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CV

UDDANNELSE

1998: PhD, Afdeling for Neurofysiologi, Panum Institutet, Københavns Universitet;
1991: MSc, Idrætsfysiologi, August Krogh Institutet, Københavns Universitet;
1984: BSc, Matematik, H.C. Ørsted Institutet, Københavns Universitet

ANSÆTTELSER

2006-: Professor i Biomekanik, Institut for Idræt og Klinisk Biomekanik, Syddansk Universitet
2003-06: Forskningsprofessor i Biomekanik og Klinisk Træningsvidenskab, Syddansk Universitet.
1991-2005: Forskningsassistent & videnskabelig medarbejder, Team Danmark Testcenter, Idrætsmedicinsk Forskningsenhed, Bispebjerg Hospital, samt Rigshospitalet, Københavns Universitet;

FORSKNINGSOPHOLD I UDLANDET

2012, 2010, 2008, 2001: Department of Integrative Biology, University of California Berkeley, USA;
1996: Dept. Human Biodynamics, Human Locomotion Laboratory, University of California Berkeley, USA

VIDENSKABELIGE PUBLIKATIONER

I alt 276 full length peer-review videnskabelige artikler og bogkapitler er publiceret i internationale videnskabelige tidsskrifter og tekstbøger (fuld publikationsliste ses nedenfor). Antal citationer *ISI Web of Science* (Sept 2020): 15.171, gennemsnitlig antal citationer pr. år: 606,8; antal citationer pr. artikel: 65,1; H-index: 71. Antal citationer *Google Scholar* (Sept 2020): 29.708, H-index: 92, i10index: 222

VIDENSKABELIGE FOREDRAG VED KONGRESSER OG SEMINARER

+300 Konference abstrakts er blevet publiceret ved internationale og nationale videnskabelige møder, heraf +50 som førsteforfatter.

VIDENSKABELIG VEJLEDER

Vejleder for 23 Ph.D. studerende (2001-), 86 hovedfagsstuderende (2000-), 111 bachelor studerende (2000-).

PEER REVIEW ARBEJDE

Review arbejde er udført for flg internationale videnskabelige tidsskrifter: *Frontiers in Physiology*, *Journal of Physiology*, *American Journal of Physiology*, *Journal of Applied Physiology*, *Medicine and Science in Sports and Exercise*, *American Journal of Sports Medicine*, *Exercise and Sports Science Reviews*, *Experimental Physiology*, *Journal of Clinical Neurophysiology*, *Journal of Neurophysiology*, *Neuroscience Letters*, *Experimental Brain Research*, *Muscle & Nerve*, *Acta Physiologica*, *Scandinavian Journal of Medicine and Science in Sports*, *Journal of Experimental Biology*, *Sports Medicine*, *Experimental Gerontology*, *Journal of Gerontology: Biological Sciences*, *BMC Musculoskeletal Disorders*, *Journal of Biomechanics*, *Clinical Biomechanics*, *Clinical physiology and functional imaging*, *Journal of Aging and Health*, *European Journal of Applied Physiology*, *International Journal of Sports Medicine*, *British Journal of Sports Medicine*, *Canadian Journal of Applied Physiology*, *Journal of Sports Sciences*, *AGE*, *Journal of Rehabilitation Medicine*, *Arthritis Research & Therapy*, *Journal of Sports Science & Medicine* (electronic journal), *International Journal of Sports Physiology and Performance*, *Computer Methods in Biomechanics and Biomedical Engineering*

UNDERVISNING VED UNIVERSITETER

Over 250 undervisningslektioner og -foredrag er blevet givet de sidste 5 år ved 50+ universitetskurser på PhD, MSc, og BSc niveau. Undervisning er blevet varetaget både i Danmark (Syddansk Universitet, Københavns Universitet, Ålborg Universitet) samt i udlandet (Rome University Institute of Movement Sciences; UCAM University Murcia, Spanien; University of Salzburg, Østrig; University of California Berkeley, USA; University of Thessaloniki, Grækenland)

FORSKNINGSOMRÅDER

Forskningsområder omfatter fysiologiske og biomekaniske aspekter ved træning, aldring, inaktivitet, muskel/sene skader, sygdom samt operation. Herunder undersøges indflydelsen af ovennævnte faktorer på neurologisk/neuromotorisk funktion, muskelfunktion og muskelmorfologi, muskelarkitektur, myogene stamceller, samt senevæv. Specifikke forskningsemner omfatter derudover indflydelsen af ovennævnte faktorer på bl.a. neuromotorisk funktion incl. spinale

netværk, muskelmekanisk funktion (kontraktile styrke, rate of force development og power), muskel morfologi og -arkitektur, myogene stamceller (satellitceller), sene og aponeurose funktion, funktionel performance kapacitet (incl. postural balance) hos ældre individer, forebyggelse af korsbåndskader indenfor kvindehåndbold og -fodbold, validering af kliniske rehabilitering paradigmer.

Biomekaniske forskningsområder indenfor forskningsenheden for muskelfysiologi og Biomekanik (MoB) omfatter herunder (i) udvikling, validering og kvalitetssikring af biomekaniske og neuromotoriske analysemetoder, (ii) gennemførelse af biomekanisk-fysiologiske grundforskningsprojekter, samt (iii) gennemførelse af interventions- og træningstudier samt kliniske studier med fysiologisk sigte, og hvor udvalgte neuromuskulære og biomekaniske aspekter undersøges dels til at få brugbare effektmål for den gennemførte intervention/træning og dels til at belyse de involverede adaptationsmekanismer.

VIDENSKABELIGE PUBLIKATIONER (full-length peer reviewed artikler)

