Curriculum vitae Mette Hansen

PERSONAL INFORMATION

Date of birth (dd.mm.yr):	09.06.1975
Nationality:	Danish
ORCID:	0000-0002-9383-8202

EDUCATION

2009 PhD: *Effect of oestrogen on protein synthesis in tendon and skeletal muscle - at rest and in response to exercise*. Faculty of Health Sciences, Institute of Sports Medicine, University of Copenhagen (KU). Supervisor: Prof. Michael Kjaer.

2003 M. Sc. in Human Nutrition, KU.
Master thesis title: *Effect of growth hormone on energy metabolism and body composition in health, lean trained men at rest and during exercise*. KU. Supervisors: Prof. Arne Astrup & Prof. Michael Kjaer.

2000 B.Sc. in Sport and Health, University of Southern Denmark.

CURRENT POSITION

2025- Professor, Department for Public Health, Aarhus University (AU)

PREVIOUS POSITIONS

2012-2025 Associate Professor, Department for Public Health, AU
2009-2012 Postdoc Institute of Sports Medicine, Copenhagen
2003-2004 Research Assistance, Institute of Sports Medicine, Copenhagen

MATERNITY LEAVES

1. Feb 2014 – 1. Jan 2015 (11 mo) and 1. Aug 2010 – 1. April 2011 (8 months)

FELLOWSHIPS AND AWARDS

2024 Nominated to the Minister of Culture's Sport Award.
2019 Nominated to AU Jubilee Fund Research Dissemination Award.
2006 Young Investigator Award (1. Prize), European College of Sport Science.
2005/06/08/12 Oral research competitions at Danish Sports Medicine Society/Scandinavian Sport Medicine Society (1. Prize in 2005 & 2006. 2. Prize in 2008 & 2012).

MANAGEMENT EXPERIENCE

Have obtained funding and been PI on 14 projects funded by grants +0.5 mill. d.kr.

FUNDING AS MAIN APPLICANT

22.498.112 d.kr received from various funding bodies including The Danish Council of Independent research – Medical Sciences.
+ 1 PhD Scholarship from Innovation Foundation Denmark and 2 from Faculty of Health, AU.
+ PhD Scholarship & ½ yr salary as research assistant from Danish Rheumatism Association.

SCIENTIFIC FOCUS AREAS

Effects of endogenous and exogenous female hormones on 1) skeletal muscle metabolism at rest and in response to physical training, 2) health-related parameters, and 3) physical performance in interaction with nutrition.

PUBLICATIONS - summary

H-index 38 and Citations 5049 (Researchgate.net 1. Sept 2025. H-index 32 and citations 3635 (Web of Science. 1. Spetember 2025).

Publications in per rewieved journals: 111; Original papers 91. Reviews 18. Editorial 2 (including 17 first authorships, 42 last authorship, 53 articles as corresponding author). In addition, 10 book chapter in national and international scientific books.

TEACHING & SUPERVISION

- Main supervisor for 5 awarded Ph.D (1 running Ph.D.) & 2 postdocs (2017-22, 2022-)
- Co-supervisor for 2 awarded Ph.D (and 4 running Ph.D).
- Supervisor for 144 students in bachelor projects.
- Supervisor for 42 students in master thesis.
- 109 pregraduate courses (responsible in 30)
- 47 post-graduate courses (responsible in 7)
- 9 Ph.D. courses (one course in Berlin, Germany)

INTERNATIONAL RELATIONS (selected)

Prof. Stuart Phillips, McMaster University, Canada. Expertise: Protein Metabolism
Prof. Kirsty Elliott, Machester Metopolitan University, UK. Expertise: Female Endocrinology and Exercise Physiology (on-going female athlete project consortium)
Professor Anna Melin, Linnæus University. Expertise: Low Energy Availability in Sport
Professor Olivier Seynnes (on-going oral contraceptive study). Expertise: Tendon

Memberships and steering committees of scientific societies

2021-	Member, *The international female athlete network*
2021-	Member, *The Female Athlete Project Consortium* (international)
2020-	Team Denmark research network "Training Models and Competition Preparation" (partner)
2019-22	Board member in *European Sport Nutrition Society* (ESNS)
2018-	Steering group member: *Scandinavian Network for Elite Sport*
2016-	Member of Reviewer Panel, *European College of Sports Science* (ECSS)

OTHER SCIENTIFIC QUALIFICATIONS

Organizer of seminar/conferences: ESNS conferences, *Sportkongres 2012-20 og 23-24. Scandinavian Sport Nutrition. Seminar 2018*, Seminar, *Protein, Training & Weight loss 2015,*

Institutional responsibilities

2025-	Network for Research in Women's Health, AU (steering committee)
2019 –	Network for Diet and Nutrition. Faculty of Health, AU (vice-chair)
2019 –	Faculty of Health representative, steering committee, AU Food Platform, AU
2016-	Scientific Evaluation, AU (Two Assistant professor positions. One post doc position. Four PhD Scholarships. Three research assistant positions)
2014-	Evaluator of 16 Ph.D dissertations + chairman of 9 Ph.D. dissertation committees.
2020-21	Appointed as member of the Academic Council, AU 2020-21.