

Curriculum Vitae

Janice Waldvogel

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Birthday 07.04.1993
Nationality German

Professional Experience

10/2022 – present **Albert-Ludwigs-University**, Freiburg (Germany)
Department of Sport and Sport Science
Research assistant

10/2019 – 09/2022 **Albert-Ludwigs-University**, Freiburg (Germany)
Department of Sport and Sport Science
Technical assistant

01/2019 – 09/2019 **Albert-Ludwigs-University**, Freiburg (Germany)
Department of Sport and Sport Science
Research assistant

Academic Career

10/2019 – 10/2023 **Albert-Ludwigs-University**, Freiburg (Germany)
Department of Sport and Sport Science
PhD with research scholarship (LGFG 10/2019 – 09/2022)
PhD thesis: “Neuro-mechanical control, stiffness regulation and energy management during reactive movements under variable stretch loads and expertise” (submitted, under review)

10/2015 – 11/2018 **Albert-Ludwigs-University**, Freiburg (Germany)
Sport Science (M.Sc.): Exercise and Health (grade: 1.1)
Master thesis: “Effect of anticipation on the neuro-mechanics in drop jumps: known versus unknown drop heights” (grade: 1.0)

10/2011 – 09/2015 **Albert-Ludwigs-University**, Freiburg (Germany)
Sport Science and Sport therapy (B.A.)
Bachelor thesis: “Sensorimotor training and performance – analysis of explosive and acyclic movement pattern” (grade: 1.7)

09/2003 – 06/2011 **Kreisgymnasium Hochschwarzwald**, Titisee-Neustadt (Germany)
Higher education entrance qualification,
Bilingual class in social and natural sciences

Research Experience and collaboration on selected research projects

02/2022, 09/2022 Parabolic Flight Campaigns: “Modulation of the muscle-tendon interaction during drop jumps and drop landings under different gravitational accelerations”, cross-sectional study funded by German Aerospace Center

12/2020, 06/2021 Partial G Campaigns: “Human postural control during stumbling – stepping responses in partial gravity”, cross-sectional study funded by the European Space Agency and the German Aerospace Center

11/2018 – 12/2021 Parabolic Flight Project: “Neuro-mechanical characteristics in drop landings and drop jumps under different gravitational accelerations”, cross-sectional study funded by the European Space Agency and the German Aerospace Center

Scholarship and Awards

- 10/2019 – 09/2022 PhD research scholarship funded by the **Albert-Ludwigs-University** (Landesgraduiertenförderung, LGFG), Freiburg, (Germany)
- 2019 Award for Sport and Sport Science (Preis für Sport und Sportwissenschaft), **Albert-Ludwigs-University**, Freiburg (Germany), Award for the best master thesis of the year
- 2019 Award for the best graduation grade (M.Sc.), **Albert-Ludwigs-University, Institute of Sport and Sport Science**, Freiburg (Germany)
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Extra Curricular Activities

- 2009 - 2013,
2015 - 2016 National elite athlete, National Team (Germany) in Track and Field, Javelin (C & B squad, Junior Elite Team)
- European Youth Olympic Trials, Moscow, 2010 (9th place); international competition with the Youth National Team of Germany competing against Italy, France and Spain in 2010, 2011, 2014, 2015
- 2007 - 2009,
2014, 2017 National elite athlete (D squad Javelin, state Baden-Württemberg)
- 08/2014 Coaching licence Track and Field (C-licence, Competitive Sports), Track and field coach (Juniors)
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Relevant publications

Waldvogel, J., Freyler, K., Ritzmann, R. & Gollhofer, A. (2023). Energy transfer in reactive movements as a function of individual stretch load. *Frontiers in Physiology (in Revision)*.

Waldvogel, J., Freyler, K., Helm, M., Monti, E., Stäudle, B., Gollhofer, A., Narici, M. V., Ritzmann, R., & Albracht, K. (2023). Changes in gravity affect neuromuscular control, biomechanics, and muscle-tendon mechanics in energy storage and dissipation tasks. *Journal of Applied Physiology* (Bethesda, Md.: 1985), 134(1), 190–202. doi: 10.1152/jappphysiol.00279.2022

Monti, E., **Waldvogel, J.**, Ritzmann, R., Freyler, K., Albracht, K., Helm, M., De Cesare, N., Pavan, P., Reggiani, C., Gollhofer, A. and Narici, M.V. (2021). Muscle in Variable Gravity: “I Do Not Know Where I Am, But I Know What to Do”. *Frontiers in Physiology*, 12:714655. doi: 10.3389/fphys.2021.714655

Waldvogel, J., Ritzmann, R., Freyler, K., Helm, M., Monti, E., Albracht, K., Stäudle, B., Gollhofer, A. and Narici, M. (2021). The Anticipation of Gravity in Human Ballistic Movement. *Frontiers in Physiology*, 12:614060. doi: 10.3389/fphys.2021.614060

Helm, M., Freyler, K., **Waldvogel, J.**, Lauber, B., Gollhofer, A., & Ritzmann, R. (2020). Anticipation of drop height affects neuromuscular control and muscle-tendon mechanics. *Scandinavian Journal of Medicine & Science in Sports*, 30(1), 46–63. doi: 10.1111/sms.13550

Helm, M., Freyler, K., **Waldvogel, J.**, Gollhofer, A., & Ritzmann, R. (2019). The relationship between leg stiffness, forces and neural control of the leg musculature during the stretch-shortening cycle is dependent on the anticipation of drop height. *European Journal of Applied Physiology*, 119(9), 1981–1999. doi: 10.1007/s00421-019-04186-7

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Freiburg, 08.11.2023