2020

- Fristrup B, Krstrup P, Andersen JL, Hornstrup T, Løwenstein FT, Larsen MA, Helge JW, Póvoas SCA, Aagaard P. Effects of small-sided recreational team handball training on mechanical muscle function, body composition and bone mineralization in untrained young adults – a randomized controlled trial. *PLoS ONE* in press 2020
- Hokken R, Laugesen S, Aagaard P, Suetta C, Frandsen U, Ørtenblad N, Nielsen J. Subcellular localization- and fibre type-dependent utilization of muscle glycogen during heavy resistance exercise in elite power and Olympic weightlifters. *Acta Physiol.* in press 2020
- Haddock B, Hansen SK, Lindberg U, Nielsen JL, Frandsen U, Aagaard P, Larsson HBW, Suetta C. Physiological responses of human skeletal muscle to acute blood flow restricted exercise assessed by multimodal MRI. *J. Appl. Physiol.* 129, 748–759, 2020
- Petersson N, Jørgensen S, Kjeldsen T, Aagaard P, Mechlenburg I. Okklusionsgangtræning som genoptræning til patient med kronisk knæartrose. *Ugeskr. Læger (Danish Medical Bulletin)* 182, V02200108, 2020
- Aagaard P, Bojsen-Møller J, Lundbye-Jensen J. Perspectives for progress in the assessment of neuroplasticity with strength training. *Exerc. Sports Sci. Rev.* 48, 151-162, 2020
- Vissing K, Groennebaek T, Wernbom M, Aagaard P, Raastad T. Myocellular adaptations to low-load blood flow restricted resistance training. *Exerc. Sports Sci. Rev.* 48, 180-187, 2020
- Alcazar J, Kamper RS, Aagaard P, Haddock B, Prescott E, Ara I, Suetta C. Relation between leg extension power and 30-s sit-to-stand muscle power in older adults: validation and translation to functional performance. *Sci. Reports* 10, 16337, 2020
- Krogh S, Jønsson AB, Vibjerg J, Severinsen K, Aagaard P, Kasch H. Feasibility and safety of 4 weeks of blood flow-restricted exercise in an individual with tetraplegia and known autonomic dysreflexia: a case report. *Spinal Cord Ser. Cases* 6, 83, 2020
- Jørgensen SL, Bohn MB, Aagaard P, Mechlenburg I. Efficacy of low-load blood flow restricted resistance exercise in patients with knee osteoarthritis scheduled for total knee replacement (EXKnee). Protocol for a multicenter, randomized controlled trial. *BMJ Open* 10:e034376, 2020
- Pareja-Blanco F, Rodríguez-Rosell D, Aagaard P, Sánchez-Medina L, Ribas-Serna J, Mora-Custodio R, Otero-Esquina C, Yáñez-García JM, González-Badillo JJ. Time course of recovery from resistance exercise with different set configurations. *J. Strength Cond. Res.* 34, 2867-2876, 2020
- Turpeinen JT, Freitas TT, Rubio-Arias JÁ, Jordan MJ, Aagaard P. Contractile rate of force development after ACL reconstruction - a comprehensive review and meta-analysis. *Scand. J. Med. Sci. Sports* 30, 1572–1585, 2020
- Nielsen JL, Arp KD, Villadsen M, Sommer S, Aagaard P. Rate of force development remains reduced in the knee flexors 3-9 months after ACL reconstruction using medial hamstring autografts – a cross-sectional study. *Am. J. Sports Med.* 48, 3214-3223, 2020
- Skovlund S, Aagaard P, Larsen P, Svensson RB, Kjaer M, Magnusson SP, Couppé C. The effect of low-load resistance training with blood flow restriction on chronic patellar tendinopathy – a case series. *Translational Sports Med.* 3, 342–352, 2020
- Nielsen JL, Frandsen U, Jensen KY, Prokhorova T, Dalgaard LB, Bech RD, Nygaard T, Suetta C, Aagaard P. Skeletal muscle microvascular changes in response to short-term blood-flow restricted training - exercise-induced adaptations and signs of perivascular stress. *Front. Physiol.* 11, 556, 2020
- Hansen SK, Ratzer J, Nielsen JL, Suetta C, Karlsen A, Kvorning T, Frandsen U, Aagaard P. Effects of alternating blood-flow restricted training and heavy-load resistance training on myofiber morphology and mechanical muscle function. *J. Appl. Physiol.* 128, 1523-1532, 2020
- Müller DC, Izquierdo M, Boeno FP, Aagaard P, Teodoro JL, Grazioli R, Radaelli R, Bayer H, Neske R, Pinto RS, Cadore EL. Adaptations in mechanical muscle function, muscle morphology and aerobic power to high-intensity endurance training combined with either traditional or power strength training in older adults: a randomized clinical trial. *Eur. J. Appl. Physiol.* 120, 1165-1117, 2020
- Wernbom M, Schoenfeld B, Paulsen G, Bjørnsen T, Cumming KT, Aagaard P, Clark BC, Raastad T. Can blood flow restricted exercise cause muscle damage? Commentary on Blood flow restriction exercise: Considerations of methodology, application, and safety. *Front. Physiol.* 11, 243, 2020
- Grønfeldt BM, Nielsen JL, Mieritz RM, Lund H, Aagaard P. Effect of blood-flow restricted vs. heavy-load strength training on muscle strength: Systematic review and meta-analysis. *Scand. J. Med. Sci. Sports* 30, 837-848, 2020
- Bourne M, Schuermans J, Witvrouw E, Aagaard P, Shield A. Neuromuscular factors related to hamstring muscle function, performance and injury. Chap. 5 in *Prevention and Rehabilitation of Hamstring Injuries* (Eds: Thorborg K, Opar D Shields A), pp.117-143, Springer Nature, 2020

Alcázar J, Aagaard P, Haddock B, Kamper RS, Hansen SK, Prescott EI, Alegre LM, Suetta C. Age- and sex-specific changes in lower-limb muscle power throughout the lifespan. *J. Gerontol. Med. Sci.* 75, 1369-1378, 2020

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Huseth K, Aagaard P, Gutke A, Karlson J, Tranberg R. Assessment of neuromuscular activity during maximal isometric contraction in supine vs standing body positions. *J. Electromyogr. Kinesiol.* 50, 102365, 2020

2019

Bláfoss R, Aagaard P, Andersen LL. Physical and psychosocial work environmental risk factors of low-back pain: Protocol for a 1 year prospective cohort study. *BMC Musculoskelet. Disord.* 20, 626, 2019

Jensen KY, Jacobsen M, Schrøder HD, Aagaard P, Nielsen JL, Jørgensen A, Boyle E, Bech RD, Rosmark S, Diederichsen L, Frandsen U. The immune system in sporadic inclusion body myositis patients is not compromised by blood-flow restricted exercise training. *Arthritis Res. Ther.* 21, 293, 2019

Mertz KH, Reitelseder S, Jensen M, Lindberg J, Hjulmand M, Schucany A, Andersen SB, Bechshoef RL, Jakobsen MD, Bieler T, Beyer N, Lindberg J, Aagaard P, Holm L. Influence of between-limb asymmetry in muscle mass, strength and power on functional capacity in healthy older adults. *Scand. J. Med. Sci. Sports* 29, 1901-1908, 2019

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2018

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Jørgensen AN, Aagaard P, Frandsen U, Eleanor B, Diederichsen LP. Blood-flow restricted resistance training in patients with sporadic inclusion body myositis: A randomised controlled trial. *Scand. J. Rheumatol.* 47, 400-409, 2018

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Ishøi L, Clausen MB, Aagaard P. Inappropriate methods and flawed conclusion in: Can resistance training enhance the rapid force development in unloaded dynamic isoinertial multi-joint movements? A Systematic Review. *J. Strength Cond. Res.* 32, e1-e2, 2018

