



Professor Annette Schmidt

C I S M A C A D E M Y M E M B E R

Annette Schmidt studied biology at the University of Cologne, Germany. During her Diploma thesis (Dipl. Biol.) and her promotion (Ph.D.) at the Institute of Anatomy and Cell Biology at Cologne University Hospital, she deepened her scientific focus on physiology, molecular and stem cell biology. At the German Sport University Cologne, where she completed her habilitation, she devoted herself to molecular and cellular sports medicine with a special focus on stem cell biology.

Parallel to her scientific career, she completed her military service in the German Armed Forces. At the Institute of Pharmacology and Toxicology of the Bundeswehr, she specialized in research into the detection and treatment of chemical warfare agents. She qualified as a platoon leader for commanding units that detect chemical warfare agents in realistic scenarios and take forensic samples.

With her move to the University of the Bundeswehr Munich, her active military status ended with the rank of lieutenant colonel, and she transferred to the reserve. She has been a professor of sports biology since 2020. Her research focuses on the biological foundations of functional fitness. At the same time, she is dedicated to educating students and military personnel on these topics. A central focus of her work is promoting young scientists. She published >100 peer-reviewed publications, is heavily involved in various scientific advisory boards within the German Armed Forces, is a member of the NATO Research Task Group for Non-Battle Injuries, a member of the board of Directors of the Smart Digital Health Research Center and Founder of the Competence Center for Functional Fitness at the University of the Bundeswehr Munich.

Her sporting career began in vaulting. She was a member of the German national team and has extensive experience in high-performance sport. Today, functional fitness is at the center of her sporting activities, for which she also holds the relevant coach licenses. She heads the largest German military functional fitness center and supervises the German CISM team functional fitness. Under her leadership, the annual national CISM competition in functional fitness takes place at the University of the Bundeswehr Munich.