

Persönliche Angaben

Geboren: 9. Juli 1976 in Gießen

E-mail: sabine.schaefer@uni-saarland.de



Ausbildung

- | | |
|-------------|--|
| 2002 - 2004 | Fellow der International Max Planck Research School (IMPRS), „The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)“ |
| 1996 - 2001 | Psychologiestudium an der Freien Universität, Berlin |

Akademische Abschlüsse

- | | |
|------|---|
| 2005 | Dr. phil.
Summa cum laude
Freie Universität Berlin
Mitglieder des Dissertationskommittees: Paul B. Baltes (Betreuer), Nina Knoll, Ulman Lindenberger, Herbert Scheithauer, Peter Walschburger
Doktorarbeit „Concurrent cognitive and sensorimotor performance: A comparison of children and young adults“ |
| 2001 | Diplom in Psychologie
Abschlussnote 1,0
Freie Universität Berlin
Diplomarbeit „Age differences in the regulation of action sequences“ (Betreuer: Ulman Lindenberger) |

Berufserfahrung

April 2016 bis heute	W2-Professorin für Bewegungswissenschaft (Motorik und Kognition) an der Universität des Saarlandes
April 2015 bis März 2016	Juniorprofessorin für Exercise Psychology, Sportwissenschaftliche Fakultät der Universität Leipzig
April 2007 bis März 2015	Wissenschaftliche Mitarbeiterin und Forschungsgruppenleiterin, Projekt „Motorische und kognitive Entwicklung“, Max-Planck-Institut für Bildungsforschung, Berlin
2005 - 2007	Postdoktorandin, Projekt „Sensorimotor-Cognitive Couplings“ (PI: Ulman Lindenberger & Martin Lövdén), Max-Planck-Institut für Bildungsforschung, Berlin
2001 - 2004	Doktorandin, Projekt „Sensorimotor-Cognitive Couplings“ (PI: Paul B. Baltes & Ralf Krampe), Max-Planck-Institut für Bildungsforschung, Berlin
2000 - 2001	Studentische Hilfskraft im Projekt “The Interplay of Sensorimotor and Cognitive Functioning” (PI: Paul B. Baltes und Ralf Krampe), Max-Planck-Institut für Bildungsforschung, Berlin
1998 - 2000	Studentische Hilfskraft im Projekt “Memory and Intelligence in Development” (MIND) (PI: Ulman Lindenberger), Max-Planck-Institut für Bildungsforschung, Berlin

Veröffentlichungen

Schaefer, S., & Leisge, K. (im Druck). Who misses the target when thinking? Soccer expertise influences shooting-accuracies under cognitive load. *International Journal of Sport and Exercise Psychology*.

Pelzer, F., Leisge, K., Kaczmarek, C., & Schaefer, S. (2025). Spectators lead to

overconfidence in males in a motor task. *Scientific Reports*, 15, 32449.
<https://doi.org/10.1038/s41598-025-18048-0>

Leisge, K., Heggenberger, A., Kaczmarek, C., Pitsch, W., & Schaefer, S. (im Druck). Tracing the lines of deceit. Male cheating behavior increases in online versus face-to-face environments over time. *Acta Psychologica*.

Heggenberger, A., Vieweg, J., & Schaefer, S. (im Druck). Age simulation effects on full-body motor sequence learning. *Psychology and Aging*.

