Ulf Balldin was born in Malmo, Sweden 1939 and received an MD and a PhD degree related to decompression sickness in divers at the University of Lund. He became Docent (corresponding to Associate Professor) in Medical Physiology at that University and later in Experimental Clinical Physiology at the University of Linkoping. He was a Naval Diving Medical Officer (reserve) and was trained as a Salvage Diver in the Royal Swedish Navy. For more than two years he was a Resident in General and Thoracic Surgery and in Anesthesiology at different hospitals. Later he was a Senior Research Flight Surgeon for the Swedish Air Force and Defence. He was then for nine years part-time Professor in Aerospace Medicine and Head of the Department of Aerospace Medicine at the Karolinska Institute Medical School in Stockholm. Simultaneously, he was a Research Director at the National Defence Research Establishment and Director of its Institute of Aviation Medicine in Linkoping.

In 1992 he, his wife and their 3 sons moved to San Antonio, Texas in the USA. For about 7 years he was a Liaison Scientist for the Swedish Defence working with the USAF at Brooks AFB, Texas. He was appointed Clinical Associate Professor at UTMB in Galveston, Texas, providing expertise to its Aerospace Medicine Residency Program and was also on the Faculty of USAF School of Aerospace Medicine at Brooks AFB. He became a US Citizen 2002.

During many years Ulf Balldin conducted scientific research in diving, hypobaric, exercise, thermal and acceleration physiology and in hyperbaric medicine, mainly related to decreasing the risk of decompression sickness in diving and military flying and increasing the G-protection of pilots. At the Karolinska Institute Medical School and the Institute of Aviation Medicine in Sweden he was in charge of the Acceleration physiology research program and the human-rated centrifuge. He directed research and development contributing to a new Tactical Flight Combat Suit for the Swedish Air Force fighter aircraft SAAB Gripen.

Similar research was conducted by Ulf Balldin at the Air Force Research Laboratory, Brooks Air Force Base, Texas, benefiting USAF development of COMBAT EDGE and ATAGS pilot equipment under a Memorandum of Agreement between the US and Swedish Departments of Defense. During 10 years he then worked as a Senior Scientist at Wyle Laboratories in a contract to the US Air Force Research Laboratory with acceleration, altitude and thermal physiology research. He has published more than 275 scientific peer-reviewed articles, technical reports and abstracts in these areas. He is currently part-time Consultant in Aerospace Medicine in USAF research projects with Wyle Laboratories at Brooks City-Base, San Antonio.

Many scientific awards have been awarded to Ulf Balldin, mostly in the USA, but also in Sweden, Finland, UK and India, and he was made an Honorary Doctor in Aerospace Medicine at the Russian Forces' State Scientific Research Test Institute in Moscow. He is an Academician of the International Academy of Aviation and Space Medicine and of the Royal Swedish Academy of War Sciences. He is also an elected Fellow of Aerospace Medical Association.

Two times he has been the Vice President of Aerospace Medical Association (USA) and for three periods of two years each he was the Second Vice President, the First Vice President and the President of the International Academy of Aviation and Space Medicine.

Finally, he has earned a US commercial pilot license with instrument rating with close to 1300 flight hours in over 25 different types of aircraft, from Piper Cub and the French MS Rallye Club to the pressurized Piper Malibu, and Cessna 337 push-and-pull aircraft. Together with two co-builders he just completed 10 years of building an experimental Zenith STOL CH701 aircraft. In 2015 he finished two years as the President of Experimental Aircraft Association Chapter in San Antonio.