

Thomas Viskum Gjelstrup Bredahl
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Active Living
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Publications

- 1. Identification of Usable Ways to Support and 'Scaffold' Danish Schoolteachers in the Integration of Classroom-Based Physical Activity: Results from a Qualitative Study**
Knudsen, L. S., Skovgaard, T., Bredahl, T. V. G. & Elf, N. F., 2021, In: Scandinavian Journal of Educational Research. 65, 1, p. 87-100
Research output: Contribution to journal › Journal article › Research › peer-review
- 2. Implementation strategies, and barriers and facilitators for implementation of physical activity at work: A scoping review**
Garne-Dalgaard, A., Mann, S., Bredahl, T. V. G. & Stockkendahl, M. J., 9. Oct 2019, In: Chiropractic and Manual Therapies. 27, 13 p., 48.
Research output: Contribution to journal › Journal article › Research › peer-review
- 3. Implementation of a successful long-term school based physical education intervention: exploring provider and programme characteristics**
Nielsen, J. V., Bredahl, T. V. G., Klakk, H., Bugge, A. & Skovgaard, T., 1. Oct 2019, In: Evaluation and Program Planning. 76, 10 p., 101674.
Research output: Contribution to journal › Journal article › Research › peer-review
- 4. Adherence to physical activity in a workplace setting – A qualitative interview study**
Bredahl, T. V. G., Christensen, R. S., Justesen, J. B. & Christensen, J. R., 15. Feb 2019, In: Cogent Medicine. 6, 1, p. 1- 17 p., 1581446.
Research output: Contribution to journal › Journal article › Research › peer-review
- 5. Attendance barriers experienced by female health care workers voluntarily participating in a multi-component health promotion programme at the workplace**
Ilvig, P. M., Bredahl, T. V. G., Justesen, J. B., Jones, D., Petersen, J., Sjøgaard, K. & Christensen, J. R., 5. Dec 2018, In: BMC Public Health. 18, 1, 1340.
Research output: Contribution to journal › Journal article › Research › peer-review
- 6. Using the RE-AIM framework to evaluate a school-based municipal programme tripling time spent on PE**
Nielsen, J. V., Skovgaard, T., Bredahl, T. V. G., Bugge, A., Wedderkopp, N. & Klakk, H., Oct 2018, In: Evaluation and Program Planning. 70, p. 1-11
Research output: Contribution to journal › Journal article › Research › peer-review
- 7. Selective psychological effects of nudging, gamification and rational information in converting commuters from cars to buses: A controlled field experiment**
Lieberoth, A., Holm Jensen, N. & Bredahl, T., 1. May 2018, In: Transportation Research Part F: Traffic Psychology and Behaviour. 55, p. 246-261
Research output: Contribution to journal › Journal article › Research › peer-review
- 8. Understanding and scaffolding Danish schoolteachers' motivation for using classroom-based physical activity: study protocol for a mixed methods study**
Knudsen, L. S., Skovgaard, T. & Bredahl, T., 1. Mar 2018, In: BMJ Open. 8, 3, 7 p., e019857.
Research output: Contribution to journal › Journal article › Research › peer-review
- 9. Improving the well-being of children and youths: a randomized multicomponent, school-based, physical activity intervention**
Smedegaard, S., Christiansen, L. B., Lund-Cramer, P., Bredahl, T. & Skovgaard, T., 28. Oct 2016, In: BMC Public Health. 16, 1, 11 p., 1127.
Research output: Contribution to journal › Journal article › Research › peer-review
- 10. Background, design and conceptual model of the cluster randomized multiple-component workplace study: FRamed Intervention to Decrease Occupational Muscle pain - "FRIDOM"**
Christensen, J. R., Bredahl, T. V. G., Hadrévi, J., Sjøgaard, G. & Sjøgaard, K., 24. Oct 2016, In: BMC Public Health. 16, 13 p., 1116.
Research output: Contribution to journal › Journal article › Research › peer-review

