

Curriculum Vitae – Martin Halle

Personal Data

Title	Professor (M.D.)
First name	Martin
Name	Halle
Current position	Full Professor and Medical Director of the department of Preventive Sports Medicine and Sports Cardiology
Current institutions/sites, country	Technical University of Munich (TUM), TUM University hospital 'Klinikum Rechts der Isar', Munich, Germany
Identifiers/ORCID	0000-0003-3065-530X

General information

University Professor Dr. med. Martin Halle (June 4, 1962) is Medical Director of the department of Preventive Sports Medicine and Sports Cardiology at the Technical University of Munich. He is a specialist in internal medicine, cardiology, sports medicine and preventive medicine. More than 10,000 cardiovascular and oncology patients as well as leisure time and elite athletes are examined every year in three outpatient clinics, where they receive individual advice on life-style intervention, particularly on exercise training. This advice expands from young individuals to the elderly including patients with genetic cardiac disease, increased cardiovascular risk, obesity and diabetes, hypertension and lipid disorder, coronary heart disease, myocarditis, valvular heart disease, heart failure and chronic kidney failure. This clinical background is paralleled by his specific scientific interest on exercise in heart failure. As a principle investigator he has led national as well as international multicenter randomized controlled trials that can be seen as landmark studies in the field of exercise intervention in cardiovascular disease.

Moreover, Professor Halle has been President of German (2007-2010) as well as European Association of Preventive Cardiology (EAPC) 2020-2022. During this time he has initiated the educational course of Preventive Cardiology for German cardiologists and has launched the ESC Curriculum for Preventive Cardiology for standardization of preventive cardiology education across Europe.

One of his key outreach programs is the largest health initiative in Bavaria, named "Lauf10!", which has been running annually for 18 years together with the Bavarian Broadcasting Company reaching 30,000-40,000 individuals.

(<https://www.br.de/br-fernsehen/sendungen/abendschau/lauf10/index.html>)

Qualifications and Career

Stages	Periods and Details
Degree programme	Medicine 1982-1989 Universities of Kiel and Freiburg (Germany) with semesters abroad in London and Gainesville/USA
Doctoral thesis	1992

	Dr. med. (Medical Doctor), Rehabilitative and Preventive Sports Medicine, Faculty of Medicine, University of Freiburg, Germany
Habilitation	1999 Department of Rehabilitative and Preventive Sports Medicine, Faculty of Medicine, University Hospital Freiburg, Germany
Stages of academic / professional career	2020-2022: Vice Dean for Education and Teaching, Faculty of Medicine, TUM School of Medicine and Health 2013-2016: Vice Dean, Sport and Health Faculty, TUM, Germany 2001-2003: Senior Physician, Department of Cardiology and Pneumology, University Hospital, Göttingen, Germany 1999-2001: Cardiology training, Department of Cardiology and Pneumology, University Hospital in Göttingen, Germany 1989-1999: Training in Internal Medicine and Sports medicine, University Hospital, Freiburg, Germany 1982-1989: Medical School in Kiel and Freiburg, Germany, University of Florida, Gainesville, Florida, U.S.A, King's College, London, U.K.

Activities in the Research System (main tasks)

- President of the European Association of Preventive Cardiology (EAPC) of the European Society of Cardiology (ESC) (2020-2022), Board member (2018-2024)
- Chair of the Research Committee of the EAPC (2016-2018)
- Deputy Editor des European Journal of Preventive Cardiology (2013-2016)
- Chair of the working group "Sport Cardiology" of the German Society of Cardiology (DGK) (2013-2015)
- Chair of the Nucleus "Basic and Translation Science and Exercise" of the EAPC of the ESC (2012-2014)
- Member of the Scientific Board of the European College of Sports Science (ECSS) (2012-2016)
- President, German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR), Germany (2007-2010)

Selection of Scientific Publications (last 5 years)

Mueller S, Dinges S, Gass F, Fegers-Wustrow I, Treitschke J, von Korn P, Boscheri A, Krotz J, Freigang F, Dubois C, Winzer EB, Linke A, Edelmann F, Feuerstein A, Wolfram O, Schäfer K, Verket M, Wolfarth B, Dörr M, Wachter R, Hackenberg B, Rust S, Nebling Th, Amelung V, **Halle M**. Effects of telemedicine-supported lifestyle intervention or usual care on glycemic control in patients with coronary heart disease and type 2 diabetes: a multicenter, randomized controlled trial **Nat Med**. 2025 Feb 7. Epub ahead of print.