Schaefer, S., Zentgraf, K., & Steel, K. A. (2025). Editorial: Cognitive and motor skills in sports. *Frontiers in Psychology*, 16, 1629218.
<https://doi.org/10.3389/fpsyg.2025.1629218>

Schaefer, S. (2025). Embodied counting: Touching objects reduces errors in counting under cognitive load. *Journal of Cognitive Enhancement*.
<https://doi.org/10.1007/s41465-025-00321-9>

Meha, R., Obërtinca, R., aus der Fünten, K., Leisge, K., & Schaefer, S. (2025). A new injury prevention program 'FUNBALL' improves cognitive performance of young football (soccer) players: A cluster randomized controlled trial. *Psychology of Sport and Exercise*, 76, 102743.
<https://doi.org/10.1016/j.psychsport.2024.102743>

Leisge, K., Kaczmarek, C., & Schaefer, S. (2024). How often do you cheat? Dispositional influences and intrapersonal stability of dishonest behavior. *Frontiers in Psychology*, 15, 1297058.
<https://doi.org/10.3389/fpsyg.2024.1297058>

Monz, A., Morbe, K., Klein, M., & Schaefer, S. (2023). Mutual interference between memory encoding and motor skills: The influence of motor expertise and age. *Frontiers in Psychology*, 14, 1196978.
<https://doi.org/10.3389/fpsyg.2023.1196978>

Engler, C., Pelzer, F., Kaczmarek, C., & Schaefer, S. (2023). Effects of spectators on the performance of a dance routine. *German Journal of Exercise and Sport Research*. <https://doi.org/10.1007/s12662-023-00929-z>

Amico, G., Braun, T., & Schaefer, S. (2023). Can acute resistance exercise facilitate episodic memory encoding? *Current Psychology*, 42, 10910–10923.
<https://doi.org/10.1007/s12144-021-02352-9>

Schaefer, S., Riediger, M., Li, C.-S. R., & Lindenberger, U. (2023). Too easy, too hard, or just right: Task-difficulty choices differ by age and gender. *International Journal of Behavioral Development*, 47(3), 253–264.

<https://doi.org/10.1177/01650254231160126>

Vieweg, J., Panzer, S., & Schaefer, S. (2023). Effects of age simulation and age on motor sequence learning: Interaction of age-related cognitive and motor decline. *Human Movement Science*, 87, 103025. <https://doi.org/doi.org/10.1016/j.humov.2022.103025>

Schaefer, S., Bill, D., Hoor, M., & Vieweg, J. (2023). The influence of age and age simulation on task-difficulty choices in motor tasks. *Aging, Neuropsychology, and Cognition*, 30(3), 429-454. <https://doi.org/10.1080/13825585.2022.2043232>

Amico, G., & Schaefer, S. (2022). Tennis expertise reduces costs in cognition but not in motor skills in a cognitive-motor dual-task situation. *Acta Psychologica*, 223, 103503. <https://doi.org/10.1016/j.actpsy.2022.103503>

Schaefer, S., & Amico, G. (2022). Table tennis expertise influences dual-task costs in timed and self-initiated tasks. *Acta Psychologica*, 223, 103501. <https://doi.org/10.1016/j.actpsy.2022.103501>

Kaczmarek, C., Schmidt, A., Emperle, A.-S., & Schaefer, S. (2022). The influence of social contexts on motor and cognitive performance: Performing alone, in front of others, or co-acting with others. *Journal of Sport and Exercise Psychology*, 44(2), 77-85. <https://doi.org/10.1123/jsep.2021-0101>

Schaefer, S., Ohlinger, C., & Frisch, N. (2021). Choosing an optimal motor-task difficulty is not trivial: The influence of age and expertise. *Psychology of Sport and Exercise*, 57, 102031. <https://doi.org/10.1016/j.psychsport.2021.102031>

Amico, G., & Schaefer, S. (2021). Implementing full body movements in a verbal memory task: Searching for benefits but finding mainly costs. *Mind, Brain, and Education*, 15(2), 211-219. <https://doi.org/10.1111/mbe.12284>

Möhring, W., Klupp, S., Zumbrennen, R., Segerer, R., Schaefer, S., & Grob, A. (2021). Age-related changes in children's cognitive-motor dual-tasking: Evidence from a large, cross-sectional sample. *Journal of Experimental Child Psychology*, 206, 105103. <https://doi.org/10.1016/j.jecp.2021.105103>