11. **Motivation er nøglen til bevægelse, men hvordan låser vi børnene op?**
Bredahl, T. V. G., Apr 2016, In: MOV:E. 3, p. 6-15
Research output: Contribution to journal › Journal article › Research › peer-review
12. **Does training frequency and supervision affect compliance, performance and muscular health? A cluster randomized controlled trial**
Dalager, T., Bredahl, T. V. G., Pedersen, M. T., Boyle, E., Andersen, L. L. & Sjøgaard, G., 1. Oct 2015, In: Manual Therapy. 20, 5, p. 657-665 9 p.
Research output: Contribution to journal › Journal article › Research › peer-review
13. **When Intervention Meets Organisation, a Qualitative Study of Motivation and Barriers to Physical Exercise at the Workplace**
Bredahl, T. V. G., Særvoll, C. A., Kirkelund, L., Sjøgaard, G. & Andersen, L. L., 2015, In: Scientific World Journal. 2015, 12 p., 518561.
Research output: Contribution to journal › Journal article › Research › peer-review
14. **Effect of Training Supervision on Effectiveness of Strength Training for Reducing Neck/Shoulder Pain and Headache in Office Workers: Cluster Randomized Controlled Trial**
Gram, B., Andersen, C. H., Zebis, M. K., Bredahl, T. V. G., Pedersen, M., Mortensen, O. S., Jensen, R. H., Andersen, L. L. & Sjøgaard, G., 19. Feb 2014, In: BioMed Research International. 2014, 9 p., 693013.
Research output: Contribution to journal › Journal article › Research › peer-review
15. **Exercise Addiction in Team Sport and Individual Sport: prevalences and validation of the exercise addiction inventory**
Lichtenstein, M. B., Larsen, K. S., Christiansen, E., Støving, R. K. & Bredahl, T. V. G., 2014, In: Addiction Research and Theory. 22, 5, p. 431-437
Research output: Contribution to journal › Journal article › Research › peer-review
16. **Influence of Self-Efficacy on Compliance to Workplace Exercise**
Pedersen, M. M., Zebis, M. K., Langberg, H., Poulsen, O. M., Mortensen, O. S., Jensen, J. N., Sjøgaard, G., Bredahl, T. & Andersen, L. L., 2013, In: International Journal of Behavioral Medicine. 20, 3, p. 365-370
Research output: Contribution to journal › Journal article › Research › peer-review
17. **"Is intensity decisive?": Changes in Levels of Self-efficacy, Stages of Change and Physical Activity for two Different forms of Prescribed Exercise**
Bredahl, T. V. G., Singhammer, J. & Roessler, K. K., 25. Aug 2011, In: Sport Science Review. XX, 3-4, p. 85-112 30 p.
Research output: Contribution to journal › Journal article › Research › peer-review
18. **Prescribed Exercise and Behavioural Change - The Influence of Self-efficacy, Stages of Change, and Social Relations**
Bredahl, T. V. G. & Roessler, K. K., 15. Feb 2011, In: idrottsforum.org.
Research output: Contribution to journal › Journal article › Research › peer-review
19. **Exercise on prescription: changes in physical activity and health-related quality of life in five Danish programmes**
Sørensen, J., Sørensen, J. B., Skovgaard, T., Bredahl, T. V. G. & Puggaard, L., 2011, In: European Journal of Public Health. 21, 1, p. 56-62
Research output: Contribution to journal › Journal article › Research › peer-review
20. **The influence of self-rated health on the development of change in the level of physical activity for participants in prescribed exercise**
Bredahl, T. V. G. & Singhammer, J., 2011, In: Sport Science Review. 20, 5-6, p. 73-94 25 p.
Research output: Contribution to journal › Journal article › Research › peer-review
21. **Exercise on Prescription. Effect of attendance on participants' psychological factors in a Danish version of Exercise on Prescription: a study protocol**
Bredahl, T. V. G., Puggaard, L. & Roessler, K. K., 2008, In: BMC Health Services Research. 8, p. 139
Research output: Contribution to journal › Journal article › Research › peer-review
22. **Physical activity as a part of health promotion in a work place - experiences from a health-psychological approach**
Roessler, K. K. & Bredahl, T., 2006, In: International Journal of Eastern Sports & Physical Education. 4, 1, p. 135-148
Research output: Contribution to journal › Journal article › Research › peer-review

Publications

Publications

1. **"I like it!" Exploring Danish schoolteachers' motivation for integrating classroom-based physical activity: A Self-Determination perspective. Results from a mixed methods study**
Knudsen, L. S., Skovgaard, T. & Bredahl, T. V. G., May 2019.
Research output: Contribution to conference without publisher/journal › Poster › Research › peer-review

2. **How to become a "real man": Health behavior change for men through gamification**
Elbæk, L., Hansen, R. E. & Bredahl, T. V. G., 5. Oct 2017. 1 p.
Research output: Contribution to conference without publisher/journal › Poster › Research
3. **Moving Towards Learning - Understanding and framing teachers' intrinsic motivation for using physical activity as a learning tool**
Knudsen, L. S. & Bredahl, T. V. G., 17. Nov 2016. 1 p.
Research output: Contribution to conference without publisher/journal › Poster › Research › peer-review
4. **Teacher Motivation: Understanding and scaffolding teachers' intrinsic motivation for using physical activity as a learning tool**
Knudsen, L. S., Bredahl, T. V. G. & Skovgaard, T., 2016.
Research output: Contribution to conference without publisher/journal › Poster › Research › peer-review
5. **From inactive to regular jogger: a qualitative study of achieved behavioral change among recreational joggers**
Lund-Cramer, P., Brinkmann Løite, V., Bredahl, T. V. G., Nielsen, R. Ø. & Langberg, H., 5. Jun 2015. 1 p.
Research output: Contribution to conference without publisher/journal › Poster › Research › peer-review
6. **Impact of training frequency and supervision on compliance with strength training and subsequent changes in neck pain and muscle performance**
Dalager, T., Bredahl, T. V. G., Pedersen, M. T., Boyle, E., Andersen, L. L. & Sjøgaard, G., 2. Jul 2014.
Research output: Contribution to conference without publisher/journal › Poster › Research › peer-review
7. **Psychological Predictors for Behavioral Change - Baseline Values of Readiness to Change and Self-Efficacy as Predictors of Adherence to Physical Activity After Exercise On Prescription**
Bredahl, T., Roessler, K. K., Ibsen, B. & Puggaard, L., 2006.
Research output: Contribution to conference without publisher/journal › Poster › Research
8. **Which psychological factors are, in interventions like "Exercise on Prescription" essential to keep the individual in a physical active lifestyle**
Bredahl, T., Roessler, K. K. & Ibsen, B., 2006.
Research output: Contribution to conference without publisher/journal › Poster › Research

