

## Education

- 2013-2017 PhD student at the Department of Human and Social Sciences, NEXS, UCPH. Title: "Work-Life Balance" – and Healthy Everyday Life?
- 2005-2012 Cand. scient. Humanities and Social Sport Sciences, UCPH. Minor subject in Psychology in University of Copenhagen

## Employments

- 2023- Associate Professor in Social Medicine, Department for Public Health, UCPH
- 2023-2023 Associate Professor in Sport, Individual and Society, NEXS, UCPH
- 2021-2023 Assistant Professor in Sport, Individual and Society, NEXS, UCPH
- 2013-2017 PhD student at Sport, Subject and Society, NEXS, UCPH
- 2017-2020 Post Doc in Sport, Individual and Society, NEXS, UCPH
- 2012-2013 Research Assistant, Copenhagen Centre of Team Sport and Health, NEXS, UCPH

## Selected scientific teaching

- 2021- Lecturer in Theory 2, Masters' programme, NEXS, UCPH
- 2020-2021 Lecturer in Qualitative methods, Masters Programme, NEXS, UCPH
- 2020-2021 Lecturer, Innovation, Evidence and Project design, NEXS, UCPH
- 2020- Course responsible, Sport, Body and Media, BA course, NEXS, UCPH
- 2020- Supervisor for several master students and BA projects
- 2014-2016 Group teacher in Culture of Sport and Movement, NEXS, UCPH
- 2014-2015 Group teacher, Theory of Science, NEXS, UCPH

## Funding

- Aase og Einar Danielsens Fonden, Menopause, 2023-2024, PI, 400.000DKK
- Absalon Fonden af 1. maj 1978, Menopause, 2023-2026, PI, 800.000DKK
- Crowdfunding, Research in Menopause, PI, 200.000 DKK
- Sygesikring "danmark", Women in healthy transition, 2021-2026, CO-I, 2.939.749DKK
- The Ministry of Culture, DK, Middle-aged women and everyday life, 2017-2020, PI, 778.867DKK

## Board memberships and the like

- 2015-2017 PhD representant at the PhD Committee at SCIENCE, UCPH
- 2014-2017 Member of the PhD council at NEXS, UCPH
- 2012 Member of Appeals Committee as regard the grade of a master thesis, NEXS, UCPH
- 2011-2012 Deputy member in the board of DIFO

## Publications

### **Anvendelsesorienteret tilgang til teori gennem studerendes egen empiri. At skabe grobund for dybdelæring af sociologiske kvalitative analytiske kompetencer**

Hybholt, Maria, 2024, *Improving University Science Teaching and Learning - Pedagogical Projects 2023*. 1 ed. University of Copenhagen, Vol. 19. 15 p. (Improving University Science Teaching and Learning).

### **The Civilized Bodies of Middle-Aged Women: A Qualitative Study of Participation in an Exercise Intervention in Denmark**

Hybholt, Maria, 2024, In: *Journal of Aging and Physical Activity*. 32, 3, p. 387–396 10 p.

### **Middle Aged Men in Lycra and the performative irony of watching Tour de France**

Wagner, Ulrik, Frydendal, S. & Hybholt, Maria, 2023, In: *Communication and Sport*. 11, 6, p. 1102-1120

### **Emotional aspects of physical (in)activity throughout women's lifecourse**

Hybholt, Maria, 2022.

**Exercise in the time bind of work and family. Emotion management of personal leisure time among middle-aged Danish women**

Hybholt, Maria, Ottesen, Laila Susanne & Thing, L. F., 2022, In: Leisure Studies. 41, 2, p. 231-246 16 p.

**Psychological and social health outcomes of physical activity around menopause: A scoping review of research**

Hybholt, Maria, 2022, In: Maturitas. 164, p. 88-97 10 p.

**Qualitative research in sports studies: challenges, possibilities and the current state of play**

Evans, Adam B., Barker-Ruchti, N., Blackwell, J., Clay, Georgia Emily, Dowling, F., Frydendal, S., Hybholt, Maria, Hausken-Sutter, S. E., Lennes, V., Malcolm, D., Phoenix, C., Smith, B., Svendler Nielsen, Charlotte, Wilcock, Laura, Williams, O. & Winther, Helle, 2021, In: European Journal for Sport and Society. 18, 1, p. 1-17 17 p.