Amico, G., & Schaefer, S. (2021). Negative effects of embodiment in a visual spatial working memory task in children, young adults, and adults. *Frontiers in Psychology*, 12, 688147. <https://doi.org/10.3389/fpsyg.2021.688174>

Möhring, W., Klupp, S., Segerer, R., Schaefer, S., & Grob, A. (2020). Effects of various executive functions on adults' and children's walking. *Journal of*

Experimental Psychology: Human Perception and Performance, 46, 629-642.
<https://doi.org/10.1037/xhp0000736>

Vieweg, J., & Schaefer, S. (2020). How an age simulation suit affects motor and cognitive performance and self-perception in younger adults. *Experimental Aging Research*, 46, 273-290.
<https://doi.org/10.1080/0361073X.2020.1766299>

Amico, G., & Schaefer, S. (2020). Running during encoding improves word learning for children. *Frontiers in Psychology*, 11, 684.
<https://doi.org/10.3389/fpsyg.2020.00684>

Amico, G., & Schaefer, S. (2020). No evidence for performance improvements in episodic memory due to fidgeting, doodling or a "neuro-enhancing" drink. *Journal of Cognitive Enhancement*, 4, 2-11. <https://doi.org/10.1007/s41465-019-00124-9>

Schaefer, S., & Scornaienchi, D. (2019). Table tennis experts outperform novices in a demanding cognitive-motor dual-task situation. *Journal of Motor Behavior*, 52, 204-213. <https://doi.org/10.1080/00222895.2019.1602506>

Schaefer, S. (2019). Embodiment helps children solve a spatial working memory task: Interactions with age and gender. *Journal of Cognitive Enhancement*, 3, 233-344. <https://doi.org/10.1007/s41465-018-0081-4>

Schaefer, S. (2019). Werde ich das schaffen? Unter- und Überschätzung der eigenen Fähigkeiten im Alltag. *InMind*, 3.

Schaefer, S. (2018). Why is it difficult to cross the street while talking? *Frontiers for Young Minds*, 6, 30. <https://doi.org/10.3389/frym.2018.00030>

Meeusen, R., Schaefer, S., Tomporowski, P., & Bailey, R. (Hrsg.). (2018). *Physical activity and educational achievement: Insights from exercise neuroscience*. London: Routledge.

Walter, N. & Schaefer, S. (2018). A review of laboratory studies on the effects of movement and exercise on cognition in children (pp. 187-190). In R. Meeusen, S. Schaefer, P. Tomporowski & R. Bailey (Hrsg.) *Physical activity and educational achievement: Insights from exercise neuroscience*. Taylor & Francis.

Kray, J. & Schaefer, S. (2018). Mittlere und späte Kindheit (6-11 Jahre). In W. Schneider & U. Lindenberger (Hrsg.), *Entwicklungspsychologie* (8. Auflage, pp. 215-238). Weinheim: Beltz.