Krstrup P, Helge EW, Hansen PR, Aagaard P, Hagman MVA, Thomsen MBR, Sousa M, Mohr M. Effects of recreational football on women's fitness and health - adaptations and mechanisms. *Eur. J. Appl. Physiol.* 118, 11-32, 2018

Bregenhof B, Jørgensen U, Aagaard P, Nissen N, Creaby MW, Thorlund JB, Jensen C, Torfing T, Holsgaard-Larsen A. The effect of targeted exercise on knee muscle function in patients with persistent hamstring deficiency following ACL reconstruction: Study protocol or a randomized controlled trial. *Trials* 19, 75, 2018

Pareja-Blanco F, Rodríguez-Rosell D, Aagaard P, Sánchez-Medina L, Ribas-Serna J, Mora-Custodio R, Otero-Esquina C, Yáñez-García JM, González-Badillo JJ. Time course of recovery from resistance exercise with different set configurations. *J. Strength Cond. Res.* in press 2019

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Setuain I, Izquierdo M, Idoate F, Bikandi E, Gorostiaga EM, Aagaard P, Cadore EL, Alfaro-Adrián J. Differential effects of two rehabilitation programs following Anterior Cruciate Ligament Reconstruction. *J. Sport Rehab.* 26, 544-555 2017

Jørgensen AN, Aagaard P, Nielsen JL, Christiansen M, Hvid LG, Frandsen U, Diederichsen LP. Physical function and muscle strength in sporadic inclusion body myositis. *Muscle Nerve* 56, E50-E56, 2017

Krommes K, Petersen J, Nielsen MB, Aagaard P, Hölmich P, Thorborg P. Sprint and jump performance in elite male soccer players following a 10-week Nordic Hamstring exercise protocol - A randomised pilot study. *BMC Research Notes*

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- Jordan MJ, Doyle-Baker P, Heard M, Aagaard P, Herzog W. A Retrospective Analysis of Concurrent Pathology in ACL Reconstructed Knees of Elite Alpine Ski Racers. *Orthop. J. Sports Med.* 5, 2325967117714756, 1-7, 2017
- Nielsen JL, Aagaard P, Prokhorova T, Nygaard T, Bech RD, Suetta C, Frandsen U. Blood-flow restricted training leads to myocellular macrophage infiltration and upregulation of heat-shock proteins, but no apparent muscle damage. *J. Physiol.* 595.14, 4857-73, 2017
- Martín-Hernández J, Ruiz J, Herrero JA, Loenneke JP, Aagaard P, Cristi C, Marín PJ. Adaptation of perceptual responses to low load blood flow restriction training. *J. Strength Cond. Res.* 31, 765-772, 2017
- Zebis MK, Andersen CH, Bencke J, Ørntoft C, Linnebjerg C, Hölmich P, Thorborg K, Aagaard P, Andersen LL. Neuromuscular coordination deficit persists 12 months after ACL reconstruction - but can be modulated by 6 weeks of kettlebell training: A case study in Women's elite soccer. *Case Rep. Orthop.* 4269575, 2017
- Nielsen JL, Frandsen U, Prokhorova T, Bech RD, Nygaard T, Suetta C, Aagaard P. Delayed effect of blood flow restricted resistance training on rapid force capacity. *Med. Sci. Sports Exerc.* 49, 1157-1167, 2017
- Barner Dalgaard L, Djurtoft JB, Bech RD, Nielsen JL, Jørgensen LH, Schrøder HD, Frandsen U, Aagaard P, Hvid LG. Influence of resistance training on neuromuscular function and physical capacity in ALS patients. *J. Neurodegener. Dis.* 1436519, 1-8, 2017
- Jordan MJ, Aagaard P, Herzog W. ACL injury/re-injury in alpine ski racing: a narrative review. *Open Access J. Sports Med.* 8, 71-83, 2017
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- Aagaard P, Andersen JL. Eccentric training as treatment of muscle-tendon injury. In *Science and Football VIII (Proc. 8th World Congress on Science and Football)*, Routledge, New York, pp. 119-126, 2017
- Andersen JL, Aagaard P. Muscle Power training in soccer. In *Science and Football VIII (Proc. 8th World Congress on Science and Football)*, Routledge, New York, pp. 5-12, 2017

2016

- Setuain I, Izquierdo M, Idoate F, Bikandi E, Gorostiaga EM, Aagaard P, Cadore EL, Alfaro-Adrián J. Differential effects of two rehabilitation programs following Anterior Cruciate Ligament Reconstruction. *J. Sport Rehab.* 19, 1-37, 2016
- Jensen HB, Nielsen JL, Ravnborg M, Dalgas U, Aagaard P, Stenager E. Effect of slow release-Fampridine on muscle strength, rate of force development, functional capacity and cognitive function in an enriched population of MS patients. A randomized, double blind, placebo controlled study. *Mult. Scler. Relat. Disord.* 10, 137-144, 2016
- Sundstrup E, Jakobsen MD, Brandt M, Jay K, Aagaard P, Andersen LL. Strength training improves fatigue resistance and self-rated health in workers with chronic pain: A randomized controlled trial. *BioMed Res. Int.* 4137918, 1-11, 2016
- Maffiuletti NA, Aagaard P, Blazevich AJ, Folland J, Tillin N, Duchateau J. Rate of force development: Physiological and methodological considerations. *Eur. J. Appl. Physiol.* 116, 1091-1116, 2016
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- Zebis MK, Andersen LL, Brandt M, Myklebust G, Bencke J, Lauridsen HB, Bandholm T, Thorborg K, Hölmich P, Aagaard P. Effects of evidence-based prevention training on neuromuscular and biomechanical risk factors for ACL injury in adolescent female athletes: A randomized controlled trial. *Br. J. Sports Med.* 50, 552-557, 2016
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- Sundstrup E, Jakobsen MD, Brandt M, Jay K, Aagaard P, Andersen LL. Associations between biopsychosocial factors and chronic upper limb pain among slaughterhouse workers: cross sectional study. *BMC Musculoskelet. Disord.* 17, 104, 2016
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2015

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Michalsik LB, Aagaard P, Madsen K. Technical activity profile and influence of body anthropometry on playing performance in female elite Team Handball. *J. Strength Cond. Res.* 29, 1126-1138, 2015

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Aktiviteter

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Per Aagaard (Foredragsholder)

7. nov. 2020

"Strength training with blood flow occlusion: Where are we now? Mechanisms and applications in human muscle and tendon", Invited Lecture at Symposium 'New Strength Training Methods', European College of Sports Science 25th Anniversary Congress 2020

Per Aagaard (Foredragsholder)