Activities

Publications

1. **Motion på Recept - Syddanske erfaringer**
Skovgaard, T., Sørensen, J. B., Sørensen, J., Bredahl, T. V. G. & Puggaard, L., 1. Aug 2009, In: *Maanedsskrift for Praktisk Lægegerning*. 8, 87, p. 723-732
Research output: Contribution to journal › Journal article › Research

Publications

1. **Motivation: Motivation for bevægelse**
Bredahl, T. V. G., 1. Jun 2013, *Klar, Parat, Leg: Uddannelsesmappe til fritidsordninger*. København: Københavns Kommune, p. 30-33 4 p.
Research output: Chapter in Book/Report/Conference proceeding › Report chapter › Communication
2. **Mislykkede tiltag: Mislykkede tiltag til bevægelse og fysisk aktivitet hos ældre. Hvorfor er det så svært at ændre adfærd?**
Bredahl, T. V. G., 2013, *Idræt for seniorer: Fakta, inspiration og indsigt*. Puggaard, L. & Jespersen, A. K. (eds.). Vol. 1. p. 25-28
Research output: Chapter in Book/Report/Conference proceeding › Report chapter › Communication
3. **Motivationsfaktorer og adfærdsændring: modul 1**
Bredahl, T. V. G., 2009, Syddansk Universitet: Syddansk Universitet. 335 p.
Research output: Book/report › Compendium/lecture notes
4. **Motivationsfaktorer og målsætning: modul 1**
Bredahl, T. V. G., 2008, Odense: Syddansk Universitet. *Bevægelse, Idræt og Samfund*. 256 p.
Research output: Book/report › Compendium/lecture notes
5. **Motivationsfaktorer og adfærdsændring : Masteruddannelsen i Fitness og Træning. Efterår 2007**
Bredahl, T. V. G., 2007, Odense: Syddansk Universitets Efteruddannelse. 497 p.
Research output: Book/report › Compendium/lecture notes
6. **Psychological Predictors for Behavioral Change - Baseline Values of Readiness to Change and Self-Efficacy as Predictors of Adherence to Physical Activity After Exercise On Prescription**
Bredahl, T., Roessler, K. K., Ibsen, B. & Puggaard, L., 2006, *Book of Abstracts*. Hoppeler, H., Reilly, T., Tsolakidis, E. & Klossner, S. (eds.). Forlag uden navn, p. 584-585
Research output: Chapter in Book/Report/Conference proceeding › Conference abstract in proceedings › Research

7. **Sundhedspsykologi I og II**
Roessler, K. K. (ed.) & Bredahl, T. (ed.), 2006, Syddansk Universitetsforlag. 503 p.
Research output: Book/report › Compendium/lecture notes
8. **Which psychological factors are, in interventions like "Exercise on Prescription", essential to keep the individual in a physical active lifestyle**
Bredahl, T., Roessler, K. K. & Ibsen, B., 2006, *Health Science Day 2006*. Forskeruddannelsen, Sundhedsvidenskab, Syddansk Universitet, p. 91
Research output: Chapter in Book/Report/Conference proceeding › Conference abstract in proceedings › Research
9. **Pædagogiske perspektiver for adventureracing**
Bredahl, T. V. G., 2004, *Friluftsliv i det 21. århundrede. Kultursociologiske, friluftspolitiske og pædagogiske perspektiver for friluftsliv i Danmark og i Norden: Rapport fra SDU-seminar om fremtidens friluftsliv 19. november 2003 på Båring Højskole*. Andkjær, S. (ed.). Odense: Institut for Fagsprog, Kommunikation og Informationsvidenskab, Syddansk Universitet, p. 59-66 7 p.
Research output: Chapter in Book/Report/Conference proceeding › Report chapter › Communication

Publications

1. **Motion på Recept - en anderledes behandling**
Bredahl, T. V. G., 1. Apr 2002, In: *Odense Sportsavis*. 2, 2
Research output: Contribution to journal › Contribution to newspaper - Newspaper article

Activities

1. **Censor ved Folkesundhedsvidenskab på "Miljø og Sundhed", Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Examiner)
24. Jan 2020
Activity: Examination and external supervision › Examination
2. **Censor ved Bachelorprojekt**
Thomas Viskum Gjelstrup Bredahl (Examiner)
20. Jan 2020
Activity: Examination and external supervision › Examination
3. **Academy of Finland Research Council (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Chairman)
14. Jan 2020 → 16. Jan 2020
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
4. **Censor ved speciale**
Thomas Viskum Gjelstrup Bredahl (Examiner)
20. Mar 2019
Activity: Examination and external supervision › Examination
5. **Censor ved specialeeksamen KU**
Thomas Viskum Gjelstrup Bredahl (Examiner)
20. Mar 2019
Activity: Examination and external supervision › Examination
6. **Academy of Finland (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Chairman)
9. Jan 2019 → 10. Jan 2019
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
7. **Faglig Kongres 2018. Kiropraktikkens ståsteder**
Thomas Viskum Gjelstrup Bredahl (Guest lecturer)
9. Nov 2018
Activity: Talks and presentations › Conference presentations
8. **Escola Superior de Desporto de Rio Maior.**
Thomas Viskum Gjelstrup Bredahl (Visiting researcher)
9. Oct 2018 → 12. Oct 2018
Activity: Visiting another research institution
9. **Censor ved speciale**
Thomas Viskum Gjelstrup Bredahl (Examiner)
28. Sep 2018
Activity: Examination and external supervision › Examination

