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Research profile

I am a Professor of Psychology, sharing head of the Institute in rotation every five years with my colleague Prof. Kleinert. I lead a department of performance psychology at the German Sport University. My main research interests are within sport, exercise and performance in general. Judgment, decision-making, motor learning and control, embodied cognition are areas of my profile studied from a dynamic and probabilistic cognitive psychology perspective using simple heuristics.

Publications

An Embodied Approach to Gaze in Sport

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Technology Meets Sport Psychology: How Technology and Artificial Intelligence Can Shape the Future of Elite Sport Performance

Raab, M., Schinke, R. & Maher, C. A., 30.11.2023, In: *Journal of Sport Psychology in Action*. 2023, 8 p.

Studying naturalistic actions requires research programs and not trade-off decisions in individual studies: Comment on "Beyond simple laboratory studies: developing sophisticated models to study rich behavior" by Maselli, Gordon, Eluchans, Lancia, Thiery, Moretti, Cisek, and Pezzulo

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Understanding Embodied Choices: How We Choose and Act: An Empirical Research Program of the Mind in Action

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Auf der Suche nach der Einfachheit in Vorhersagemodellen im Sport

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Projects

1.FC Köln Trainerschulung

Raab, M. (Project manager) & Lobinger, B. (Project manager)

01.01.15 → 31.03.24

Anforderungsprofil von Trainern im Profifußball

Lobinger, B. (Applicant), Mickler, W. (Applicant), Raab, M. (Applicant) & Wormuth, F. (Applicant)

01.01.10 → 31.12.13

ProbWinBeach: Beachvolleyball Winning Probabilitis

Ittlinger, S. (Project manager) & Raab, M. (Project manager)

01.01.24 → 31.12.25

Climbing to yourself: A developmental embodied cognition perspective on the relation between the minimal self and sensorimotor and cognitive skills (DFG SPP 2134, The Active Self)

Musculus, L. (Project manager), Raab, M. (Project manager) & Azzurra, R. (Project manager)

15.10.18 → 14.01.24

DFG Flexibilität Multitasking

Raab, M. (Project manager) & Will, L. (Project staff)

19.10.15 → 19.10.18

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Raab, M. (Project manager) & Will, L. (Project staff)

15.10.18 → 31.05.22

Embodied Cognition: Drehpräferenz, reale und mentale Rotation

Geisen, M. (Project manager), Raab, M. (Project supervisor), Klatt, S. (Project supervisor) & Jansen, P. (Project supervisor)

01.01.20 → 31.12.23

B-Wiser: Erasmus B-Wiser

Raab, M. (Project manager) & Lobinger, B. (Project manager)

01.01.17 → 31.12.18

Fokale Dystonie bei Musikern und Sportlern – Disziplinübergreifende Erklärungsansätze, Theoriebasierte Interventionen.

Raab, M. (Applicant), Altenmüller, E. (Applicant) & Lobinger, B. (Applicant)

01.01.11 → 31.12.14

ECCo: Graduate School of Embodied Choices Cologne

Raab, M. (Spokesperson), Voigt, L. (Project manager), Friedrich, J. (Project staff), Grove, P. (Project partner), Iskra, M. (Project staff), Ittlinger, S. (Project staff) & Koop, L. (Project staff)

01.07.21 → 30.06.24

Grounding of Abstract Concepts in Invariant Representations

Friedrich, J. (Project manager), Voigt, L. (CoPI) & Raab, M. (Advisor)

01.04.22 → ...

SOCC[h]E[u]R: Heuristisches Entscheiden als Prädiktor von Expertiseentwicklung im Fußball?

Musculus, L. (Project manager), Lobinger, B. (Project partner) & Raab, M. (Project partner)

01.10.14 → 31.07.17

in:Prove

Raab, M. (Project manager), Lobinger, B. (Project manager), Musculus, L. (Project manager), Will, L. (Project manager), Redlich, D. (Project staff) & Haan, H. (Project staff)

01.12.21 → 01.12.25

Kooperatives Modellierungstraining im Spitzensport zur Optimierung sportmotorischer Lernprozesse

Heinen, T. (Project manager), Mickler, W. (Project manager), Lobinger, B. (Project manager) & Raab, M. (Project manager)

01.01.10 → 31.12.11

Mind in motion

Bock, O. L. (Project manager), Hubbard, A. L. (Project manager), Lausberg, H. (Project manager), Liepelt, R. (Project manager), Löffler, J. (Project manager), Memmert, D. (Project manager), Mierau, A. (Project manager), Musculus, L. (Project manager), Raab, M. (Project manager), Rein, R. (Project manager), Schneider, S. (Project manager), Strüder, H. (Project manager) & Zijlstra, W. (Project manager)

01.01.18 → ...