29. okt. 2020

"Adaptations in muscle morphology, neuromuscular capacity and tendon function with strength training - Implications for athletic performance", Invited lecture at 'Strength & Conditioning Symposia - Dare to Know More', Clínica Do Drãgao FIFA Medical Centre of Excellence, Porto, Portugal
Per Aagaard (Foredragsholder)
25. sep. 2020

"Effects of recreational football training on muscle mass and neuromuscular function", Invited Lecture at Scandinavian Sports Medicine Congress 2020, Copenhagen.
Per Aagaard (Foredragsholder)
1. feb. 2020

"Use of blood flow restricted (BFR) resistance training in Athletes: Effects and adaptive mechanisms", Invited Lecture at International Research Seminar, Universidad de Castilla La Mancha, Toledo, Spain
Per Aagaard (Foredragsholder)
28. jan. 2020

"New ways to exercise the muscle-tendon complex: Exercise based prevention and rehabilitation of overuse injury in human tendon and muscle", Invited Lecture at VI. International Congress on Rehabilitation and Prevention of Sports Injuries in Physical Activity and Sport, IV. Congress of Health and Physical Exercise, Valencia
Per Aagaard (Foredragsholder)
25. jan. 2020

"Stronger, not bigger - Neural adaptations to resistance exercise in athletes, old adults and clinical patients", Invited Lecture at World Congress of Chiropractic Students (WCCS) Regional Event 2019, University of Southern Denmark
Per Aagaard (Foredragsholder)
30. nov. 2019

"Neuromuscular strength training strategies - Mechanistic and Applied Perspectives", Invited Lecture at International Sports Forum 2019: Strength & Conditioning Society (SCS) and European Sports Nutrition Society (ESNS), Madrid November 2019
Per Aagaard (Foredragsholder)
15. nov. 2019

"Blood flow restricted training in frail elderly patients", Invited lecture at Danish Rheumatology Organization (DRFO) 2019 Annual Congress
Per Aagaard (Foredragsholder)
20. sep. 2019

"Muscle Fibertype Composition Affects Contractile Rate of Force Development (RFD) in vivo", Conference Lecture at the College of Sports Medicine 2019 Annual Meeting, Orlando, Florida
Per Aagaard (Foredragsholder)
30. maj 2019

"Concurrent training – do opposite distract or attract?", Invited Lecture at 'Symposium on Concurrent training – do opposite distract or attract?', Scandinavian Sports Medicine Conference 2019, Copenhagen
Per Aagaard (Foredragsholder)
2. feb. 2019

"Rate of torque development: How is it related to injury and performance", Invited Lecture at 'Symposium on Athletic hamstring health and performance', Scandinavian Sports Medicine Conference 2019, Copenhagen
Per Aagaard (Foredragsholder)
1. feb. 2019

"Effects of football on muscular function", Invited Lecture at 'Football is Medicine Conference 2019', University of Southern Denmark
Per Aagaard (Foredragsholder)
25. jan. 2019

"Idrætsfysiologi - Hvad sker der med kroppen når man træner?" Invited Lecture at Ungdommens Naturvidenskabelige Forening (UNF), University of Southern Denmark, Odense
Per Aagaard (Foredragsholder)
24. jan. 2019

"Regeneration and function of the semitendinosus (ST) muscle-tendon complex following harvest of ST ACL-autografts: Reasons for concern?", Invited Lecture at Region Midt Sportsmedicine Meeting 2018, Regional Hospital Horsens
Per Aagaard (Foredragsholder)
21. sep. 2018

"Implementation and effects of occlusion training in the clinical setting", Invited Lecture at the Danish Society of Rheumatology 2018 Annual Meeting, Middelfart, Denmark
Per Aagaard (Foredragsholder)
19. mar. 2018

"Occlusion training: Stimulation for muscle hypertrophy by use of low-resistance strength exercise - Implications and applications in rehabilitation", Invited Lecture at Odense Municipality Physiotherapy Center (Hollufgård Træningscenter), Odense
Per Aagaard (Foredragsholder)
11. mar. 2018

"Rehabilitation of muscle-tendon tissue after ACL reconstruction: Tissue regenerative capacity, identification of effective training modalities", Invited Lecture at 14th Scandinavian Congress of Medicine & Science in Sports 2018 Annual Meeting, Copenhagen
Per Aagaard (Foredragsholder)
3. feb. 2018

"Adaptive changes in muscle morphology and function with football exercise", Invited Lecture at PhD Course 'Football and Health: Physiological Perspectives', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark
Per Aagaard (Foredragsholder)
10. dec. 2017

"New ways to exercise the muscle-tendon complex? Exercise based prevention of overuse injury in human tendon and muscle", Invited Lecture at 'SDU/Bispebjerg IOC Symposium in Sports Physiotherapy', Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark
Per Aagaard (Foredragsholder)
7. dec. 2017

"Stronger not Bigger - Changes in neuromuscular function with resistance training in athletes, old adults and rehab patients", Invited Open Seminar Lecture at the Danish Society of Engineers (IDA Universe) and Ålborg University
Per Aagaard (Foredragsholder)
28. nov. 2017

"Prevention and rehabilitation of musculo-tendinous overuse injury by use of exercise – biomechanical and neuromuscular aspects", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark
Per Aagaard (Foredragsholder)
15. nov. 2017

"Neuromuscular and sarcopenic changes with advanced aging – use of exercise as a countermeasure, exercise in the hospitalized elderly", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark
Per Aagaard (Foredragsholder)

14. nov. 2017

"Use of surface EMG recording and evoked spinal reflex responses to evaluate neuromuscular function: adaptations elicited by resistance training", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)

13. nov. 2017

"Assessment and evaluation of mechanical muscle function in vivo - paradigms and applications from elite sports to patient rehabilitation", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)

11. nov. 2017

"Changes in muscle mass, fibertype composition and tendon function with resistance training", Invited Open Seminar Lecture at the Danish Society of Engineers (IDA Universe) and Ålborg University

Per Aagaard (Foredragsholder)

31. okt. 2017

"Neuromuscular plasticity to training: implications for athletes, patient and elderly individuals", Invited Lecture at SANS Odense (Studerendes Almene Neurologiske Selskab Odense) Seminar, Odense University Hospital

Per Aagaard (Foredragsholder)

5. okt. 2017

"Effects of Resistance Training on Neuromuscular Function - Implications for athletes and non-athletes, elderly and patients", Invited Lecture at Sports Science & Fitness Congress 2017, German Sport University Cologne

Per Aagaard (Foredragsholder)

24. sep. 2017

"Hyperactivation of skeletal muscle stem cells with blood flow restricted resistance exercise - implications for muscle hypertrophy in sports and in the clinical setting", Invited Lecture at Sports Science & Fitness Congress 2017, German Sport University Cologne

Per Aagaard (Foredragsholder)