10. **University of Copenhagen (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Chairman)
1. Sep 2018 → 25. Apr 2019
Activity: Membership › Membership of review committee
11. **Censor speciale**
Thomas Viskum Gjelstrup Bredahl (Examiner)
17. Aug 2018
Activity: Examination and external supervision › Examination
12. **Censor ved 1 speciale på Institut for Idræt og Ernæring (NEXS) på Københavns Universitet**
Thomas Viskum Gjelstrup Bredahl (Examiner)
17. Aug 2018
Activity: Examination and external supervision › Examination
13. **Censor for specialer ved RUC, Folkesundhedsvidenskab**
Thomas Viskum Gjelstrup Bredahl (Examiner)
22. Jun 2018
Activity: Examination and external supervision › Examination
14. **Censor ved 5 specialer ved Folkesundhedsvidenskab, Århus Universitet**
Thomas Viskum Gjelstrup Bredahl (Examiner)
21. Jun 2018
Activity: Examination and external supervision › Examination
15. **Censor ved 1 speciale, Sektion for Idræt, Århus Universitet**
Thomas Viskum Gjelstrup Bredahl (Examiner)
1. Jun 2018 → 30. Jun 2018
Activity: Examination and external supervision › Examination
16. **Censor ved 2 bachelorprojekter, Sektion for Idræt, Århus Universitet**
Thomas Viskum Gjelstrup Bredahl (Examiner)
1. Jun 2018 → 30. Jul 2018
Activity: Examination and external supervision › Examination
17. **Internt IOB's ph.d. vejleder forløb - et fælles sprog**
Thomas Viskum Gjelstrup Bredahl (Participant)
9. May 2018 → 21. Aug 2018
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
18. **Eksaminator samt Intern censor på modulet "Udvikling af Sundhedsfremmende Indsatser"**
Thomas Viskum Gjelstrup Bredahl (Examiner)
1. Apr 2018 → 3. Jul 2019
Activity: Examination and external supervision › Internal examination
19. **Censor Specialer RUC, Folkesundhedsvidenskab**
Thomas Viskum Gjelstrup Bredahl (Examiner)
22. Jan 2018
Activity: Examination and external supervision › Examination
20. **Review af Ph.d. ansøgning**
Thomas Viskum Gjelstrup Bredahl (Examiner)
4. Jan 2018 → 25. Jan 2018
Activity: Examination and external supervision › Examination
21. **Mødet med læreren i det kvalitative interview**
Louise Stjerne Knudsen (Speaker) & Thomas Viskum Gjelstrup Bredahl (Other)
29. Nov 2017
Activity: Talks and presentations › Conference presentations
22. **Academy of Finland (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Chairman)
18. Sep 2017 → 31. Jan 2018
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
23. **SPEACH Innovative possibilities of implementation**
Thomas Viskum Gjelstrup Bredahl (Guest lecturer)
13. Sep 2017
Activity: Talks and presentations › Conference presentations
24. **ENSE Sport Summit 2017 Aarhus**
Thomas Viskum Gjelstrup Bredahl (Organizer)
12. Sep 2017 → 14. Sep 2017
Activity: Attending an event › Conference organisation or participation

25. **PhD supervision process, methods and tools - 2017**
 Thomas Viskum Gjelstrup Bredahl (Organizer)
 21. Aug 2017 → 30. Oct 2017
 Activity: Attending an event › Organisation or participation in workshops, courses or seminars
26. **Censor ved 2 specialeprojekter ved Institut for Folkesundhedsvidenskab, Aalborg Universitet**
 Thomas Viskum Gjelstrup Bredahl (Examiner)
 20. Jun 2017
 Activity: Examination and external supervision › Examination
27. **Censor ved projekteksamen for 7 studerende ved Institut for Idræt, Aalborg Universitet**
 Thomas Viskum Gjelstrup Bredahl (Examiner)
 15. Jun 2017
 Activity: Examination and external supervision › Examination
28. **Intern censor i atletik, Idræt og Biomekanik, Syddansk Universitet**
 Thomas Viskum Gjelstrup Bredahl (Examiner)
 20. Apr 2017
 Activity: Examination and external supervision › Internal examination
29. **Bedømmelse af kandidat til stilling som Associate Professor**
 Thomas Viskum Gjelstrup Bredahl (Censor)
 1. Mar 2017 → 31. Mar 2017
 Activity: Examination and external supervision › Examination
30. **Review af Ph.d. ansøgning**
 Thomas Viskum Gjelstrup Bredahl (Censor)
 1. Mar 2017 → 31. Mar 2017
 Activity: Examination and external supervision › Internal examination
31. **Promoting Health Enhancing Physical Activity among children and youth**
 Danielle Louise Nørager Johansen (Guest lecturer), Thomas Skovgaard (Guest lecturer) & Thomas Viskum Gjelstrup Bredahl (Guest lecturer)
 6. Feb 2017 → 10. Feb 2017
 Activity: Talks and presentations › Guest lectures, external teaching and course activities at other universities
32. **SPEACH**
 Thomas Viskum Gjelstrup Bredahl (Guest lecturer)
 5. Feb 2017 → 9. Feb 2017
 Activity: Talks and presentations › Guest lectures, external teaching and course activities at other universities
33. **Censor ved 2 projekteksaminer ved Institut for Idræt, Aalborg Universitet**
 Thomas Viskum Gjelstrup Bredahl (Censor)
 24. Jan 2017
 Activity: Examination and external supervision › Examination
34. **Censor 3 specialer ved Institut for Idræt Aalborg Universitet**
 Thomas Viskum Gjelstrup Bredahl (Censor)
 23. Jan 2017
 Activity: Examination and external supervision › Examination
35. **Intern vejleder på SDU Universitetspædagogikum**
 Thomas Viskum Gjelstrup Bredahl (Supervisor)
 2. Jan 2017 → 2. Jan 2018
 Activity: Examination and external supervision › Internal examination
36. **ISPAH 2016**
 Thomas Viskum Gjelstrup Bredahl (Participant)
 16. Nov 2016 → 19. Nov 2016
 Activity: Attending an event › Conference organisation or participation
37. **Intern censor ved atletikeksamen**
 Thomas Viskum Gjelstrup Bredahl (Censor)
 13. Oct 2016
 Activity: Examination and external supervision › Internal examination
38. **Hvornår er nok nok?**
 Thomas Viskum Gjelstrup Bredahl (Lecturer)
 6. Oct 2016
 Activity: Talks and presentations › Talks and presentations in private or public companies
39. **Motivation er nøglen.: Hvornår er nok, nok**
 Thomas Viskum Gjelstrup Bredahl (Lecturer)
 6. Oct 2016
 Activity: Talks and presentations › Talks and presentations in private or public companies

