

Jan Arvidsen
Department of Sports Science and Clinical Biomechanics
Active Living
Email: jarvidsen@health.sdu.dk
Phone: 65503620

1. Formal education

2019: PhD in Sports Science and Health, Thesis: Steder der bevæger. En humangeografisk udforskning af børns udendørssteder, Faculty of Health Science, University of Southern Denmark
2008: Cand.pæd. in Philosophy of Education, Danish School of Education, Aarhus University
2001: B.Sc. in Sports Science, Department of Sports Science, Faculty of Science, University of Copenhagen

2. Administrative task relating to education

2008-2012: Coordinator of the joint Nordic education programme Nordisk Friluftsliv, 60 ECTS
2017- : Coordinator of 1) Friluftsliv og erfaringsbaseret læring i naturen (BL2) og 2) Aktivt Udeliv (FF2)

3. Experience of study programmes, supervision and examinations

Teaching assignments at university level:

2018-: Friluftsliv og erfaringsbaseret læring i naturen, Bacheloruddannelsen, IOB, 5 ECTS
2018-: Aktivt udeliv – praksis, teori og udvikling, Bacheloruddannelsen, IOB, 10 ECTS
2015-: Idrætspædagogik, Bacheloruddannelsen i Idræt og sundhed, 5 ECTS
2013-: Fysisk aktivitet og sundhed - RUM, Kandidatuddannelsen i Idræt og sundhed, 15 ECTS
2010-2015: Mødet med Idræt og Sundhed, Bacheloruddannelsen i Idræt og sundhed, 15 ECTS
2010-2011: Motions- og kredsløbstræning, Bacheloruddannelsen i Idræt og sundhed, 7 ECTS
2011-2016: Skikursus i Skarslia, Norge, Bacheloruddannelsen i Idræt og sundhed, 1 ECTS
2010-2015: Bevægelsesmiljøer og aktivitetsudvikling, Bacheloruddannelsen i Idræt og sundhed, 8 ECTS
2009-2014: Friluftsliv (Kano og kajakkurser), Idrætsuddannelsen, AU
2009-2016: Friluftsliv, Bacheloruddannelsen i Idræt og sundhed, 5 ECTS
2008-2015: Friluftsliv og ekstremidræt, Bacheloruddannelsen i Idræt og sundhed, 10 ECTS

Supervision at university level:

2010-: BA supervisor (18 students)
2015-: Supervision in self-elected assignment (1 student)
2016-: Master Thesis supervisor (5 students)

Examinations and external examinations at university level:

2015: Idrætspædagogik på Idræt, Aarhus Universitet
2014: Afgangsp projekter på Friluftslivvejlederuddannelsen, Skovskolen, KU
2010-2014: Mødet med Idræt og Sundhed, Bacheloruddannelsen i Idræt og sundhed, 15 ECTS
2010-2015: Motions- og kredsløbstræning, Bacheloruddannelsen i Idræt og sundhed, 7 ECTS
2010-2016: Bevægelsesmiljøer og aktivitetsudvikling, Bacheloruddannelsen i Idræt og sundhed, 8 ECTS
2009-2016: Friluftsliv og ekstremidræt, Bacheloruddannelsen i Idræt og sundhed, 10 ECTS
2009-2016: Friluftsliv, Bacheloruddannelsen i Idræt og sundhed, 5 ECTS

Relevant teaching assignment, supervision, examination and external examinations in other contexts:

2010-: Coach and assessor at all levels of the Danish Canoe and Kayak Association's coaching and skills scheme. From these contexts, I have gained thorough experience with both developing and teaching in highly specialized courses to very experienced coaches and paddlers. In addition, I have been engaged in long-termed mentoring outside the formal education programme. Furthermore, I have extensive experience with development and implementation of targeted spot courses.

2001-2009: Folk high school teaching in outdoor life, outdoor adventure sports, ball games, racket ball games, physical training, craftsmanship and sports psychology in longer as well as shorter courses. From this occupation, I have experience with a variety of target groups, such as children, young adults, families and elders. A further experience from this period comes from extensive engagements in course management, subject development and travel planning.

4. Metoder, materialer og redskaber

Throughout the last 20 years, I have taught many different user groups in diverse topics and in very different contexts; From children to adults, from outdoor life to physiology, and from lakes to lecture halls. Thus, I have had the opportunity to engage in a broad variety of teaching methods and approaches, from lectures and classroom teaching to personal feedback and supervision.

5. Uddannelsesudvikling og universitetspædagogisk forskning