24. sep. 2017

"The influence of eccentric strength training on the enhancement of maximal muscle strength, explosive force and muscular power - Consequences for Athletic Performance", Invited Lecture at Sports Science & Fitness Congress 2017, German Sport University Cologne

Per Aagaard (Foredragsholder)

23. sep. 2017

"Maximal jumping performance of Maasai people: Lessons to be learned from the history of evolution", Invited lecture at Symposia 'Jumping Performance of the Maasai People', American College of Sports Medicine 2017 Annual Meeting, Denver, USA

Per Aagaard (Foredragsholder)

2. jun. 2017

"Maximal vertical jumping performance in Maasai Warriors", Invited Lecture at Research Seminar, Dept. Integrative Physiology, University of Colorado, Boulder

Per Aagaard (Foredragsholder)

30. maj 2017

"Blood-flow restricted low-intensity resistance training (occlusion training) - Use and implications for clinical patient groups", Invited Open Seminar Lecture at the Danish Society of Engineers (IDA Universe) and Ålborg University

Per Aagaard (Foredragsholder)

23. maj 2017

"Blood-flow restricted low.intensity resistance training (occlusion training) - Implications for Clinical Patients", Invited Lecture at Rehabilitation Seminar, Horsens Regional Hospital, Horsens, Denmark

Per Aagaard (Foredragsholder)

19. maj 2017

"Blood flow restricted resistance training - Applications for skeletal muscle rehabilitation in Clinical Medicine", Invited Lecture at Bispebjerg Hospital Physiotherapy and Orthopaedic Surgery Seminar, Copenhagen

Per Aagaard (Foredragsholder)

9. maj 2017

"Occlusion training: New research in blood flow restricted muscle training", Invited Lecture at Danish Society of Engineers (IDA Universe) and Ålborg University

Per Aagaard (Foredragsholder)

29. mar. 2017

"Blood flow restricted (BFR) muscle training: effects of low-intense ischemic resistance training in clinical patients", Invited Lecture/Seminar at PT Postgraduate Course, UCNfys, Ålborg

Per Aagaard (Foredragsholder)

9. feb. 2017

"Neuromuscular plasticity to exercise: Implications for athletic performance and clinical rehabilitation" (Johannes Lindhard Prize Lecture), Invited Lecture at Danish Society of Sports Medicine (DIMS) 2017 Annual Meeting, Copenhagen

Per Aagaard (Foredragsholder)

3. feb. 2017

"Blood flow restricted muscle training - Implications for Rehabilitation, Applications in Clinical Medicine", Invited Lecture at Danish Society of Sports Medicine (DIMS) 2017 Annual Meeting, Copenhagen

Per Aagaard (Foredragsholder)

2. feb. 2017

"The Physiology of Eccentric Exercise: Neuromuscular and myocellular effects of eccentric muscle exercise", Invited Lecture at the Human Performance Laboratory, University of Calgary, Canada

Per Aagaard (Foredragsholder)

24. jan. 2017

"The influence of eccentric strength training on the enhancement of maximal muscle strength, explosive force and muscular power - Consequences for Athletic Performance", Invited Lecture at the Canadian Institute of Winter Sports (WINSPO), University of Calgary, Canada

Per Aagaard (Foredragsholder)

23. jan. 2017

"New ways to train the muscle-tendon complex? Exercise based prevention of overuse injury in human tendon and muscle", Invited Lecture at IOC Bispebjerg Symposium in Sports Physiotherapy, Frederiksberg Hospital, Copenhagen

Per Aagaard (Foredragsholder)

18. nov. 2016

"Neuromuscular plasticity to training: spinal and supraspinal adaptations", Invited Keynote Lecture at International Winter School in Clinical Exercise Science and Sports Medicine, University Potsdam, Berlin

Per Aagaard (Foredragsholder)

8. nov. 2016

"Effects of musculoskeletal loading on the prevention and rehabilitation of muscle tendon injury: Biomechanical and neural aspects", Invited Key Note Lecture at International Winter School in Clinical Exercise Science and Sports Medicine, University Potsdam, Berlin

Per Aagaard (Foredragsholder)
7. nov. 2016

"Neuromuscular plasticity in quadriceps function in response to training - and how this might affect sprinting ability and kicking performance", Invited Lecture at 8th MuscleTech Network Workshop: Quadriceps muscle injuries - From Research to Clinical Practice, FC Barcelona, Aspeta, Fundación Leitat; Camp Nou Barcelona
Per Aagaard (Foredragsholder)
4. okt. 2016

"The Physiology of Eccentric Exercise - Neuromuscular and myocellular effects of eccentric muscle exercise", Invited Lecture at The 3rd International Global Hamstring Project / nHance, Barcelona
Per Aagaard (Foredragsholder)
1. okt. 2016

"Is there inhibition during eccentric muscle contractions? Functional implications and effects of resistance training", Invited lecture at 17th International Symposium: Biomechanics of Human Movement: Mechanisms and Methods, Neuromuscular Research Center, University of Jyväskylä
Per Aagaard (Foredragsholder)
22. sep. 2016

"Blood-flow restricted low-intensity resistance training (occlusion training): Implications for athletes and injury rehabilitation", Invited Lecture Danish Athletic Federation (DAF) Track & Field National Team Seminar, Copenhagen
Per Aagaard (Foredragsholder)
8. apr. 2016

"Changes in muscle morphology, neuromuscular capacity and tendon function with training: implications for athletic performance, patient rehabilitation and aging individuals", Invited Lecture at Sports Medicine Australia (SMA) 2016 Symposium 'Silent Contributors to Injury/Illness/Performance', Australian Institute of Sports (AIS), Canberra, Australien
Per Aagaard (Foredragsholder)
18. mar. 2016

"Changes in skeletal muscles and neural function with aging - Effects of exercise based rehabilitation and prevention", Invited lecture at Swedish Chiropractic Association (LKR) Spring Meeting, Malmö, Sweden
Per Aagaard (Foredragsholder)
7. feb. 2016

"Overuse muscle-tendon injury: current mechanisms and thinking - Implications for rehabilitation and prevention", Invited Lecture at Danish Society of Sports Medicine (DIMS) 2016 Annual Meeting, Kolding
Per Aagaard (Foredragsholder)
4. feb. 2016

"Effects of resistance training on muscle morphology and cell function – from athletes to patients and back", Invited lecture at Danish Society for Clinical Physiology and Nuclear Medicine (DSKFNM) Annual Meeting, Odense
Per Aagaard (Foredragsholder)
29. jan. 2016

"Evaluating neuromuscular activity by use of surface EMG Signal analysis", Invited Lecture at Research Seminar, Department of Orthopaedics, Lundberg Laboratory for Orthopaedic Research, Institute of Clinical Sciences, Sahlgrenska University Hospital, University of Gothenburg
Per Aagaard (Foredragsholder)
25. jan. 2016