40. **Censor speciale ved Institut for Idræt og Ernæring, Københavns Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
3. Oct 2016
Activity: Examination and external supervision › Examination
41. **Censor ved speciale ved RUC**
Thomas Viskum Gjelstrup Bredahl (Censor)
5. Sep 2016
Activity: Examination and external supervision › Examination
42. **Censor for Speciale ved Institut for Idræt og Ernæring, Københavns Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
22. Aug 2016
Activity: Examination and external supervision › Examination
43. **Censor for "Sundhedsfremme" ved Sektion for Idræt, Århus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
12. Aug 2016
Activity: Examination and external supervision › Examination
44. **Censor i "Sundhedsfremme" ved Sektion for Idræt, Århus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
5. Jul 2016
Activity: Examination and external supervision › Examination
45. **Censor projekteksamen ved Institut for Idræt, Aalborg Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
27. Jun 2016
Activity: Examination and external supervision › Examination
46. **Censor for speciale ved Institut for Idræt, Københavns Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
9. May 2016
Activity: Examination and external supervision › Examination
47. **Oplægsholder for Dansk Selskab for Fysioterapi i Geriatri og Gerontologi**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
21. Jan 2016
Activity: Talks and presentations › Talks and presentations in private or public companies
48. **Beijing Sports University**
Thomas Viskum Gjelstrup Bredahl (Visiting researcher)
8. Oct 2015 → 18. Oct 2015
Activity: Visiting another research institution
49. **Beijing Sports University**
Thomas Viskum Gjelstrup Bredahl (Visiting researcher)
8. Oct 2015 → 18. Oct 2015
Activity: Visiting another research institution
50. **Censor projekteksamen Institut for Idræt, Aalborg Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
30. Jun 2015
Activity: Examination and external supervision › Examination
51. **Censor for 3 specialer på Institut for Idræt i Aalborg**
Thomas Viskum Gjelstrup Bredahl (Censor)
18. Jun 2015
Activity: Examination and external supervision › Examination
52. **Censor ved Folkesundhedsvidenskab i Århus**
Thomas Viskum Gjelstrup Bredahl (Censor)
15. Jun 2015
Activity: Examination and external supervision › Examination
53. **Censor på Master Thesis ved International Master of Physical Activity and Health**
Thomas Viskum Gjelstrup Bredahl (Censor)
8. May 2015
Activity: Examination and external supervision › Examination
54. **Children and Motivation for Physical activity**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
28. Apr 2015
Activity: Talks and presentations › Talks and presentations in private or public companies