Edelmann F, Wachter R, Duvinage A, Mueller S, Fegers-Wustrow I, Schwarz S, Christle JW, Pieske-Kraigher E, Seyfarth M, Knapp M, Dörr M, Nolte K, Düngen HD, Herrmann-Lingen C, Esefeld K, Hagendorff A, Haykowsky MJ, Hasenfuss G, Holzendorf V, Prettin C, Mende M, Pieske B, **Halle M**. Combined endurance and resistance exercise training in heart failure with preserved ejection fraction: a randomized

controlled trial. **Nat Med.** 2025 Jan 2. doi: 10.1038/s41591-024-03342-7. Epub ahead of print. PMID: 39747684.

Mueller S, Kabelac M, Fegers-Wustrow I, Winzer EB, Gevaert AB, Beckers P, Haller B, Edelmann F, Christle JW, Haykowsky MJ, Sachdev V, Kitzman DW, Linke A, Adams V, Wisloff U, Pieske B, van Craenenbroeck E, **Halle M.** Comparison of exercise training modalities and change in peak oxygen consumption in heart failure with preserved ejection fraction: a secondary analysis of the OptimEx-Clin trial. **Eur J Prev Cardiol.** 2024 Oct 25;zwae332. doi: 10.1093/eurjpc/zwae332. Epub ahead of print. PMID: 39453789.

Kouidi E, Hanssen H, Anding-Rost K, Cupisti A, Deligiannis A, Grupp C, Koufaki P, Leeson P, Segura-Orti E, Van Craenenbroeck A, Van Craenenbroeck E, Clyne N, **Halle M.** The role of exercise training on cardiovascular risk factors and heart disease in patients with chronic kidney disease G3-G5 and G5D: a Clinical Consensus Statement of the European Association of Preventive Cardiology of the ESC and the European Association of Rehabilitation in Chronic Kidney Disease. **Eur J Prev Cardiol.** 2024 Sep 6;31(12):1493-1515. doi: 10.1093/eurjpc/zwae130. PMID: 38593202.

D'Ascenzi F, Cavigli L, Cameli M, Claessen G, van Craenenbroeck EM, Cavarretta E, D'Andrea A, Sanz De la Garza M, Eijsvogels TMH, van Kimmenade RRJ, Galian-Gay L, **Halle M,** Mandoli GE, Mantegazza V, Moreo A, Schreurs B, Stefani L, Zamorano JL, Pelliccia A, Papadakis M. Sport PRactice and its Effects on aortic size and valve function in bicuspid Aortic valve Disease: a cross-sectional report from the SPREAD study. **Br J Sports Med.** 2024 Aug 16;bjsports-2023-107772. doi: 10.1136/bjsports-2023-107772. Epub ahead of print. PMID: 39153748.

Esefeld K, Geisberger M, Dinges SM, Hambrecht J, Stegmüller F, Rasper M, Nadjiri J, Roeschenthaler F, Holdenrieder S, Scharhag J, **Halle M.** Influence of a 7-day Transalpine Trail Run on cardiac biomarkers and myocardial function. **Scand J Med Sci Sports.** 2024 Mar;34(3):e14590. doi: 10.1111/sms.14590. PMID: 38483076.

Feuerstein A, Schoenrath F, Belyavskiy E, Knierim J, Friede T, Placzek M, Bach D, Pieske-Kraigher E, Herrmann-Lingen C, Westenfeld R, Roden M, Rybczynski M, Verheyen N, Dörr M, von Haehling S, Störk S, **Halle M,** Falk V, Pieske B, Edelmann F. Supervised exercise training in patients with advanced heart failure and left ventricular assist device: A multicentre randomized controlled trial (Ex-VAD trial). **Eur J Heart Fail.** 2023 Dec;25(12):2252-2262. doi: 10.1002/ehjhf.3032. Epub 2023 Sep 26. PMID: 37702315.