Motor heuristics and movement analogies for performance and health

Voigt, L. (Project manager), Raab, M. (Project manager), Lobinger, B. (Project partner), Redlich, D. (Project partner), Musculus, L. (Project partner), Pizzera, A. (Project partner), Laborde, S. (Project partner), Eckardt, V. (Project partner), Grove, P. (Project partner), Masters, R. S. W. (Project manager), Button, C. (Project partner), Hoskens, M. (Project partner), Park, S. H. (Project partner), Nieuwenhuys, A. (Project manager), Liga, L. (Project partner), van Duijn, T. (Project partner), Sullivan, R. (Project partner) & Sidhu, A. (Project partner)

01.02.23 → 31.03.24

NC2: Motor-Priming aus einer Embodied Cognition Perspektive: Ein kraftdynamischer Test mit numerischen Aufgaben

Raab, M. (Project manager), Michirev, A. (Project manager), Fischer, M. H. (Co-applicant), Lindemann, O. (Project partner) & Kühne, K. (Project partner)

15.01.20 → 31.01.23

ARIMOP: Nutzen inzidentell erzeugte Bewegungsgeräusche der unmittelbaren und langfristigen Optimierung von Bewegungswahrnehmung und Bewegungsausführung?

Raab, M. (Project manager), Schubotz, R. (Project manager) & Pizzera, A. (Project manager)
01.09.23 → 31.08.26

Physiological activation and decision making

Iskra, M. (Project manager), Voigt, L. (Project supervisor) & Raab, M. (Project supervisor)
01.10.23 → ...

BeachHotHand: Sequenzentscheidungen im Beachvolleyball: Ein integrativer Ansatz psychologischer Forschung und Spielbeobachtung

Ittlinger, S. (Project manager) & Raab, M. (Project manager)
01.05.20 → 31.03.24

The power of simplicity – Simplified information processing during actions to protect performance under pressure

Voigt, L. (Project manager), Raab, M. (Project partner), Masters, R. S. W. (Project partner) & Nieuwenhuys, A. (Project partner)
01.10.25 → 30.09.28

Transcutaneous Vagus Nerve Stimulation and Executive Functions

Borges, U. (Project manager), Laborde, S. (Project manager) & Raab, M. (Project manager)
01.10.16 → 30.09.19

What drives parents in sports? Analyzing the antecedents of parental behavior in sports from a psychophysiological approach

Eckardt, V. (Project manager), Lobinger, B. (Project supervisor) & Raab, M. (Project supervisor)
01.09.19 → 01.07.23

„Yips im Golf“ Spezifizierung, Klassifizierung und Entwicklung psychodiagnostischer Verfahren

Lobinger, B. (Applicant), Raab, M. (Applicant) & Klein, G. (Applicant)
01.01.09 → 31.12.09

Activities

Applied Sport Psychology

Raab, M. (Speaker)
08.12.2025 → 12.12.2025

Selbstverständnis und Zukunft der Sportpsychologie

Raab, M. (Speaker)
14.11.2025

Applied Sport Psychology

Raab, M. (Lecturer)
17.10.2025 → 18.10.2025

Central asian journal of sports anthropology and health science (Journal)

Korobeynikov, G. (Editor), Kerimov, F. (Editor), Matkarimov, R. (Editor), Raab, M. (Editor), Cynarski, W. J. (Editor), Korobeinikova, L. (Editor), Baić, M. (Editor), Potop, V. (Editor), Podrigalo, L. (Editor), Chernozub, A. (Editor), Zhanneta, K. (Editor), Curby, D. (Editor), Barbas, I. (Editor), Yuriy, B. (Editor), Mirzaei, B. (Editor) & Sabina, S. (Editor)
26.09.2025 → 27.09.2025

Applied Sport Psychology

Raab, M. (Speaker)
17.09.2025 → 19.09.2025

Central asian journal of sports anthropology and health science (Journal)

Raab, M. (Editorial Board)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Bar-Eli, M. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Beste, C. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Brüning, J. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Dignath, D. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Elbe, A.-M. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Fandakove, Y. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Fischer, M. H. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Gaschler, R. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Haider, H. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Hegele, M. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Hoffmann, W. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Jansen, P. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Johnson, J. G. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Kiesel, A. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Korobeinikov, G. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Krüger, K. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Künzell, S. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Liepelt, R. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Lindemann, O. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & MacMahon, C. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Azzurra, R. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Schubert, T. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Schubotz, R. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Tamschke, R. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Unkelback, C. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Williams, M. (Other)

2025 → ...

Kooperation in der Forschung (DFG-Projekte)

Raab, M. (Other) & Zentgraf, K. (Other)
2025 → ...

Kooperation in der Forschung (DFG-Projekt; Leistung unter Druck)

Will, L. (Other), Raab, M. (Other) & Masters, R. S. W. (Other)
2025 → ...

