

Teaching portfolio

I have had the opportunity to teach a wide variety of courses with different setups from small courses with 10-15 students to "classical lecturing setups" with >150 students as well as practical lessons with >150 students and up to 5 co-teachers. Moreover, the courses have been practical/theoretical to solely theoretical. I have taught on all levels from 1. year bachelor students to master and PhD courses.

In addition, I have been supervisor for a number of bachelor and master students. I have since April 2014 been censor in Sport Sciences at three different Danish universities at all levels up to master thesis.

Teaching development courses

Introduction to University Pedagogy – Sept. 2010

Teaching and Learning in Higher Education Programme 2012-2013

Teaching experience

Bachelor courses

Sport Practice and Theory 4 (PT-4) – Football

Teaching 1-2 classes each year 2008-2014. Mainly practical course with focus on developing own skills to be able to demonstrate technical/tactical abilities supported by theoretical knowledge. Responsible for the practical video examination and written examination. Responsible for the course 2011-2013. University of Copenhagen.

Sport Practice and Theory 1 (PT-1) – Basic Ball Skills.

Teaching 1 class 2012-2014. Mainly practical course with focus on developing own skills to be able to demonstrate technical/tactical abilities supported by theoretical knowledge. Responsible for practical examination and written examination for 1 class. University of Copenhagen.

Specific Target Groups in Sport – Sport Specialization (PT-Målgruppe)

Teaching 2-5 lessons per course 2014-2015. Mainly practical course with focus on the ability to adapt the training to different specific target groups from elite to patient groups playing Football Fitness. Developing ability to plan and execute training – develop pedagogical skills. Supported by theoretical knowledge from scientific papers. Course development and teaching. University of Copenhagen.

Exercise Physiology 3 – Cardiovascular and respiratory Physiology (T-Afys3)

I have been given 2-5 lessons per year 2011-2014 in topic such as "muscle metabolism", "aerobic energy turnover", "anaerobic energy turnover", "training effects of aerobic and anaerobic training". Instructor in group sessions with focus on specific cases e.g. calculating energy turnover and instructor in experimental assignment. Written examination – responsible for part of the examination. University of Copenhagen.

Physiology of Training (T-TrænFys)

Teaching 2-5 lessons per year 2009-2014. Mainly theoretical with few practical case-study assignments. Involved in written examination. University of Copenhagen.

Planning of Sport- and Exercise Training (PT-Træn)

Teaching 5-10 lessons per year 2012-2014. Main teacher. Developing course. Responsible for oral examination based on synopsis. University of Copenhagen.

BL3: Ball games – In different social arenas (Boldspil 1, Kaosspil i forskellige sociale arenaer)

Teaching in several theoretical and practical lectures in 2018. Developing the course in collaboration with fellow colleagues. Course responsibility. The course aims to give the student knowledge and practical experience with ball games in the context of elite, educational, health promotion and street arenas. The examination is a written assignment based on observation of an arena as well as a group presentation of their work during the course in which formative feedback is central. University of Southern Denmark.

FF1: Ball games and team development (Boldspil og teamudvikling)

Teaching in several theoretical and practical lectures in 2017, 2018 and 2019. Part of the module team responsible for the course. First course for the new students in which the holistic approach to teaching ball games is presented. Moreover, team development is a central element of the course not only to use in the current course but to improve teamwork and collaboration in general for use during their student time. I am also a major part of the examination. University of Southern Denmark.

FF6: Oxygen uptake and cardiovascular training (Iloptagelse og Kredsløbstræning)

Teaching in respiration and cardiovascular system. Given lectures and group classes. Part of the module team. In this course, the students are taught about cardiovascular training and physiological basis for improving oxygen uptake and aerobic performance. I have primary been teaching in the theoretical part of this course. I have also been a part of the examination that is oral. In addition, students also have to present their training programme and effects of that in a poster session. University of Southern Denmark.

FV1: Team development, team coaching and performance optimization (Teamudvikling, teamcoaching og præstationsoptimering).

1 lesson of performance optimization in ball games 2018. University of Southern Denmark.

TS3: Health check and effect evaluation (Sundhedstjek og effektmål).

1 lesson in 2018 on the methods used to evaluate Football Fitness and in studies on the use of recreational football as a health improving activity. University of Southern Denmark.

IN4: Development of movement and exercise concepts (Ildrætspraksis og udvikling af bevægelseskoncepter)

Part of the module team responsible for the course but have not yet been teaching on this course which is

Master courses

Anaerobic Training

1-3 lessons per year 2012-2013. Solely theoretical course discussing research papers on the topic. Involved in written examination. University of Copenhagen.

Sport and welfare – Sport and health

Given 1 double lesson in Football and health when the course was held in 2012. University of Copenhagen.

Performance optimization (Præstationsoptimering)

Involved in the course in 2019 with a number of lectures and group supervisions. The course focus on performance optimization in various sports. My focus is performance optimization from a physiological point of view in ball games. University of Southern Denmark

Advanced training physiology (Videregående arbejds- og træningsfysiologi)

3 hour lesson during 2017, 2018 and 2019 course at with the focus of tracking, testing and performance optimization of football – from a physiological perspective. Aarhus University.

Physical activity and Health: the evidence for recommendations

Course responsible and main teacher on this course 2018 that our research group took over just prior to semester start. The course is a combination of lectures and group work during the week with a new topic each week ending with a presentation and discussion on the weekly topic. Another aim of the course is to develop the students' competences in scientific writing and critical reading of scientific papers. Each element of a publication process is covered including literature search engines and quality assessment and the course ends with an assignment in which students have to make a mini-review on a topic related to physical activity and health. University of Southern Denmark

PhD courses

Physiological characteristics of team sports with special emphasis on soccer. Nov 2012 University of Copenhagen.

“Tracking technology – The use of GPS – validity, reliability and opportunities”

“Practical session – Monitoring load during intense training – GPS and heart rate monitors”

Team Sports and health: Physiological perspectives. Nov 2014 University of Copenhagen

“Fitness and health effects of street basketball”

Football and health: Physiological perspectives. Okt 2017 University of Southern Denmark

“Organizing effective small-sided football games – effect of game format”

Supervising (2011-)

Bachelor thesis – 22

Master thesis – 9

Topics: Training and testing elite adult and adolescent football players. Fitness and health effects of football training, basketball training or strength training for different populations.

Censoring (2014-)

Master thesis – 6

Bachelor thesis – 6

Different bachelor and master level courses at University of Copenhagen, Aarhus University, Aalborg University