna, Austria**  
02/2014 - Present

#### Pilates Instructor / Sports scientist

SPOT – Sport Physiotherapie Orthopädie Training/Sportorthopädie Wieden

**Egypt**  
07/2016 - Present

#### Lecturer and scientific consultant

International Academy for Sport Science and Technology (IASST)

Instructor and lecturer for group fitness education (Workshops for Pilates, dance, Aerobics, Yoga, Meditation/stress release)

Consultant for implementing/improving group fitness courses in Egypt

**Vienna, Austria**  
11/2021-12/2021

#### Sports scientist

Austrian Institute of Sports Medicine (ÖISM)

Exercise physiology and testing, counselling

**Vienna, Austria**  
05/2012 – 07/2018

#### Medical research consultant

Orthopedic hospital Speising, Vienna

Assist the medical staff of the hospital (doctors, physiotherapists, nurses) to develop, plan and implement their scientific research.

**Austria (Vienna, Lower Austria, Burgenland)**  
02/2013 – 12/2018

#### Lecturer in teacher's education

Eigenständig Werden

Hold workshops for teachers to promote health and sport at schools. Theoretical and practical input to implement movement and sports during school lessons.

**Austria (Wien, Niederösterreich, Steiermark)**  
04/2012 – 04/2014

#### Lecturer

Vitalakademie

Lecturer for anatomy, ageing and health

# Dr. Elisabeth Braeuer

## Curriculum Vitae

### Bad Deutsch

Altenburg, Austria  
07/2011 – 04/2012

### Sports scientist

Kurtherme Ludwigstorff (Rehabilitation clinic)

Responsible for supervising patients on the bicycle ergometer, strength training, nordic walking, coordination training, workshops for a healthy and active lifestyle

### Vienna, Austria

12/2008 – 11/2010

### Sports Manager / Sports scientist

Austrian Figure Skating Association

Generating and distributing funding for national elite figure skating athletes;  
Organize, plan and execute training camps/workshops for athletes, coaches and judges;  
Collaborate with national and international sports associations and external institutions:  
Implementing exercise testing and sport psychology to our elite athletes and their coaches;  
Teamleader for the Austrian figure skating team at the World Junior Championships and European Championships

### Vienna, Austria

09/2010 – 12/2012

### Figure skating and dance instructor

Vienna International School

### Rome, Italy

05/2008 – 01/2009

### Translator

University of Rome

Translation of various university home pages from German/English into Italian

### Vienna, Austria

2003 - 2012

### Fitness / Figure skating Instructor

Trainer for Pilates, Aerobic, Yoga, Aqua Fitness,...at OMV Fitnesscenter, Bank Austria Sport- und Gesundheitszentrum, Pensionsversicherungsanstalt, Eurogym Fitness Studio, Sportcenter Cumberland, public swimming pools Vienna, various ice rinks in Lower Austria

---

## EDUCATION

### Vienna, Austria

03/2009 – 06/2014

### Doctorate

University of Vienna/Department of Sports science

Research in the field of exercise physiology at the subunit Sports Medicine, Exercise Physiology and Prevention.

Title of Thesis "Analysis of VO<sub>2</sub>-kinetics at the maximal lactate steady state"

### Vienna, Austria / Rome, Italy

10/2006 – 10/2008

### Master

University of Vienna/Department of Sports science

ERASMUS semester in Rome, Italy (Jan 2008 until August 2008).

Title of Thesis: "Respiratory Exchange Ratio (RER) equal 1 as parameter to evaluate the individual endurance performance at the bicycle ergometer, a comparison of different threshold concepts."

### Vienna, Austria / Sydney, Australia

10/2002 – 10/2006

### Bachelor

University of Vienna/Department of Sports science

Specialization in health and sport

Study abroad semester in Sydney, Australia (Jun 2004 until Jan 2005).

Bachelor thesis 1: subunit Education and Sports Culture

Bachelor thesis 2: subunit Sports Medicine, Exercise Physiology and Prevention

### Vienna, Austria / Sydney, Australia

10/2003 – 10/2007

### Bachelor

University of Vienna/Department of Communication

Bachelor in Journalism and Communication Studies

Study abroad semester in Sydney, Australia with focus on Sociology and Psychology

# Dr. Elisabeth Braeuer

## Curriculum Vitae

### CERTIFICATION AND COURSES

#### Austria

2014 - 2015

#### Medical training therapist

Federal Ministry of Health

Official governmental accreditation for medical training and therapy: registered at <http://trainingstherapie.ehealth.gv.at/>

#### St. Pölten, Austria

2013 - 2016

#### Integrative dance and movement therapy education

Austrian society for integrative therapy: ÖGIT

#### Vienna, Austria

01/2011 – 08/2012

#### Yoga instructor

Jens Marxen Yogaakademie

#### Krabi, Thailand

10/2010 – 11/2010

#### Thai massage bodywork education

Massage school Thailand

#### Vienna, Austria

03/2009 – 06/2010

#### Dance education and training

University Sports Institute

#### Vienna, Austria

03/ 2006 – 08/ 2007

#### Pilates instructor

University Sports Institute

#### Vienna, Austria

01/2003 – 01/2004

#### Figure skating instructor

Austrian academy for sports: BSPA

---

### LANGUAGES

#### German

Mother tongue

#### English

Advanced

#### Italian

Advanced

#### Spanish

Elementary

#### Hungarian/Russian

Basic knowledge

---

### SKILLS

scientific writing

Microsoft Office

teamwork

active listening

project management

communication

empathy

well-being

instructing

mentoring

organizational skills

health

motivation

service orientation

body&mind

---

### PUBLICATIONS

5 peer-reviewed publications

3 posters

1 oral presentation

(full list available)

---

### FIGURE SKATING

2005 and 2006 participations at the World Championships in synchronized ice skating (SYS) with team Austria Sweet Mozart, Austrian National Champion (SYS)

---

### FURTHER ACTIVITIES

Volunteering at CARITAS (since 2018);

“Multi Art Project” in Brasil (2016): performing in cultural centers dancing and playing piano

Figure skating shows in Austria and Germany “Inspiration Ice Shows” (since 2017)

Contemporary dance training at Tanzquartier Vienna