

## Uddannelse

- 2013-2017 Ph.d.-studerende i sektionen Idræt, Individ og Samfund, NEXS, KU Titel: "Work-Life Balance" – og det sunde hverdagsliv?
- 2005-2012 Cand. scient. i humanistisk og samfundsvidenskabelig idrætsvidenskab, KU Sidefag i Psykologi, KU

## Ansættelser

- 2023- Lektor i Afdeling for Social Medicin, Institut for Folkesundhedsvidenskab, KU
- 2023-2023 Lektor i Idræt, Individ og Samfund, NEXS, KU
- 2021-2023 Adjunkt i Idræt, Individ og Samfund, NEXS, KU
- 2013-2017 Ph.d.-studerende i sektionen Idræt, Individ og Samfund, NEXS, KU
- 2017-2020 Post.doc. i sektionen Idræt, Individ og Samfund, NEXS, KU
- 2012-2013 Videnskabelig assistent, Center for Holdspil og Sundhed, NEXS, KU

## Udvalgt undervisning

- 2021- Forelæser, Teori 2, Kandidatfag, NEXS, KU
- 2020-2021 Forelæser, Kvalitative metoder, Kandidatfag, NEXS, KU
- 2020-2021 Forelæser, Innovation, Evidens og Projektdesign, Kandidatfag, NEXS, KU
- 2020- Kursusansvarlig og underviser, Idræt, Krop og Medier, BA-fag, NEXS, KU
- 2020- Vejleder for specialestuderende og bachelorprojekter
- 2014-2016 Gruppeunderviser, Idræts- og bevægelseskultur, NEXS, KU
- 2014-2015 Gruppeunderviser, Videnskabsteori, NEXS, KU

## Tildelte fondsmidler

- Aase og Einar Danielsens Fonden, Overgangsalder, 2023-2024, PI, 400.000DKK
- Absalon Fonden af 1. maj 1978, Overgangsalder, 2023-2026, PI, 800.000DKK
- Crowdfunding, Forskning i overgangsalder, PI, 200.000 DKK
- Sygesikring "danmark", Kvinder i sund overgang, 2021-2026, CO-I, 2.939.749DKK
- Kulturministeriets Forskningspulje, Det tidspressede hverdagsliv, 2017-2020, PI, 778.867DKK

## Udvalgsposter og lignende

- 2015-2017 Ph.d.-repræsentant i SCIENCE ph.d.-udvalg
- 2014-2017 Medlem i ph.d.-udvalget på NEXS, KU
- 2012 Medlem af Appelkomitéen, NEXS, KU
- 2011-2012 Suppleant i DIFO's bestyrelse

## Publikationer

### **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 udg. University of Copenhagen, Bind 19. 15 s. (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, I: *Journal of Aging and Physical Activity*. 32, 3, s. 387–396 10 s.

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

Wagner, Ulrik, Frydendal, S. & Hybholt, Maria, 2023, I: *Communication and Sport*. 11, 6, s. 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, I: *Leisure Studies*. 41, 2, s. 231-246 16 s.

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

Hybholt, Maria, 2022, I: *Maturitas*. 164, s. 88-97 10 s.

**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, I: *European Journal for Sport and Society*. 18, 1, s. 1-17 17 s.

**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, I: *Qualitative Research in Sport, Exercise and Health*. 12, 1, s. 63-75 13 s.

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

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

**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 s.

**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, (Accepteret/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, I: *Annals of Leisure Research*. 20, 4, s. 427-445 19 s.

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

Hybholt, Maria & Thing, L. F., 2017, I: *Tidsskrift for professionsstudier*. 26, s. 46-55 10 s.

**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 s.

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

Hybholt, Maria, 2015, I: *GISP*. 156, s. 26-28 3 s.

**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 s.

**"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, s. 94 1 s.

**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, s. 110 1 s.

**Aktiviteter****Høring i Folketingets Sundhedsudvalg om overgangsalder**

Hybholt, Maria (Deltager)

17 apr. 2024

**Afdeling for Social Medicin (Organisation)**

Hybholt, Maria (Medlem)

1 dec. 2023

**European Sociological Association RN16 Midterm Conference**

Hybholt, Maria (Deltager)

24 maj 2023 → 26 maj 2023

**European Sociological Association (Ekstern organisation)**

Hybholt, Maria (Medlem)

2023 → ...

**Censorkorpset for Idræt (Ekstern organisation)**

Hybholt, Maria (Medlem)

2022 → ...

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

Hybholt, Maria (Deltager)

25 aug. 2015 → 28 aug. 2015

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

Hybholt, Maria (Deltager)

10 jun. 2015 → 14 jun. 2015

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

Hybholt, Maria (Deltager)

14 aug. 2014 → 16 aug. 2014

**From Past to Present to Possible Futures**

Hybholt, Maria (Deltager)

20 jun. 2014 → 22 jun. 2014

**European Association for Sociology of Sport**

Hybholt, Maria (Deltager)

7 maj 2014 → 10 maj 2014