"Sarcopenia and Muscle Atrophy with Aging - impact of exercise training", Invited lecture at VIII International Symposium in Strength Training, Polytechnical University of Madrid (UPM), INEF Madrid (Faculty of Sports Sciences, University of Madrid) and NSCA Spain, Madrid
Per Aagaard (Foredragsholder)
11. dec. 2015

"Jumping performance and biomechanical muscle-tendon characteristics in Maasai people: Lessons to be learned from the history of human evolution for the elite jumping athlete", Invited lecture at Julius Bomholt Seminar 2015, Danish Ministry of Culture Research Council (KFU), Copenhagen
Per Aagaard (Foredragsholder)
3. dec. 2015

"Occlusion Training: Blood flow restricted (BFR) exercise - ischemic muscle training in frail patients", Invited Lecture at Medical Student Sport Medicine Interest Group Meeting, Panum Institute, University of Copenhagen
Per Aagaard (Foredragsholder)
11. nov. 2015

"Effects of resistance training on endurance capacity in Top Level Athletes", Invited Lecture at the 5th Congress of the Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
Per Aagaard (Foredragsholder)
7. nov. 2015

"Use of exercise training to reverse age-related changes in neuronal function and skeletal muscle morphology", Invited Lecture at the 5th Congress of the Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
Per Aagaard (Foredragsholder)
6. nov. 2015

"Contribution of neural system to Fmax and RFD - Lessons to be learned from Athletes and Science", Invited Lecture at 'The Fmax Symposium', English Institute of Sport, Bisham Abbey National Sports Centre, London
Per Aagaard (Foredragsholder)
25. okt. 2015

"Use of ischemic training in weakened frail patients: Effects of low-load blood flow restricted muscle training on muscle mass and functional capacity", Invited Lecture at 3-day conference 'Highlights in Rheumatology', Danish Society of Rheumatology, Svendborg, Denmark
Per Aagaard (Foredragsholder)
24. sep. 2015

"What is BFRE / occlusion training, and how is it applied as an exercise tool?", Invited Lecture at 'Workshop on Robot Technology and Exercise', Mærsk Mc-Kinney Møller Institute, University of Southern Denmark, Odense
Per Aagaard (Foredragsholder)
26. aug. 2015

"Eccentric training as treatment of muscle-tendon injury" Invited Lecture at the World Conference on Science in Football 2015 (WCSF2015), Copenhagen
Per Aagaard (Foredragsholder)
22. maj 2015

"Neuromuscular changes with aging and strength/power training - Underlying mechanisms" Invited Lecture at HANC Seminar 'Guidelines for physical activity for mobility-limited older adults', Healthy Ageing Network of Competence (HANC) Final conference, Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark
Per Aagaard (Foredragsholder)
18. maj 2015

"Blood flow restriction training - build-up and maintenance of skeletal muscle mass with low-load resistance training" Invited Lecture at Workshop 'Blood Flow Restriction Training', National Team Coaches Seminar, Team Danmark Elitesports Association, Idrættens Hus, Brøndby
Per Aagaard (Foredragsholder)
13. maj 2015

"Muscle Strength Assessment & Testing: Evaluation of mechanical muscle function in sports, rehabilitation and health", "Adaptive changes in muscle morphology and muscle architecture induced by resistance training", and "Adaptive changes in Neuromuscular function induced by resistance training", Invited Lectures at National Strength & Conditioning Association (NSCA) Master Program in High Performance Sports, Catholic University San Antonio (UCAM), Murcia, Spain
Per Aagaard (Foredragsholder)
18. apr. 2015

"Blood flow restricted resistance training: Stimulation and maintenance of muscle mass with low-intensity resistance exercise - implications for rehabilitation" Invited Lecture at the 2015 Annual Meeting in the Danish Society of Rheumatology / DRFO
Per Aagaard (Foredragsholder)
16. apr. 2015

"Occlusion training: Stimulation of muscle hypertrophy with low-intensity resistance exercise - implications for rehabilitation", Invited Lecture at Dept Physiotherapy Health Center Nørrebro, Copenhagen Kommune
Per Aagaard (Foredragsholder)
13. apr. 2015

"Changes in skeletal muscles and neural function with aging - Effects of exercise based rehabilitation and prevention", Invited Lecture in Tønder Kommune Physiotherapy & Ergotherapy Department
Per Aagaard (Foredragsholder)
19. feb. 2015

"Use of resistance exercise in the prevention and rehabilitation of tendon injury - Training paradigms and adaptive mechanisms", Invited Lecture at the Department of Applied Physiology and Physiotherapy, Lithuanian University of Sports Science, Kaunas, Lithuania
Per Aagaard (Foredragsholder)
13. feb. 2015

"Hyperactivation of skeletal muscle stem cells with blood flow restricted resistance exercise - Implications for muscle hypertrophy, injury rehabilitation and restitution capacity", Invited Lecture at the Department of Applied Physiology and Physiotherapy, Lithuanian University of Sports Science, Kaunas, Lithuania
Per Aagaard (Foredragsholder)
12. feb. 2015

"Hyperactivation of skeletal muscle stem cells with blood flow restricted resistance exercise (BFRE): Implications for muscle hypertrophy, injury rehabilitation and restitution capacity", Invited Lecture in Danish Football Association (DBU) Medical Board
Per Aagaard (Foredragsholder)
4. feb. 2015

"Training interventions for the younger athlete - Tendon plasticity and injury in Youth Athletes", Invited Lecture at the European Speed Conference, European Athletics Association & British Athletics, Belfry, Birmingham, UK
Per Aagaard (Foredragsholder)
9. nov. 2014

"Influence of eccentric strength training on neuromotor function and muscle size - consequences for maximal muscle strength, contraction speed and muscle power", Invited Lecture at the European Speed Conference, European Athletics Association & British Athletics, Belfry, Birmingham, UK
Per Aagaard (Foredragsholder)
8. nov. 2014

"Neural Control of Eccentric and Concentric Contractions: Functional Implications and Effects of Resistance Training", Invited Lecture at Nordic Muscle Tendon Network (NMTN) Seminar, Swedish School of Sports Science (GIH), Stockholm
Per Aagaard (Foredragsholder)
7. nov. 2014

"Kaatsu training: Stimulation and maintenance of muscle mass with low-intensity resistance exercise - implications for rehabilitation" Invited Lecture at Educational Lunch Seminar, Dept of Physiotherapy and Sports Medicine, Institute of Sports Medicine Copenhagen, Bispebjerg University Hospital, Copenhagen, Denmark
Per Aagaard (Foredragsholder)
4. nov. 2014