Kerwagen F, Koehler K, Vettorazzi E, Stangl V, Koehler M, **Halle M,** Koehler F, Störk S. Remote patient management of heart failure across the ejection fraction spectrum: A pre-specified analysis of the TIM-HF2 trial. **Eur J Heart Fail.** 2023 Sep;25(9):1671-1681. doi: 10.1002/ehjhf.2948. Epub 2023 Jul 31. PMID: 37368507.

Anding-Rost K, von Gersdorff G, von Korn P, Ihorst G, Josef A, Kaufmann M, Huber M, Bär T, Zeißler S, Höfling S, Breuer C, Gärtner N, Haykowsky MJ, Degenhardt S, Wanner C, **Halle M.** Exercise during Hemodialysis in Patients with Chronic Kidney Failure. **NEJM Evid.** 2023 Sep;2(9):EVIDoA2300057. doi: 10.1056/EVIDoA2300057. Epub 2023 Jun 17. PMID: 38320198.

Sachdev V, Sharma K, Keteyian SJ, Alcin CF, Desvigne-Nickens P, Fleg JL, Florea VG, Franklin BA, Guglin M, **Halle M,** Leifer ES, Panjra G, Tinsley EA, Wong RP, Kitzman DW; American Heart Association Heart Failure and Transplantation Committee of the Council on Clinical Cardiology; Council on Arteriosclerosis, Thrombosis and Vascular Biology; and American College of Cardiology. Supervised Exercise Training for Chronic Heart Failure With Preserved Ejection Fraction: A Scientific Statement From

the American Heart Association and American College of Cardiology. **Circulation**. 2023 Apr 18;147(16):e699-e715. doi: 10.1161/CIR.0000000000001122. Epub 2023 Mar 21. PMID: 36943925.

Sachdev V, Sharma K, Keteyian SJ, Alcaín CF, Desvigne-Nickens P, Fleg JL, Florea VG, Franklin BA, Guglin M, **Halle M**, Leifer ES, Panjrath G, Tinsley EA, Wong RP, Kitzman DW; American Heart Association Heart Failure and Transplantation Committee of the Council on Clinical Cardiology; Council on Arteriosclerosis, Thrombosis and Vascular Biology; and American College of Cardiology. Supervised Exercise Training for Chronic Heart Failure With Preserved Ejection Fraction: A Scientific Statement From the American Heart Association and American College of Cardiology. **J Am Coll Cardiol**. 2023 Apr 18;81(15):1524-1542. doi: 10.1016/j.jacc.2023.02.012. Epub 2023 Mar 21. PMID: 36958952.

Gevaert AB, Böhm B, Hartmann H, Goovaerts I, Stoop T, Van De Heyning CM, Beckers PJ, Baldassarri F, Mueller S, Oberhoffer R, Duvinage A, Haykowsky MJ, Wisløff U, Adams V, Pieske B, **Halle M**^{*}, Van Craenenbroeck EM^{*}. Effect of Training on Vascular Function and Repair in Heart Failure With Preserved Ejection Fraction. **JACC Heart Fail**. 2023 Apr;11(4):454-464. doi:10.1016/j.jchf.2022.12.011. Epub 2023 Mar 1. PMID: 36892488.

Winzer EB, Augstein A, Schauer A, Mueller S, Fischer-Schaeppmann T, Goto K, Hommel J, van Craenenbroeck EM, Wisløff U, Pieske B, **Halle M**, Linke A, Adams V. Impact of Different Training Modalities on Molecular Alterations in Skeletal Muscle of Patients With Heart Failure With Preserved Ejection Fraction: A Substudy of the OptimEx Trial. **Circ Heart Fail**. 2022 Oct;15(10):e009124. doi: 10.1161/CIRCHEARTFAILURE.121.009124. Epub 2022 Oct 6. PMID: 36200450.

Tucker WJ, Fegers-Wustrow I, **Halle M**, Haykowsky MJ, Chung EH, Kovacic JC. Exercise for Primary and Secondary Prevention of Cardiovascular Disease: JACC Focus Seminar 1/4. **J Am Coll Cardiol**. 2022 Sep 13;80(11):1091-1106. doi: 10.1016/j.jacc.2022.07.004. PMID: 36075680.

