Univ.-Prof. Dr. Dr. Swen Körner studied Sports Science at the German Sport University Cologne (DSHS Köln) as well as Modern German Literature, Linguistics, Educational Science, and Philosophy at the University of Cologne. Additionally, he completed a Master of Science (MSc) in "Game-based Media and Education" at Danube University Krems, Austria. Currently, he is pursuing an MSc in "Psychological Medicine" at London Metropolitan University, UK.

Swen Körner is a recipient of the German Study Award (Deutscher Studienpreis) from the Körber Foundation. He earned his first doctorate (Dr. phil., summa cum laude) at the Technical University of Darmstadt on a body sociology topic, and his second doctorate (Dr. paed., summa cum laude) on a training pedagogy topic at the University of Education Freiburg.

Since 2009, Swen Körner has been a professor—initially for Sports Sociology and Sports Pedagogy at the University of Hildesheim. Since 2011, he has been a professor at the German Sport University Cologne and head of the Department of Training Pedagogy and Martial Research.

Swen Körner works as an expert witness for courts and insurance companies on matters related to training accidents, bodily injury offenses, and risk assessment. In university teaching, he covers both theory and practice, including courses such as "Wrestling and Fighting" and Krav Maga. For his teaching, Swen Körner has been awarded the teaching prize of the German Sport University Cologne in all categories (lectures, seminars, and practical courses).

Swen Körner was a competitive athlete himself, a member of the national team in full-contact Taekwondo, multiple German champion, and vice-European Cup winner. Privately, he practices and teaches various martial arts and self-defense styles such as Muay Thai, Combatives, Krav Maga, and Wing Chun.