- Bierbauer, W., Inauen, J., Schaefer, S., Kleemeyer, M. M., Lüscher, J., König, C., Tobias, R., Kliegel, M., Zimmerli, L., Holzer, B. M., Battegay, E., Siebenhüner, K., Ihle, A., Schmid, C., Scholz, U. (2017). Health behavior change in older adults: Testing the Health Action Process Approach at the inter- and intraindividual level. *Applied Psychology: Health and Well-Being*, *9*, 324-348. <https://doi.org/10.1111/aphw.12094>
- Kleemeyer, M. M., Polk, T. A., Schaefer, S., Bodammer, N. C., Brechtel, L., & Lindenberger, U. (2017). Exercise-induced fitness changes correlate with changes in neural specificity in older adults. *Frontiers in Human Neuroscience*, *11*, 1-8. <https://doi.org/10.3389/fnhum.2017.00123>
- Kleemeyer, M., Kühn, S., Prindle, J., Bodammer, N. C., Brechtel, L., Garthe, A., Kempermann, G., Schaefer, S., & Lindenberger, U. (2016). Changes in fitness are associated with changes in hippocampal microstructure and hippocampal volume among older adults. *NeuroImage*, *131*, 155-161. <https://doi.org/10.1016/j.neuroimage.2015.11.026>
- Schaefer, S., Kleemeyer, M. & Lindenberger, U. (2015). Kognition und Motorik über die Lebensspanne: Doppelaufgabenstudien und eine Fitnessintervention. *Leipziger Sportwissenschaftliche Beiträge*, *56*, 114-125.
- Schaefer, S., Jagenow, D., Verrel, J. & Lindenberger, U. (2015). The influence of cognitive load and walking speed on gait regularity in children and young adults. *Gait and Posture*, *41*, 258-262. <https://doi.org/10.3389/fpsyg.2014.01167>
- Schaefer, S., Schellenbach, M., Lindenberger, U., & Woollacott, M. (2015). Walking in high-risk settings: Do older adults still prioritize gait when distracted by a cognitive task? *Experimental Brain Research*, *233*, 79-88. <https://doi.org/10.1007/s00221-014-4093-8>
- Schaefer, S. (2014). The ecological approach to dual-task research: Findings on the effects of expertise and age. *Frontiers in Psychology*, *5*, 1-9. <https://doi.org/10.3389/fpsyg.2014.01167>
- Wenger, E., Mårtensson, J., Noack, H., Bodammer, N. C., Kühn, S., Schaefer, S., Heinze, H.-J., Düzel, E., Bäckman, L., Lindenberger, U., & Lövdén, M. (2014). Comparing manual and automatic segmentation of hippocampal volumes: Reliability and validity issues in younger and older brains. *Human Brain Mapping*, *35*, 4236-4248. <https://doi.org/10.1002/hbm.22473>
- Riediger, M., Voelkle, M., Schaefer, S. & Lindenberger, U. (2014). Charting the life course: Age differences and validity of beliefs about lifespan development. *Psychology and Aging*, *29*, 503-520. <https://doi.org/10.1037/a0036228>

Schaefer, S. & Lindenberger, U. (2013). Thinking while walking: Experienced high-heel walkers flexibly adjust their gait. *Frontiers in Psychology*, 4, 1-7. <https://doi.org/10.3389/fpsyg.2013.00316>

Kray, J. & Schaefer, S. (2012). Mittlere und späte Kindheit (6-11 Jahre). In W. Schneider & U. Lindenberger (Hrsg.), *Entwicklungspsychologie* (7. Auflage, ehemals Oerter & Montada; pp. 211-234). Weinheim: Beltz.

Wenger, E., Schaefer, S., Noack, H., Kühn, S., Martensson, J., Heinze, H.-J., Düzel, E., Bäckman, L., Lindenberger, U., & Lövdén, M. (2012). Cortical thickness changes following spatial navigation training in adulthood and aging. *NeuroImage*, 59, 3386-3397. <https://doi.org/10.1016/j.neuroimage.2011.11.015>

Lövdén, M., Schaefer, S., Noack, H., Bodammer, N. C., Kühn, S., Heinze, H.-J., Düzel, E., Bäckman, L. & Lindenberger, U. (2012). Spatial navigation training protects the hippocampus against age-related changes during early and late adulthood. *Neurobiology of Aging*, 33, 620.e9-620.e22. <https://doi.org/10.1016/j.neurobiolaging.2011.02.013>

Krampe, R. Th., Schaefer, S., Lindenberger, U., & Baltes, P. B. (2011). Lifespan changes in multi-tasking: Concurrent walking and memory search in children, young, and older adults. *Gait and Posture*, 33, 401-405. <https://doi.org/10.1016/j.gaitpost.2010.12.012>