D'Ascenzi F, Castelletti S, Adami PE, Cavarretta E, Sanz-de la Garza M, Maestrini V, Biffi A, Kantor P, Pieles G, Verhagen E, Tiberi M, Hanssen H, Papadakis M, Niebauer J, **Halle M**. Cardiac screening prior to return to play after SARS-CoV-2 infection: focus on the child and adolescent athlete: A Clinical Consensus Statement of the Task Force for Childhood Health of the European Association of Preventive Cardiology. **Eur J Prev Cardiol**. 2022 Nov 15;29(16):2120-2124. doi: 10.1093/eurjpc/zwac180. PMID: 36059208; PMCID: PMC9494331.

Mueller S, Haller B, Feuerstein A, Winzer EB, Beckers P, Haykowsky MJ, Gevaert AB, Hommel J, Azevedo LF, Duvinage A, Esefeld K, Fegers-Wustrow I, Christle JW, Pieske-Kraigher E, Belyavskiy E, Morris DA, Kropf M, Aravind-Kumar R, Edelmann F, Linke A, Adams V, Van Craenenbroeck EM, Pieske B, **Halle M**; OptimEx-Clin Study Group. Peak O₂-pulse predicts exercise training-induced changes in peak $\dot{V}O_2$ in heart failure with preserved ejection fraction. **ESC Heart Fail**. 2022 Oct;9(5):3393-3406. doi: 10.1002/ehf2.14070. Epub 2022 Jul 15. PMID: 35840541; PMCID: PMC9715878.

Halle M, Schöbel C, Winzer EB, Bernhardt P, Mueller S, Sieder C, Lecker LSM. A randomized clinical trial on the short-term effects of 12-week sacubitril/valsartan vs. enalapril on peak oxygen consumption in patients with heart failure with reduced ejection fraction: results from the ACTIVITY-HF study. **Eur J Heart Fail**. 2021 Dec;23(12):2073-2082. doi:10.1002/ehf.2355. Epub 2021 Oct 12. PMID: 34591356.

Mueller S, Winzer EB, Duvinage A, Gevaert AB, Edelmann F, Haller B, Pieske-Kraigher E, Beckers P, Bobenko A, Hommel J, Van de Heyning CM, Esefeld K, von Korn P, Christle JW, Haykowsky MJ, Linke A, Wisløff U, Adams V, Pieske B, van Craenenbroeck EM, **Halle M**; OptimEx-Clin Study Group. Effect of High-Intensity Interval Training, Moderate Continuous Training, or Guideline-Based Physical Activity Advice on Peak Oxygen Consumption in Patients With Heart Failure With Preserved Ejection Fraction: A Randomized

Clinical Trial. **JAMA**. 2021 Feb 9;325(6):542-551. doi: 10.1001/jama.2020.26812. PMID: 33560320; PMCID:PMC7873782.

All publications:

https://pubmed.ncbi.nlm.nih.gov/?term=Halle_M%20and%20Munich&sort=date

Main Research Projects

Professor Halle has been principle and co-investigator in large clinical trials:

1. **SMARTEX trial** (NCT00917046): RCT on exercise in HFrEF, multi-center randomized-controlled trial, European consortium (n=261).
2. **Ex-DHF trial** (ISRCTN86879094): RCT on exercise in HFpEF, multi-center randomized-controlled German trial (n=320). Funding: German Research Fund (DFG): 1.4 Mio. €
3. **Optimex-Clin trial** (NCT02078947): RCT on different exercise intensities on HFpEF, multi-center, randomized (1:1:1) trial of five European centers (n=180), Funding: EU Fund: 460.000 €
4. **DiaTT** (NCT03885102): Cluster RCT on exercise during haemodialysis in chronic kidney failure. Funding: Innovation Fond (DLR): 3.4 Mio. €
5. **LeiKD** (NCT03835923): RCT on life-style intervention plus telemedicine in chronic ischemic heart disease and type 2 diabetes (n=500), multi-center trial in Germany, Funding: Innovation Fund (DLR): 5.1 Mio. €
6. **Bestform** (NCT04207307): Cluster RCT on exercise training in senior care facilities (n= ≥ 400 seniors), Funding: Beisheim Stiftung/Foundation: 3.2 Mio. €