**Football Fitness - for the sake of one's health? The perspectives of female players**

Thing, L. F., Hybholt, Maria, Jensen, Andorra Lynn & Ottesen, Laila Susanne, 2020, In: Qualitative Research in Sport, Exercise and Health. 12, 1, p. 63-75 13 p.

**The rationalization of leisure time - the scarcity of emotional excitement in a health promoting exercise intervention for women**

Hybholt, Maria & Thing, L. F., 2019, In: Annals of Leisure Research. 22, 4, p. 532-549 18 p.

**Kvinder, sundhed og træning i det tidspressede hverdagsliv: En mikrosociologisk undersøgelse af midaldrende kvinders deltagelse i en forskningsbaseret træningsintervention med spinning.**

Hybholt, Maria, 6 Dec 2017, København: Institut for Idræt og Ernæring, Det Natur- og Biovidenskabelige Fakultet, Københavns Universitet. 355 p.

**The empty changing rooms: A study of the reformalization process of clothes changing and showering in relation to PE among Danish upper secondary school students**

Nielsen, S. F., Hybholt, Maria & Thing, L. F., Dec 2017, (Accepted/In press).

**'Football Fitness': constraining and enabling possibilities for the management of leisure time for women**

Thing, L. F., Hybholt, Maria, Jensen, Andorra Lynn & Ottesen, Laila Susanne, 2017, In: Annals of Leisure Research. 20, 4, p. 427-445 19 p.

**Krop og civilisering: Om unge danske pigers forhold til den nøgne krop i forbindelse med omklædning**

Hybholt, Maria & Thing, L. F., 2017, In: Tidsskrift for professionsstudier. 26, p. 46-55 10 p.

**Time to become physical active? The complexity of everyday life in middle-aged women**

Hybholt, Maria, Ottesen, Laila Susanne & Thing, L. F., 25 Aug 2015.

**'Football Fitness': Constraining and enabling possibilities for the management of leisure time for middle aged women**

Thing, L. F., Hybholt, Maria & Ottesen, Laila Susanne, 25 Aug 2015. 1 p.

**Pigernes selvkontrollerede og skamfulde krop: i badning efter gymnasieidræt**

Hybholt, Maria, 2015, In: GISP. 156, p. 26-28 3 p.

**Football Fitness: constraining and enabling possibilities for the management of leisure time for middle aged women**

Thing, L. F., Hybholt, Maria & Ottesen, Laila Susanne, 14 Aug 2014. 1 p.

**"Football Fitness": A quest for excitement or a leisure routinisation?**

Thing, L. F., Hybholt, Maria & Ottesen, Laila Susanne, 2014, *From the Past to the Present and Towards Possible Futures: The Collected Works of Norbert Elias. Norbert Elias Conference 2014, Friday 20- Sunday 22 June 2014, College Court Conference Centre, University of Leicester.* Leicester, UK: University of Leicester, p. 94 1 p.

**Football fitness for the sake of one's health? The perspectives of female players**

Thing, L. F., Ottesen, Laila Susanne & Hybholt, Maria, 2014, *European Association for Sociology of Sport Conference 2014 (Book of Abstracts): Changing Landscapes in Sport: Dynamics, Hybridities and Resistance*. Utrecht: The Mulier Institute, University of Utrecht, p. 110 1 p.

**Activities****Høring i Folketingets Sundhedsudvalg om overgangsalder**

Hybholt, Maria (Participant)  
17 Apr 2024

**Section of Social Medicine (Organisational unit)**

Hybholt, Maria (Member)  
1 Dec 2023

**European Sociological Association RN16 Midterm Conference**

Hybholt, Maria (Participant)  
24 May 2023 → 26 May 2023

**European Sociological Association (External organisation)**

Hybholt, Maria (Member)  
2023 → ...

**Censorkorpset for Idræt (External organisation)**

Hybholt, Maria (Member)  
2022 → ...

**ESA 12th Conference of the European Sociological Association 2015**

Hybholt, Maria (Participant)  
25 Aug 2015 → 28 Aug 2015

**EASS 12th European Association for Sociology of Sport Conference**

Hybholt, Maria (Participant)  
10 Jun 2015 → 14 Jun 2015

**27th Conference of the Nordic Sociological Association**

Hybholt, Maria (Participant)  
14 Aug 2014 → 16 Aug 2014

**From Past to Present to Possible Futures**

Hybholt, Maria (Participant)  
20 Jun 2014 → 22 Jun 2014

**European Association for Sociology of Sport**

Hybholt, Maria (Participant)  
7 May 2014 → 10 May 2014