Kooperation in der Forschung (DFG-Projekt; Leistung unter Druck)

Will, L. (Other), Raab, M. (Other) & Nieuwenhuys, A. (Other)
2025 → ...

Kooperation in der Forschung/Transfer (Leistung unter Druck)

Raab, M. (Other) & Altenmüller, E. (Other)
2025 → ...

International Scientific and Practical Conference

Raab, M. (Speaker)
04.12.2024

Sustainability and legacy in sport: Challenges and perspectives

Raab, M. (Speaker)
20.11.2024 → 21.11.2024

Sport Science Spectrum (Journal)

Raab, M. (Editorial Board)
04.2024 → ...

Umgang mit Druck

Voigt, L. (Lecturer) & Raab, M. (Lecturer)
09.2023

University of Waikato

Voigt, L. (Visiting researcher), Raab, M. (Visiting researcher), Pizzera, A. (Visiting researcher), Laborde, S. (Visiting researcher), Redlich, D. (Visiting researcher), Grove, P. (Visiting researcher) & Eckardt, V. (Visiting researcher)
02.2023

Amanpreet Sidhu

Voigt, L. (Host) & Raab, M. (Host)
2023

Arne Nieuwenhuys

Voigt, L. (Host) & Raab, M. (Host)
2023

Liis Uiga

Voigt, L. (Host) & Raab, M. (Host)
2023

Merel Hoskens

Voigt, L. (Host) & Raab, M. (Host)
2023

Rich S. W. Masters

Voigt, L. (Host) & Raab, M. (Host)
2023

So Hyun Park

Voigt, L. (Host) & Raab, M. (Host)
2023

International Journal of Sport and Exercise Psychology (Journal)

Voigt, L. (Editor) & Raab, M. (Editor)
04.2022 → 12.2022

Journal of Economic Psychology (Journal)

Raab, M. (Reviewer)
2018 → ...

Quantifying and specifying cognitive enhancement via complex movements

Raab, M. (Lecturer)
09.2017

Canadian journal of behavioural science (Journal)

Raab, M. (Reviewer)
01.03.2017 → 31.12.2017

Current Issues in Sport Sciences (Journal)

Raab, M. (Reviewer)
01.2016 → 12.2017

Cognition: International Journal of Cognitive Science (Journal)

Raab, M. (Reviewer)
2016 → ...

Keynote: The power of simplicity: A fast-and-frugal heuristics approach to sport science

Raab, M. (Speaker)
12.11.2015

Keynote: Creativity in Sports

Raab, M. (Speaker)
11.11.2015

Latin American Journal on Exercise and Sport Psychology (Journal)

Raab, M. (Editor)
01.11.2015 → 31.10.2018

Society for the advancement of judgment and decision-making studies (External organisation)

Raab, M. (Member)
01.11.2015 → 31.10.2016

Deutsche Gesellschaft für Psychologie (External organisation)

Raab, M. (Member)
14.05.2015

Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie (asp)

Raab, M. (Session chair)
14.05.2015

The Athlete's Brain - dvs Sportmotorik Tagung 2015

Raab, M. (Organiser)
05.03.2015 → 07.03.2015

I3SAW International Society for Sports Sciences in the Arab World (Event)

Raab, M. (Reviewer)
02.03.2015 → 05.03.2015

European Federation of Sport Psychology (FEPSAC) (External organisation)

Raab, M. (Executive member)
2015 → 2019

FEPSAC Conference 2015 in Bern

Raab, M. (Participant)
2015

Psychology of Sport and Exercise (Journal)

Raab, M. (Reviewer)
2015 → ...

Sport, Exercise, and Performance Psychology (Journal)

Raab, M. (Editor)
2015 → 12.2017

Sportwissenschaft (Schorndorf) (Journal)

Raab, M. (Editorial Board)
2015 → 2020

Frontiers in psychology (Journal)

Raab, M. (Editor)
2014 → ...

PloS one (Journal)

Raab, M. (Reviewer)
2014 → 2016

Arbeitsgemeinschaft der Sportpsychologen (External organisation)

Raab, M. (Member)
2013 → 2015

European Federation of Psychologists' Associations (EFPA) (External organisation)

Raab, M. (Member)
2013 → 2015

Journal of sport & exercise psychology (Journal)

Raab, M. (Editor)
2012 → ...

European Federation of Sport Psychology (FEPSAC) (External organisation)

Raab, M. (Member)
2011 → 2015

Psychology of Sport and Exercise (Journal)

Raab, M. (Editor)

2011 → ...

Zeitschrift für Sportpsychologie (Journal)

Raab, M. (Editor)

2008 → ...

International Journal of Sport and Exercise Psychology (Journal)

Raab, M. (Editor)

2007 → ...