55. **Nord-Plus Seminar**
Thomas Viskum Gjelstrup Bredahl (Participant)
27. Apr 2015 → 28. Apr 2015
Activity: Attending an event › Conference organisation or participation
56. **Forskningens døgn**
Thomas Viskum Gjelstrup Bredahl (Participant)
25. Apr 2015
Activity: Attending an event › Conference organisation or participation
57. **Idrætsuddannelsen ved IOB**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
8. Apr 2015
Activity: Talks and presentations › Talks and presentations in private or public companies
58. **Idrætsuddannelsen ved IOB og Talentudvikling fra et fysiologisk og psykologisk perspektiv**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
12. Mar 2015
Activity: Talks and presentations › Talks and presentations in private or public companies
59. **Oplægsholder v Nordpluskursus i Kaunas Litauen**
Thomas Viskum Gjelstrup Bredahl (Other)
26. Jan 2015 → 28. Jan 2015
Activity: Talks and presentations › Talks and presentations in private or public companies
60. **Censor v. Idræt og Sundhed**
Thomas Viskum Gjelstrup Bredahl (Censor)
23. Jan 2015
Activity: Examination and external supervision › Examination
61. **Censor v. Idrætspædagogik i Aarhus**
Thomas Viskum Gjelstrup Bredahl (Censor)
23. Jan 2015
Activity: Examination and external supervision › Examination
62. **Censor v Idræt og Sundhed**
Thomas Viskum Gjelstrup Bredahl (Censor)
7. Jan 2015
Activity: Examination and external supervision › Examination
63. **Censor ved Speciale på Institut for Idræt, Aalborg Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
10. Nov 2014
Activity: Examination and external supervision › Examination
64. **KLs Ældrekonference**
Thomas Viskum Gjelstrup Bredahl (Speaker)
30. Sep 2014
Activity: Talks and presentations › Conference presentations
65. **Fra bilist til cyklist - motivation er nøglen**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Sep 2014
Activity: Talks and presentations › Talks and presentations in private or public companies
66. **Motivation og Ledelse**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
21. Aug 2014
Activity: Talks and presentations › Talks and presentations in private or public companies
67. **Censor v reeksamen i faget "Projektledelse og professionsstudier i idræt" v. Sektion for Idræt, Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
8. Aug 2014
Activity: Examination and external supervision › Examination
68. **Department of Sports Science and Clinical Biomechanics (Organisational unit)**
Thomas Viskum Gjelstrup Bredahl (Member)
1. Aug 2014 → ...
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
69. **Censor v. "Idrætspsykologi", Sektion for Idræt, Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
3. Jul 2014
Activity: Examination and external supervision › Examination

70. **Censor v faget "Idrætspsykologi" v Sektion for Idræt, Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
2. Jul 2014
Activity: Examination and external supervision › Examination
71. **Censor v "Undervisning og formidling"**
Thomas Viskum Gjelstrup Bredahl (Censor)
23. Jun 2014 → 25. Jun 2014
Activity: Examination and external supervision › Examination
72. **Censor v eksamen i "Undervisning & formidling" v Sektion for Idræt, Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
23. Jun 2014 → 25. Jun 2014
Activity: Examination and external supervision › Examination
73. **ESOF 2014 Euroscience Open Forum**
Thomas Viskum Gjelstrup Bredahl (Speaker)
21. Jun 2014 → 22. Jun 2014
Activity: Talks and presentations › Conference presentations
74. **Censor v 2 specialer på Idrætsuddannelsen i Aalborg**
Thomas Viskum Gjelstrup Bredahl (Censor)
18. Jun 2014
Activity: Examination and external supervision › Examination
75. **Censor ved 2 kandidatspecialer v Idrætsuddannelsen i Aalborg**
Thomas Viskum Gjelstrup Bredahl (Censor)
18. Jun 2014
Activity: Examination and external supervision › Examination
76. **Censor v. "Sundhedsfremme og Forebyggelse", Folkesundhedsvidenskab, Aarhus Universitet**
Thomas Viskum Gjelstrup Bredahl (Censor)
16. Jun 2014
Activity: Examination and external supervision › Examination
77. **Censor ved eksamen i faget "Sundhedsfremme og forebyggelse" v Folkesundhedsvidenskab i Århus**
Thomas Viskum Gjelstrup Bredahl (Censor)
16. Jun 2014
Activity: Examination and external supervision › Examination
78. **3rd International Wellbeing at Work Conference**
Thomas Viskum Gjelstrup Bredahl (Speaker)
28. May 2014
Activity: Talks and presentations › Conference presentations
79. **Motivation and behavior change**
Thomas Viskum Gjelstrup Bredahl (Other)
7. May 2014 → 9. May 2014
Activity: Talks and presentations › Talks and presentations in private or public companies
80. **Censorkorpset for Folkesundhed og relaterede uddannelser (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Member)
1. May 2014 → ...
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
81. **Censorkorpset for Idrætsuddannelserne i Danmark (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Member)
1. May 2014 → ...
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
82. **Behaviour Change**
Thomas Viskum Gjelstrup Bredahl (Other)
23. Mar 2014 → 26. Mar 2014
Activity: Talks and presentations › Talks and presentations in private or public companies
83. **Intern vejleder SDU Universitetspædagogikum**
Thomas Viskum Gjelstrup Bredahl (Supervisor)
3. Feb 2014 → 7. Feb 2015
Activity: Examination and external supervision › Internal examination
84. **Bevægelse, motivation og forandring - en udfordring for os alle**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
25. Jan 2014
Activity: Talks and presentations › Talks and presentations in private or public companies