"Effects of resistance exercise on muscle and neuronal function in old adults - Training as a countermeasure against sarcopenia and age-related loss in neuromotoric function", Invited Lecture at Inaugural seminar for Adjunct Professor Ingrid Lundberg, Faculty of Health Science, University of Southern Denmark, Odense, Denmark
Per Aagaard (Foredragsholder)
30. okt. 2014

"Use of eccentric training to prevent and rehabilitate overload injury in tendon and skeletal muscle" and "Kaatsu training: Stimulation and maintenance of muscle mass with low-intensity resistance exercise", Invited Lectures at Thematic seminar (Faglig Dag), Department of Physiotherapy, VIA University College, Holsterbro, Denmark
Per Aagaard (Foredragsholder)
9. sep. 2014

"Contractile rate of Force Development: Practical implications" at symposia 'Rate of force development: methodological, physiological and practical issues', Invited Lecture at '19th Annual Congress of the European College of Sports Science' (ECSS), Amsterdam
Per Aagaard (Foredragsholder)
3. jul. 2014

"Activation of Skeletal Muscle Stem Cells With Blood Flow Restricted Strength Training", Invited Lecture at 'IVth National Strength & Conditioning Association (NSCA) International Conference', Catholic University San Antonio (UCAM), Murcia, Spain
Per Aagaard (Foredragsholder)
27. jun. 2014

"Kaatsu Training - Implications for muscle hypertrophy in sports, fitness and the clinical setting", Invited Lecture at Team Denmark Elite Sport Organisation, Sportsmedicine / Exercise Physiologist Team, Idrættens Hus, Brøndby
Per Aagaard (Foredragsholder)
10. jun. 2014

"Resistance Training in Fitness, Athletes and Elderly - Muscular and Neuronal adaptations", Invited Lecture at 'Level II Diploma Course in Sports Medicine', Danish Society for Sportsmedicine (Dansk Idrætsmedicinsk Selskab; DIMS), Bispebjerg university Hospital, Copenhagen
Per Aagaard (Foredragsholder)
6. jun. 2014

"Neural control of Eccentric and Concentric contractions: Functional implications and effects of resistance training", Invited Lecture at 'Nordic Muscle Tendon Network (NMTN) PhD & Master Course', Panum Institute, University of Copenhagen
Per Aagaard (Foredragsholder)
2. jun. 2014

"Influence of eccentric strength training on enhancement of maximal muscle strength, explosive force and muscle power - Consequences on athletic performance", Invited Lecture at 'Conference 'Enhancing Muscle Capacities: strength, power, velocity'', Institut National du Sport (INSEP), Paris
Per Aagaard (Foredragsholder)
19. maj 2014

Invited Lectures **"Muscle Strength Assessment & Testing: Evaluation of mechanical muscle function in sports, rehabilitation and health"**, **"Adaptive changes in muscle morphology and muscle architecture induced by resistance training"**, **"KAATSU training: Implications for muscle hypertrophy in sports and the clinical setting"** and **"Adaptive changes in Neuromuscular function induced by resistance training"** at National Strength & Conditioning Association (NSCA) Master Program in High Performance Sports, Catholic University San Antonio (UCAM), Murcia, Spain
Per Aagaard (Foredragsholder)

22. feb. 2014 → 23. feb. 2014

"Effects of blood flow restricted resistance exercise on skeletal muscle growth and myogenic stem cell activation: Implications for patient rehabilitation", Invited Lecture at 'Danish Society of Sports Medicine (DIMS) 2014 Annual Meeting', Kolding

Per Aagaard (Foredragsholder)

31. jan. 2014

"Evaluating rapid muscle force capacity: Assessment and Analysis of Contractile Rate of Force Development (RFD)", Invited Lecture at X Lab Research Seminar, Department of Biomedical Sciences, Systems Biology Research Section, Panum Institute, University of Copenhagen, Denmark

Per Aagaard (Foredragsholder)

9. jan. 2014

"Hyperactivation of skeletal muscle stem cells with blood flow restricted resistance exercise - Implications for muscle hypertrophy in sports and the clinical setting", Invited Lecture at '2013 Asics Conference of Science and Medicine in Sport (ACSMS)', Annual Meeting in Sports Medicine Australia (SMA) Federation, Phuket, Thailand.

Per Aagaard (Foredragsholder)

24. okt. 2013

"Neuromuscular plasticity to training: spinal and supraspinal adaptations", Invited Keynote Lecture at '2013 Asics Conference of Science and Medicine in Sport (ACSMS)', Annual Meeting in Sports Medicine Australia (SMA) Federation, Phuket, Thailand.

Per Aagaard (Foredragsholder)

23. okt. 2013

"Strength training in the elderly - Exercise as a countermeasure against sarcopenia and age-related loss in neuromotor function", Invited Lecture at '4th Stockholm Arthroscopy and Rehabilitation Conference', The Swedish School of Sport and Health Sciences (GIH), Stockholm, Sweden.

Per Aagaard (Foredragsholder)

17. okt. 2013

"Loss in muscle mass and neuromuscular function with aging - Use of exercise as a countermeasure", Invited Lecture at 'Sjukgymnastdagarne', Legitimerade Sjukgymnasters Riksförbund (Swedish Physiotherapist Association), Göteborg, Sweden

Per Aagaard (Foredragsholder)

4. okt. 2013

"Neural control of eccentric and concentric contractions: Functional implications and effects of resistance training", Invited Lecture at Symposia 'Acute and Chronic Adaptations to Concentric versus Eccentric Exercise', American College of Sports Medicine Annual Meeting, Indianapolis, USA

Per Aagaard (Foredragsholder)

2. jun. 2013

"Hyperactivation of skeletal muscle stem cells by means of blood flow restricted resistance exercise: implications for muscle hypertrophy in sports and clinic settings", Invited Lecture, 2nd International Symposia on the Advances in Sports Science, Pablo de Olavide University, Sevilla

Per Aagaard (Foredragsholder)

3. maj 2013

"Changes in neuromuscular function induced by training: implications for athletic performance", Invited Lecture at Masters Course in Team Sports Training, INEF and FC Barcelona, University of Barcelona, Spain

Per Aagaard (Foredragsholder)

27. apr. 2013

"Effects of musculoskeletal loading on the prevention and rehabilitation of muscle-tendon injury: Biomechanical and neural aspects", Invited Lecture at Masters Course in Team Sports Training, INEF and FC Barcelona, University of Barcelona, Spain

Per Aagaard (Foredragsholder)
27. apr. 2013

"Current experimental work on human skeletal muscle and strength training: Hyperactivation of myogenic stem cells with blood flow restricted exercise - implications for skeletal muscle growth", Invited Lecture at Institute of Neuroscience and Pharmacology, Panum Institute / Dept Exercise and Sport Sciences, University of Copenhagen

