

# CURRICULUM VITAE

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## Personal Information:

Name: Bernhard "Billy" Franzke  
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Email: [bernhard.franzke@univie.ac.at](mailto:bernhard.franzke@univie.ac.at)  
Date of Birth: June 6<sup>th</sup>, 1981  
Citizenship: Austria

## Current position:

Scientific assistant at the Department of Nutritional Sciences, Faculty of Life Sciences, University of Vienna. Co-coordinator at the research platform "Active Ageing" – an intervention study on the effects of exercise and nutrition in the elderly. PhD-student of Nutritional & Sports Sciences.

## Education:

1999 Graduation Highschool, Wr. Neustadt, Austria  
2000-2005 Bachelor Sports Science, University of Vienna, Austria  
2005-2008 Master Sports Science, University of Vienna, Austria  
(Master Thesis "Proprioceptive training of the arms")  
from 2008 Doctoral Studies Sports Science & Nutritional Science,  
University of Vienna, Austria  
(PhD Thesis "Effects of training and nutrition on DNA damage  
and DNA stability in the elderly")

## Career:

from 2011 Employee at the research platform "Active Ageing", Department  
of Nutritional Sciences, University of Vienna, Austria  
from 2010 Vienna City Boot Camp, Founder & Head Coach, Vienna,  
Austria  
from 2008 INSPOSO (Individual Sports Solution), Freelancer, Vienna,  
Austria  
2006-2011 University Sports Institute (USI), Lecturer & Instructor, Vienna,  
Austria  
2009-2011 Life, Institut for Health Promotion, Head Coach, Baden, Austria

## Research Interests:

- (1) The effects of training and nutrition on ageing.
  - a. DNA damage
  - b. Cell mutation
  - c. Mechanistic effects
- (2) Mechanistic reactions and adaptations on training and nutrition.
  - a. RNA/DNA modification

- b. Growth factors
- c. Hormones
- d. Physiological adaptation limitations

**Professional Qualifications:**

- PC: Word, Excel, Power Point, SPSS, Inkscape
- Languages: German, English, French, Spanish
- NLP Practitioner
- Training & exercise: Specialist in body forming, weight management & performance improvement