85. **Danske Gymnastik- og Idrætsforeninger**
Thomas Viskum Gjelstrup Bredahl (Visiting lecturer)
25. Jan 2014
Activity: Visiting another research institution
86. **Talent environments for children, youth and the elderly.**
Thomas Viskum Gjelstrup Bredahl (Guest lecturer)
21. Jan 2014 → 22. Jan 2014
Activity: Talks and presentations › Guest lectures, external teaching and course activities at other universities
87. **Flyvevåbnets Officerskole**
Thomas Viskum Gjelstrup Bredahl (Visiting lecturer)
27. Nov 2013
Activity: Visiting another research institution
88. **Klar, Parat Husum**
Thomas Viskum Gjelstrup Bredahl (Participant)
6. Nov 2013
Activity: Attending an event › Conference organisation or participation
89. **XII ENSSEE forum**
Thomas Viskum Gjelstrup Bredahl (Participant)
23. Oct 2013 → 26. Oct 2013
Activity: Attending an event › Conference organisation or participation
90. **Review af artikel**
Thomas Viskum Gjelstrup Bredahl (Other)
1. Aug 2013
Activity: Talks and presentations › Talks and presentations in private or public companies
91. **Escola Superior de Desporto de Rio Maior.**
Thomas Viskum Gjelstrup Bredahl (Visiting researcher)
22. May 2013 → 24. May 2013
Activity: Visiting another research institution
92. **Videopodcast**
Thomas Viskum Gjelstrup Bredahl (Participant)
23. Apr 2013
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
93. **Post-Graduate level Training of Trainers Program in Physical Education and Sport (ToT). Faculty of Sport Science, Pristina, Kosovo**
Thomas Viskum Gjelstrup Bredahl (Consultant)
2. Apr 2013 → 6. Apr 2013
Activity: Public and private sector consultation › Consultancy
94. **Motivation og forandring: Hvordan kan din hverdag ændres?**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
16. Mar 2013
Activity: Talks and presentations › Talks and presentations in private or public companies
95. **Kursus i brug af smartboard / symposium i universitetsundervisning**
Thomas Viskum Gjelstrup Bredahl (Participant)
28. Jan 2013 → 18. Mar 2013
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
96. **Aktivér dine studerende med diskussionsfora, blogs og wikier - sidemandsoplæring med underviser**
Thomas Viskum Gjelstrup Bredahl (Participant)
1. Jan 2013 → 31. Jan 2013
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
97. **Kulturministeriets Forskningsudvalg (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Member)
1. Jan 2013
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
98. **Motivation er nøglen.: Hvordan inddrages forældre og pædagoger.**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
30. Nov 2012
Activity: Talks and presentations › Talks and presentations in private or public companies

99. **Post-Graduate level Training of Trainers Program in Physical Education and Sport (ToT). Faculty of Sport Science, Pristina, Kosovo**
Thomas Viskum Gjelstrup Bredahl (Consultant)
20. Nov 2012 → 23. Nov 2012
Activity: Public and private sector consultation › Consultancy
100. **Brug af Cases i undervisningen**
Thomas Viskum Gjelstrup Bredahl (Participant)
8. Nov 2012
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
101. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Oct 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
102. **Motivation for pædagoger og børn**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Sep 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
103. **Physical Activity and Lifestyle Counselling (PALC): Behaviour Change**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
9. Sep 2012 → 15. Sep 2012
Activity: Talks and presentations › Guest lectures, external teaching and course activities at other universities
104. **Uddannelse af Idrætspersonale**
Thomas Viskum Gjelstrup Bredahl (Speaker)
7. Sep 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
105. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
5. Sep 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
106. **Motivation for bevægelse**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
3. Sep 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
107. **Uddannelse af Sundhedsambassadører**
Thomas Viskum Gjelstrup Bredahl (Speaker)
3. Sep 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
108. **Aktivér dine studerende med Wikis og Blogs**
Thomas Viskum Gjelstrup Bredahl (Participant)
29. Aug 2012
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
109. **Universitetspædagogikum**
Thomas Viskum Gjelstrup Bredahl (Participant)
1. Aug 2012 → 10. Jun 2013
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
110. **Lietuvos Kuno Kulturos Akademija (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Member)
19. Jun 2012 → 22. Jun 2012
Activity: Membership › Membership of committees, commissions, boards, councils, associations, organisations, or similar
111. **Universitetspædagogikum**
Thomas Viskum Gjelstrup Bredahl (Participant)
7. Jun 2012 → 10. Jun 2013
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
112. **Konference ved Det Nationale Forskningscenter for arbejdsmiljø**
Thomas Viskum Gjelstrup Bredahl (Speaker)
6. Jun 2012
Activity: Talks and presentations › Conference presentations

113. **Review af artikel: Reviewer på artiklen "Motives for Physical Activity among Active and Inactive Persons in Their Mid-Thirties**
Thomas Viskum Gjelstrup Bredahl (Other)
1. Jun 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
114. **De strukturelle rammers betydning for motivation**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
16. Apr 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
115. **Livreddende Førstehjælp**
Thomas Viskum Gjelstrup Bredahl (Participant)
13. Mar 2012
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
116. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
12. Mar 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
117. **Motivation er nøglen - hvordan låser vi børnene op?**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
9. Feb 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
118. **Motivation for lærere og børn**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
25. Jan 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
119. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
16. Jan 2012
Activity: Talks and presentations › Talks and presentations in private or public companies
120. **Arbejds miljø kursus**
Thomas Viskum Gjelstrup Bredahl (Participant)
10. Jan 2012 → 1. Mar 2012
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
121. **Motivation for pædagoger og børn**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
18. Nov 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
122. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Nov 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
123. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
13. Oct 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
124. **Motivation for lærere**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
13. Oct 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
125. **Hvad er sundhed?**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Oct 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
126. **Klar, Parat, Husum**
Thomas Viskum Gjelstrup Bredahl (Consultant)
8. Sep 2011 → 6. Nov 2013
Activity: Public and private sector consultation › Consultancy
127. **Motivation for pædagoger**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
5. Sep 2011
Activity: Talks and presentations › Talks and presentations in private or public companies