Per Aagaard (Foredragsholder)
5. apr. 2013

"Neuromuscular and sarcopenic changes with advanced aging: use of exercise as a countermeasure, exercise in the hospitalized elderly", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)
15. mar. 2013

"Injury rehabilitation and prevention in human muscle, tendon and ligaments", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)
14. mar. 2013

"Use of surface EMG recording and evoked H-reflex responses to evaluate neuromuscular function: adaptations elicited by resistance training", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)
13. mar. 2013

"Assessment and evaluation of mechanical muscle function in vivo - paradigms and applications", Invited Lecture at International PhD Course 'Assessment and evaluation of human muscle, nervous system and tendon-aponeurosis function in sports science, clinical science and aging', Institute of Sports Science and Clinical Biomechanics, University of southern Denmark

Per Aagaard (Foredragsholder)
11. mar. 2013

"Importance of neuromuscular interaction for strength development", Invited Lecture, Danish Society of Sports Medicine Annual Meeting (DIMS), Kolding

Per Aagaard (Foredragsholder)
1. feb. 2013

"Latest research on bloodflow restricted exercise (BFRE)", Invited Lecture, English Institute of Sports, Manchester, UK

Per Aagaard (Foredragsholder)
30. jan. 2013

"Assessment of Neuromuscular Performance in Elite Athletes: Isokinetics, Isometrics and Jump Methodologies" Invited Lecture, English Institute of Sports, Manchester, UK

Per Aagaard (Foredragsholder)
29. jan. 2013

"Effects of exercise on whole muscle morphology and cell function – from athletes to patients and back", Invited Lecture, SDU Muscle Research Cluster (SMRC) Opening Seminar, University of Southern Denmark

Per Aagaard (Foredragsholder)
28. jan. 2013

Invited Lecture "Strength training in the elderly - Use of exercise as a countermeasure against sarcopenia and age related loss in neuromotor function", Institute of neuroscience and physiology, Sahlgrenska Academy, University of Göteborg

Per Aagaard (Foredragsholder)
22. nov. 2012

"Hyperactivation of myogenic satellite cells with blood-flow restricted exercise", Invited Lecture at '8th International Conference of Strength Training', NIH, Oslo, Norway

Per Aagaard (Foredragsholder)
24. okt. 2012

"Role of the neuromuscular system in muscle strength development and performance", Invited Lecture at 'Scandinavian Congress of medicine and science in sports', Malmö, Sweden

Per Aagaard (Foredragsholder)
20. sep. 2012

"Neuromuscular impairment with ageing - Influence of Strength Training", Invited Lecture at MYOAGE Symposium 'The aging human muscle: An integrated machinery', Centre for Healthy Aging, Rigshospitalet, University of Copenhagen

Per Aagaard (Foredragsholder)
31. aug. 2012

"Effects of musculo-skeletal loading on the prevention and rehabilitation of muscle-tendon injury: Adaptive changes in Physiology and Function", Invited Lecture at 'Sports Medicine', Pregraduate Course Lecture in Medicine, University of Southern Denmark

Per Aagaard (Foredragsholder)
14. feb. 2012

"Neuromuscular and sarcopenic changes with advanced aging: use of exercise as a countermeasure, exercise in the hospitalized elderly", Invited Lecture, Center for Human Movement Sciences, University of Groningen, Holland

Per Aagaard (Foredragsholder)
9. feb. 2012

"Non-contact ACL injury - Anatomical, biomechanical and neural factors", Invited Lecture, Danish Society of Sports Medicine Annual Meeting (DIMS), Kolding Kongrescenter.

Per Aagaard (Foredragsholder)
3. feb. 2012

Idrætsfysiologi: Hvad sker med kroppen når man træner? Fra Olympiske atleter til ældre hoftepatienter

Per Aagaard (Foredragsholder)
11. nov. 2011

Assessment of mechanical muscle function and neuromuscular capacity in vivo: applications and implications for exercise studies, athletes, elderly and patients

Per Aagaard (Foredragsholder)
28. okt. 2011

Strength Evaluation in Clinical Populations - Intervention paradigms and functional adaptations

Per Aagaard (Foredragsholder)
23. okt. 2011

Strength Training in Prevention and Rehabilitation

Per Aagaard (Andet)
23. okt. 2011

Use of resistance training in the prevention and rehabilitation of overuse injury in human skeletal muscle

Per Aagaard (Foredragsholder)
23. okt. 2011

Neuromuscular adaptation in muscle and tendon in response to health-enhancing physical exercise

Per Aagaard (Foredragsholder)

10. okt. 2011 → 11. okt. 2011

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Effects of musculoskeletal loading on the prevention and rehabilitation of muscle-tendon injury: biomechanical and neural aspects

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Effects of eccentric exercise on the prevention and rehabilitation of hamstring muscle injury: Biomechanical and neural aspects

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Adaptive changes in muscle morphology, muscle size, fibertype composition and muscle architecture induced by strength and resistance training

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Assessment of strength, muscle size, neuromuscular capacity and functional performance in the elderly: Effects of resistance training

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Clinical aspects: Use of eccentric muscle-tendon training to rehabilitate overload injury (tendinopathy, muscle strain)

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Muscle Strength Assessment & Testing: Evaluation of mechanical muscle function in sports, rehabilitation, aging and health

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Tendon hypertrophy; Is it possible? Do we want it? How can we target it?

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Neuromuscular adaptation in muscle and tendon in response to health-enhancing physical exercise

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Changes in muscle morphology, neuromuscular capacity and tendon function with training: implications for athletic performance, patient rehabilitation and aging individuals

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The influence of eccentric strength training on the enhancement of maximal muscle strength, explosive force and muscular power - Consequences for Athletic Performance

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Testing neuromuscular activation on humans: from top athletes to fragile patients

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Changes in muscle morphology, architecture and fiber type composition with resistance training: implications for athletic performance

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Effects of resistance training on neuromuscular function: implications for athletic performance

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Use of ergogenic supplementation in resistance training: implications for muscle growth, cellular signalling and myogenic satellite cell activation

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Tendon loading to enhance injury resilience and/or SSC performance

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Changes in muscle morphology and neuromuscular function with eccentric strength training: Consequences for athletic performance and injury prevention

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Muscle strength and power assessment in Track and Field athletes

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Changes in muscle morphology and neuromuscular function induced by eccentric strength training: Consequences for athletic performance

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Neuromuscular adaptation - changes in eccentric and explosive muscle strength neuromuscular adaptation - changes in eccentric and explosive muscle strength

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Muscle EMG activity during maximal eccentric contraction - Effects of strength training

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Counter movement jump characteristics pre and post intervention of explosive type strength training in elderly individuals

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