

## SUMMARY

I obtained my PhD degree in June 2019 with the project title: Musculoskeletal pain among surgeons performing minimally invasive surgery.

In my research, I focus on health and applying physical exercise training as a prevention or treatment of musculoskeletal pain and cardiovascular diseases. Within the past five years, I have published 12 articles, seven as a first author. I have been involved in several disciplines of research such as systematic reviews, randomized controlled trials, work exposure assessments, and intervention mapping. I am currently employed at the Research Unit for Physical Activity and Health at Work as a postdoc.

## ACADEMIC DEGREES

Jun. 2019      PhD degree, Sports and Health Science, The University of Southern Denmark  
Nov. 2013      Master of Science, Sports and Health Science, The University of Southern Denmark  
Jun. 2011      Bachelor of Science, Sports and Health Science, The University of Southern Denmark

## PROFESSIONAL APPOINTMENTS

Apr. 2019      Postdoc, Department of Sports Science and Clinical Biomechanics, at the research unit of Physical Activity and Health at Work, The University of Southern Denmark  
Oct. 2015-Mar. 2019      PhD fellow, Department of Sports Science and Clinical Biomechanics, at the research unit of Physical Activity and Health at Work, The University of Southern Denmark Maternity leave (Sept. 2017 - Oct. 2018)  
Jan. 2014-Sept. 2015      Research Assistant, Department of Sports Science and Clinical Biomechanics, at the research unit of Physical Activity and Health at Work, The University of Southern Denmark

## QUALIFICATIONS

Development of academic skills

- Course programme corresponding to 30 ETCS point. Examples of courses: Research methods in health science; Systematic critical literature reading; The randomized controlled trial; Advanced statistical methods in biomedicine; Biomechanics and motor control in exercise physiology; Exercise as an intervention to prevent or treat musculoskeletal disease; Development course for PhD students.

Administration and organisational experience

- Board member of the Danish Society for Biomechanics since November 2015 - Board member of the PhD Committee at the Faculty of Health Science (2017-2019) - Board member and organizer of the Health Science PhD (2016-2019) - Project Management I (2014) - Project Management II (2014)