Schaefer, S. & Schumacher, V. (2011). The interplay of cognitive and motor functioning in healthy older adults: Findings from dual-task studies and suggestions for intervention. *Gerontology*, 57, 239-246. <https://doi.org/10.1159/000322197>

Lövdén, M., Schaefer, S., Noack, H., Kanowski, M., Kaufmann, J., Tempelmann, C., Bodammer, N. C., Kühn, S., Heinze, H.-J., Lindenberger, U., Düzel, E. & Bäckman, L. (2011). Performance-related increases in hippocampal N-acetylaspartate (NAA) induced by spatial navigation training are restricted to BDNF val homozygotes. *Cerebral Cortex*, 21, 1435-1442. <https://doi.org/10.1093/cercor/bhq230>

Lövdén, M., Bäckman, L., Lindenberger, U., Schaefer, S. & Schmiedek, F. (2010). A theoretical framework for the study of adult cognitive plasticity. *Psychological Bulletin*, 136, 659-676. <https://doi.org/10.1037/a0020080>

Schaefer, S., Lövdén, M., Wieckhorst, B., & Lindenberger, U. (2010). Cognitive performance is improved while walking: Differences in cognitive-sensorimotor couplings between children and young adults. *European*

Journal of Developmental Psychology, 7, 371-389.
<https://doi.org/10.1037/0012-1649.44.3.747>

Schaefer, S., Krampe, R. Th., & Lindenberger, U. (2009). Gleichzeitig Balancieren und Denkaufgaben bearbeiten: Altersunterschiede zwischen Kindern und jungen Erwachsenen. In V. Nagel & V. Lippens (Hrsg.), *Sportwissenschaft und Sportpraxis: Gleichgewichts-Leistungen im Handlungsbezug. Aktuelle Arbeiten aus der Gleichgewichtsforschung* (pp. 13-24). Hamburg: Czwalina-Verlag.

Verrel, J., Lövdén, M., Schellenbach, M., Schaefer, S., & Lindenberger, U. (2009). Interacting effects of cognitive load and adult age on the regularity of whole-body motion during treadmill walking. *Psychology and Aging*, 24, 75-81. <https://doi.org/10.1037/a0014272>

Huxhold, O., Schäfer, S., & Lindenberger, U. (2009). Wechselwirkungen zwischen Sensomotorik und Kognition im Alter: Überblick über ein internationales Forschungsfeld. *Zeitschrift für Gerontologie und Geriatrie*, 42, 93-98. <https://doi.org/10.1007/s00391-008-0566-3>

Schaefer, S., Krampe, R. Th., Lindenberger, U., & Baltes, P. B. (2008). Age differences between children and young adults in the dynamics of dual-task prioritization: Body (balance) vs. mind (memory). *Developmental Psychology*, 44, 747-757. <https://doi.org/10.1037/0012-1649.44.3.747>

Lövdén, M., Schaefer, S., Pohlmeier, A., & Lindenberger, U. (2008). Walking variability and working memory load in aging: A dual-process account relating cognitive control to motor control performance. *Journal of Gerontology: Psychological Science*, 63B, P121- P128. <https://doi.org/10.1093/geronb/63.3.P121>

Lindenberger, U., & Schaefer, S. (2008). Erwachsenenalter und Alter. In R. Oerter & L. Montada (Hrsg.), *Entwicklungspsychologie* (6. Auflage, pp. 366-409). Weinheim: Beltz.

Schaefer, S. & Bäckman, L. (2007). Normales und pathologisches kognitives Altern. In J. Brandtstädter & U. Lindenberger (Hrsg.), *Lehrbuch zur Entwicklungspsychologie der Lebensspanne*. Stuttgart: Kohlhammer.

Schaefer, S., Huxhold, O., & Lindenberger, U. (2006). Healthy mind in healthy body? A review of sensorimotor-cognitive interdependencies in old age. *European Review of Aging and Physical Activity*, 3, 45-54. <https://doi.org/10.1007/s11556-006-0007-5>

Manuskripte in Vorbereitung

Leisge, K., Welsch, L., Pitsch, W., & Schaefer, S. (in Überarbeitung). Framing effects and social context as the determinants of dishonest behavior.