128. **Motivation for fysisk aktivitet**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
22. Mar 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
129. **Motivation for fysisk aktivitet**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
14. Mar 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
130. **Motivation for fysisk aktivitet**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
4. Mar 2011
Activity: Talks and presentations › Talks and presentations in private or public companies
131. **Erfaringer med Motion på Recept**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
11. Sep 2010
Activity: Talks and presentations › Talks and presentations in private or public companies
132. **Motivation for bevægelse**
Thomas Viskum Gjelstrup Bredahl (Other)
23. Aug 2010
Activity: Talks and presentations › Talks and presentations in private or public companies
133. **Motivation for Fysisk Aktivitet**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
11. Aug 2010
Activity: Talks and presentations › Talks and presentations in private or public companies
134. **Region Syddanmark (External organisation)**
Thomas Viskum Gjelstrup Bredahl (Member)
10. Apr 2010
Activity: Membership › Membership of review committee
135. **Studielederkursus**
Thomas Viskum Gjelstrup Bredahl (Participant)
15. Mar 2010 → 16. Mar 2010
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
136. **Studielederkursus**
Thomas Viskum Gjelstrup Bredahl (Participant)
8. Feb 2010 → 10. Feb 2010
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
137. **Health, physical activity, motivation and goal setting**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
13. Jan 2010
Activity: Talks and presentations › Talks and presentations in private or public companies
138. **Health, motivation and physical activity**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
6. Jan 2010
Activity: Talks and presentations › Talks and presentations in private or public companies
139. **Censor ved Fængselsfunktionærernes Idrætseksamen**
Thomas Viskum Gjelstrup Bredahl (Censor)
17. Dec 2009
Activity: Examination and external supervision › Examination
140. **Børneuniversitet**
Thomas Viskum Gjelstrup Bredahl (Participant)
8. Oct 2009 → 6. Oct 2010
Activity: Attending an event › Organisation or participation in workshops, courses or seminars
141. **Motivation for physical activity**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
2. Sep 2009
Activity: Talks and presentations › Talks and presentations in private or public companies
142. **Head of studies Master of Fitness and Exercise**
Thomas Viskum Gjelstrup Bredahl (Other)
2. Mar 2009 → ...
Activity: Talks and presentations › Talks and presentations in private or public companies

143. **Censor ved Fængselsfunktionærernes Idrætseksamen**
Thomas Viskum Gjelstrup Bredahl (Censor)
18. Dec 2008
Activity: Examination and external supervision › Examination
144. **Motivation for exercise**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
12. Jun 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
145. **Responsible for "Motivation and Behaviour Change" for the Master of Fitness and Training**
Thomas Viskum Gjelstrup Bredahl (Other)
1. May 2008 → 31. Dec 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
146. **Vicestudieleder på Masteruddannelsen i Fitness og Træning**
Thomas Viskum Gjelstrup Bredahl (Other)
1. May 2008 → 31. Dec 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
147. **From psychological to physical movement**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
10. Apr 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
148. **Health in Movement**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
12. Mar 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
149. **Scandinavian Journal of Medicine & Science in Sports (Journal)**
Thomas Viskum Gjelstrup Bredahl (Editor)
1. Jan 2008
Activity: Editorial work and peer review › Peer review of manuscripts › Research
150. **Health Science Day**
Thomas Viskum Gjelstrup Bredahl (Participant)
15. Nov 2007
Activity: Attending an event › Conference organisation or participation
151. **Censor ved Fængselsfunktionærernes Idrætseksamen**
Thomas Viskum Gjelstrup Bredahl (Censor)
14. Nov 2007
Activity: Examination and external supervision › Examination
152. **Motion på Receipt: Resultater fra den afsluttende evaluering i Region Syddanmark**
Thomas Viskum Gjelstrup Bredahl (Lecturer)
20. Aug 2007
Activity: Talks and presentations › Talks and presentations in private or public companies
153. **Responsible for "Motivation and Behaviour Change" for the Master of Fitness and Training**
Thomas Viskum Gjelstrup Bredahl (Other)
1. Aug 2007 → 4. Feb 2008
Activity: Talks and presentations › Talks and presentations in private or public companies
154. Thomas Viskum Gjelstrup Bredahl (Lecturer)
15. Mar 2007
Activity: Talks and presentations › Talks and presentations in private or public companies
155. **New Zealand Ministry of Health and Sport and Recreational New Zealand (SPARC)**
Thomas Viskum Gjelstrup Bredahl (Visiting researcher)
7. Feb 2007 → 7. Apr 2007
Activity: Visiting another research institution
156. **What is Health?**
Thomas Viskum Gjelstrup Bredahl (Other)
5. Feb 2007
Activity: Talks and presentations › Talks and presentations in private or public companies
157. **Psykologisk Patientevaluering - Erfaringer fra Fyns Amt og Frederiksberg Kommune**
Thomas Viskum Gjelstrup Bredahl (Speaker)
9. May 2006
Activity: Talks and presentations › Talks and presentations in private or public companies

158. **Dansk Idrætspsykologisk Forum (DIFO) (External organisation)**

Thomas Viskum Gjelstrup Bredahl (Member)

20. Mar 2005 → ...

Activity: Membership › Membership of review committee

Activities

Activities

Activities

Activities

Ansættelser

2014	Lorem ipsum dolor sit amet
2013	Lorem ipsum dolor sit amet
2012	Lorem ipsum dolor sit amet
2011	Lorem ipsum dolor sit amet
2010	Lorem ipsum dolor sit amet
2009	Lorem ipsum dolor sit amet