

Jørn Wulff Helge  
Professor  
Exercise Laboratories  
Web Track 3: Individualized health  
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## CV

Jørn Wulff Helge, born April 24 1965  
Professor & Head of Graduate school at Faculty of Health and Medical Sciences  
Part of Research group Xlab ([www.xlab.dk](http://www.xlab.dk))

### 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  
2002-2014 Assoc. Professor, Dept. Biomedical Sciences (**BMI**)  
2014-2018 Professor MSO, BMI  
2016 Feb. - Head of Graduate School Faculty of Health and Medical Sciences  
2018 Dec. - Professor, BMI

### Administration and Leadership

2006-2017 Section head and board member of BMI  
2007-2010 Member of study board for Public Health  
2007+2011 Copenhagen Business School, "Course for Research leadership" + follow up course  
2010+2014 Leadership course at Univ. of Copenhagen, LUKU1 and LUKU2  
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 with Prof John Hawley at Catholic Univ., Melbourne, Australia

### International relations

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

### Commissions, councils etc.

2011 Participation in Danish group evaluating research groups in Sports and Physical activity in the Nordic Countries  
2012-2017 Member of European College of Sports Science scientific Committee  
2012 - Member of Biochemistry of Exercise scientific board  
2017 - Elected member of ECSS Executive Board  
2019 - President elect ECSS (Term starts July)

### 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](http://cws.ku.dk), 25.3 mill. Dkk) grant 2 and the LIFESTAT ([www.lifestat.dk](http://www.lifestat.dk), 22.3 mill Dkk) grant. I am a senior researcher in the Centre of Healthy Aging (<http://healthyaging.ku.dk>; (CEHA I + II, 2010-2018; 300 mill. kr.), CEHA III, (CEHA III, 2019-2023; 78 mill. Kr.) received from the Nordea Foundation.

### Awards and prizes

Silver medal in Physiology A 1992 at Univ. of CPH.  
Young Investigator Award at European College of Sports Science. 1996. Nice, France.  
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, Health and IT and Medical Technical students and exercise Physiology at all levels at Sports Science (Faculty of Science, Univ. CPH). I was head of Bachelor, Master and VKO assignments for the Medical study (from Oct. 2009 – Feb. 2016). I have been supervisor for >100 bachelor, master and Research year students from Medicine, Public Health, Sports Science, Human Biology, Molecular Biomedicine and Human Nutrition.

### Supervision

I have been principal supervisor for six completed PhD and co-supervisor for twelve completed PhD's. I am currently principal supervisor for four PhD-students I have supervised four post docs. I have been supporting one Doctoral candidate (Dr Med).

**Evaluator and opponent**

Since 2001, I have been an opponent on 36 Danish and International PhD-thesis's.

**Scientific focus areas**

Insulin sensitivity and muscle bioactive lipids; Regulation and physiological importance of maximal fat oxidation; Training and mitochondrial function; Adipose tissue inflammation, regulation and function; Biological age as a tool to improve lifestyle, Factors that determine maintenance of lifestyle interventions and weight loss.

**Science dissemination**

I am an author or –co-author on 15 popular science books. At Centre of Healthy aging I was involved in a TV-series production with Danish Actor "Søren Fauli"; Title: "Fauli, fed og færdig?" broadcasted on DR2. 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 187 peer reviewed scientific papers, 6 letters and 14 reviews or book chapters. My H-index is 36 (R-ID) or 46 (Google Scholar) and my Researcher ID: I-7096-2012 and Orcid-id is [orcid.org/0000-0001-9724-5423](https://orcid.org/0000-0001-9724-5423)