Heggenberger, A., Harth, P., Schaefer, S., & Kaczmarek, C. (eingereicht). Simulating sensorimotor aging: Impact on gait and cognitive-motor dual-task performance.

Kaczmarek, C., Pelzer, F., Engler, C., Ziegler, A., Bohnenberger, C., & Schaefer, S. (eingereicht). Balancing in front of a virtual audience: Social facilitation or visual fixation effects?

Leisge, K., Pitsch, W., & Schaefer, S. (eingereicht). Spotting the difference from lab to screen: How social distance and anonymity affect dishonesty.

Wahl, H.-W., Gerstorf, D., Schaefer, S., & Brunner, R. (in Vorbereitung). Frühe Risiko- und Schutzfaktoren menschlicher Entwicklung und ihre lebenslangen Auswirkungen. Buch in der Reihe "Entwicklungspsychologie über die Lebensspanne".

Mitglied des Editorial Boards

Frontiers in Psychology: Movement Science and Sport Psychology

Ad-hoc Rewiever

Age (Journal for the American Aging association)

Aging, Neuropsychology, and Cognition

Applied Developmental Psychology

Archives of Physical Medicine and Rehabilitation

Behavior and Brain Functions

Brain, Mind, and Education

Developmental Psychology

Disability and Rehabilitation

Ergonomics

European Journal of Applied Physiology

European Journal of Developmental Psychology

European Journal of Sport Sciences

Exercise and Sport Science Reviews
Experimental Brain Research
Experimental Child Psychology
Experimental Gerontology
Frontiers in Human Neuroscience
Frontiers in Neuroscience
Frontiers in Psychology
German Journal of Exercise and Sport Research
Gerontology
GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry
Human Brain Mapping
Innovations in Aging
International Journal of Aging and Human Development
Journal of Experimental Child Psychology
Journal of Experimental Psychology: General
Journal of Gerontology: Psychological Science
Journal of Motor Behavior
Journal of Psychophysiology
Journal of Speech, Language, and Hearing Research
Journal of the American Aging Association
Medicine and Science in Sports and Exercise
Memory
Motor Control
Multisensory Research
Nature
Neurobiology of Learning and Memory
NeuroImage
Neuropsychological Rehabilitation
Neuroscience Letters
Perceptual and Motor Skills
PLOS One
Psychological Research
Psychology and Aging
Psychology of Sport and Exercise
Research Quarterly for Exercise and Sport
Scandinavian Journal of Medicine and Science in Sports
Sports Biomechanics
Sports Medicine
Sportwissenschaft
Stroke
Zeitschrift für Sportpsychologie

Reviewer für Forschungsförderung

Deutsche Forschungsgemeinschaft (DFG)
Ministry of Science, Technology, and Space, Israel
Research Grants Council, Hong Kong, China
Swiss National Science Foundation
Wellcome Trust

Professionelle Anbindungen

Deutsche Gesellschaft für Psychologie (DGPs)
Arbeitsgemeinschaft für Sportpsychologie (ASP)

Betreuung von Dissertationen

Fabian Pelzer (seit Januar 2025, Universität des Saarlandes)
Anna Heggenberger (seit Juni 2023, Universität des Saarlandes)
Kai Leisge (seit April 2022, Universität des Saarlandes)
Rina Meha (seit Juli 2020, Universität des Saarlandes; externe Dissertation)
Janine Vieweg (Verteidigung 2022, Universität des Saarlandes)
Gianluca Amico (Verteidigung 2020, Universität des Saarlandes)
Maike Kleemeyer (Verteidigung 2017, Humboldt Universität Berlin,
Betreuung zusammen mit Ulman Lindenberger)