

Jørn Wulff Helge
Professor
Exercise Laboratories



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CV

Curriculum Vitae

Jørn Wulff Helge
Professor
PhD, FECSS

Education

Jan. 1987 Bachelor Maths, Univ. of Aarhus
Jan. 1993 MSc Sport Science, Univ. of Copenhagen
May 1997 PhD at Univ. of Copenhagen

Positions

1997-2000 Post Doc Human Physiology, Faculty of Science, Univ. CPH.
2000-2002 Post Doc Copenhagen Muscle Research Centre, Faculty of Health and Medical Science
2002-2014 Assoc. Professor, Dept. Biomedical Sciences (BMI)
2014-2018 Professor MSO, BMI
2016-2020 Head of Graduate School Faculty of Health and Medical Sciences
2018 Professor, BMI

Administration and Leadership

2006-2017 Section head and board member of BMI
2007-2010 Member of study board for Public Health
2016-2019 Head of Graduate School Faculty of Health and Medical Sciences
2017+ Member of leadership team BMI

Change of environment

1994 7 months research with Prof Len Storlien at Univ. of Wollongong, NSW, Australia
2000 3 months research with Prof Ole Sejersted at Ullevaal Hosp., Oslo Univ. Oslo, Norway
2015/16 3 months research visit with Prof John Hawley at Catholic Univ., Melbourne, Australia

International relations

I have ongoing collaborations with Prof. Jim Cotter, University of Otago, NZ, , Assoc. Prof. Marcin Baranowski, University of Bialystok, Poland and Prof. Paul Greenhaff, University of Nottingham, UK.

Commissions, councils etc.

2017 - Elected member of European College of Sports Science (ECSS) Executive Board
2019-2021 President elect ECSS
2021-2023 President ECSS
2023-2025 Past President ECSS
2023- Member of committee to develop new Ageing Center initiative at Univ. of Copenhagen.

Large grants

I was one of four main applicants to receive 24 mill. Danish kr. to the DANHES investigation (a study of 18.000 Danes Smoking, alcohol, diet and exercise habits). I was a partner in the EU-grant, "Metapredict" (6 mill. Euro) that aimed to determine genetic predictor profiles. I was a co-Pi in two 2016 Excellence grants; the Copenhagen Women's Health (cws.ku.dk, 25.3 mill. Dkk) grant and the LIFESTAT (www.lifestat.dk, 22.3 mill Dkk) grant. I was a senior researcher in the Centre of Healthy Aging (<http://healthyaging.ku.dk>; (CEHA I + II + III, 2009-2023; 378 mill. kr.) received from the Nordea Foundation.

Awards and prizes

Silver medal in Physiology A 1992 at Univ. of CPH.
ECSS Young investigators prize in Nice, France, 1996.
Received Johan Quintin and wife's honorary prize, February 2008.

Teaching

I have taught physiology at several courses; Medical students 4th semester; "Energy metabolism", "Human Physiology and disease" for Public Health students and exercise Physiology at all levels at Sports Science (Faculty of Science, Univ. CPH). I have been supervisor for >130 bachelor, master and research year students.

Supervision

I have been principal supervisor for eight completed PhD and co-supervisor for thirteen completed PhD's. I am currently principal supervisor for three PhD-students.

Evaluator and opponent

Since 2001, I have been an opponent and/or chair of the assessment committee on 50 Danish and International PhD-thesis's.

Scientific focus areas

Regulation and physiological importance of maximal fat oxidation;

The effects of bioactive lipids, ceramides and diacylglycerols for insulin resistance and inflammation in man.

Adipose tissue inflammation, regulation and function and coupling to systemic inflammation

Factors that determine maintenance of lifestyle interventions and weight loss including applying Biological age as a tool to improve lifestyle and maintenance.

Estimation and measurement of maximal oxygen uptake applying the Seismofit equipment

Science dissemination

I am an author or –co-author on 15 popular science books/papers. In 2018-2019 I was a consultant on the translation of "Idrættens Træningslære (Released from Munksgaard, January 2019) from Norwegian to Danish. I was one of four editors on the Norwegian version and have written two chapters in the book.

Publications

I am an author or co-author of 239 peer reviewed scientific papers, 14 reviews or book chapters. My H-index is 50 (R-ID) or 64 (Google Scholar) and my Researcher ID: I-7096-2012 and Orcid-id is orcid.org/0000-0001-9724-5423