

Heidi Klakk
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Institute of Sports Science and Clinical Biomechanics
Research in Childhood Health (RICH)
Exercise Epidemiology
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Publications

1. **Childhood motor performance is increased by participation in organized sport: the CHAMPS Study-DK**
Valence, A-M., Hebert, J., Jespersen, E., Klakk, H., Rexen, C. & Wedderkopp, N., 12. Dec 2019, In : Scientific Reports. 9, 8 p., 18920.
2. **'Are women grateful to be here or do women kick ass?' #Sportskongres2020**
Kotila, K., Thorborg, K., Bandholm, T., Rathleff, M. S., Klakk, H. & Juhl, C. B., 1. Dec 2019, In : British Journal of Sports Medicine. 53, 23, p. 1441-1442
3. **Spinal pain is prospectively associated with cardiovascular risk factors in girls but not boys (CHAMPS study-DK)**
Hebert, J. J., Klakk, H., Franz, C., Sénéchal, M., Manson, N. & Wedderkopp, N., Nov 2019, In : European Spine Journal. 28, 11, p. 2452-2461
4. **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.
5. **Physical education and leisure-time sport reduce overweight and obesity: a number needed to treat analysis**
Learmonth, Y. C., Hebert, J. J., Fairchild, T. J., Møller, N. C., Klakk, H. & Wedderkopp, N., Oct 2019, In : International Journal of Obesity. 43, 10, p. 2076-2084
6. **Three times as much physical education reduced the risk of children being overweight or obese after 5 years**
Kühr, P., Antunes Lima, R., Grøntved, A., Wedderkopp, N. & Klakk, H., 11. Sep 2019, In : Acta Paediatrica. 109, 3, p. 595-601
7. **Muscle Fitness Changes During Childhood Associates With Improvements in Cardiometabolic Risk Factors: A Prospective Study**
Tarp, J., Bugge, A., Møller, N. C., Klakk, H., Rexen, C. T., Grøntved, A. & Wedderkopp, N., Feb 2019, In : Journal of Physical Activity & Health. 16, 2, p. 108-115
8. **Scandinavian sports medicine congress with high impact**
Kotila, K., Bandholm, T., Thorborg, K., Juhl, C. B., Møller, M. & Klakk, H., 1. Nov 2018, In : British Journal of Sports Medicine. 52, 22, p. 1405-1406
9. **Implementation of triple the time spent on physical education in pre-school to 6th grade: A qualitative study from the programme managers' perspective**
Nielsen, J. V., Klakk, H., Bugge, A., Andreasen, M. L. & Skovgaard, T., Oct 2018, In : Evaluation and Program Planning. 70, p. 51-60
10. **Total volume versus bouts: prospective relationship of physical activity and sedentary time with cardiometabolic risk in children**
Chinapaw, M., Klakk, H., Møller, N. C., Andersen, L. B., Altenburg, T. & Wedderkopp, N., Oct 2018, In : International Journal of Obesity. 42, 10, p. 1733-1742
11. **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
12. **Symptoms of depression in young adulthood is associated with unfavorable clinical- and behavioral cardiovascular disease risk factors**
Klakk, H., Kristensen, P. L., Andersen, L. B., Froberg, K., Møller, N. C. & Grøntved, A., Sep 2018, In : Preventive Medicine Reports. 11, p. 209-215
13. **Insulin sensitivity is reduced in children with high body-fat regardless of BMI**
Fairchild, T. J., Klakk, H., Heidemann, M., Grøntved, A. & Wedderkopp, N., Jun 2018, In : International Journal of Obesity. 42, 5, p. 985-994
14. **Long-term follow-up on biological risk factors, adiposity, and cardiorespiratory fitness development in a physical education intervention: a natural experiment (CHAMPS-study DK)**
Tarp, J., Jespersen, E., Møller, N. C., Klakk, H., Wessner, B., Wedderkopp, N. & Bugge, A., 9. May 2018, In : B M C Public Health. 18, 14 p., 605.

15. **SCREENS: - forskning i børns skærmtid og sundhed**
Klakk, H., Grøntved, A., Olesen, L. G. & Rasmussen, M. G., 21. Apr 2018.
16. **Influence of a 2- to 6-year physical education intervention on scholastic performance: The CHAMPS study-DK**
Bugge, A., Möller, S., Tarp, J., Hillman, C. H., Lima, R. A., Gejl, A. K., Klakk, H. & Wedderkopp, N., Jan 2018, In : Scandinavian Journal of Medicine & Science in Sports. 28, 1, p. 228–236
17. **The Prospective Association of Organized Sports Participation With Cardiovascular Disease Risk in Children (the CHAMPS Study-DK)**
Hebert, J. J., Klakk, H., Møller, N. C., Grøntved, A., Andersen, L. B. & Wedderkopp, N., Jan 2017, In : Mayo Clinic Proceedings. 92, 1, p. 57-65
18. **Exploring the Relationship between Adiposity and Fitness in Young Children**
Fairchild, T. J., Klakk, H., Heidemann, M. S., Andersen, L. B. & Wedderkopp, N., Sep 2016, In : Medicine and Science in Sports and Exercise. 48, 9, p. 1708-1714
19. **Effects of extra school-based physical education on overall physical fitness development: The CHAMPS study DK**
Rexen, C. T., Ersbøll, A. K., Møller, N. C., Klakk, H., Wedderkopp, N. & Andersen, L. B., Oct 2015, In : Scandinavian Journal of Medicine & Science in Sports. 25, 5, p. 706-715
20. **Two Danish School-based Physical Activity Interventions Studies**
Bugge, A., Klakk, H., Wedderkopp, N. & Andersen, L. B., 26. Jun 2015.
21. **The Influence of Anthropometry and Body Composition on Children's Bone Health: The Childhood Health, Activity and Motor Performance School (The CHAMPS) Study, Denmark**
Heidemann, M., Holst, R., Schou, A. J., Klakk, H., Husby, S., Wedderkopp, N. & Mølgaard, C., 2015, In : Calcified Tissue International. 96, 2, p. 97-104
22. **Overuse and traumatic extremity injuries in schoolchildren surveyed with weekly text messages over 2.5 years**
Jespersen, E., Holst, R., Franz, C., Rexen, C. T., Klakk, H. & Wedderkopp, N., Oct 2014, In : Scandinavian Journal of Medicine & Science in Sports. 24, 5, p. 807–813 7 p.
23. **Do extra compulsory physical education lessons mean more physically active children - findings from the childhood health, activity, and motor performance school study Denmark (The CHAMPS-study DK)**
Møller, N., Tarp, J., Kamelarczyk, E., Brønd, J., Klakk, H. & Wedderkopp, N., 24. Sep 2014, In : International Journal of Behavioral Nutrition and Physical Activity. 11, 1, p. 121
24. **Prospective association of adiposity and cardiorespiratory fitness with cardiovascular risk factors in healthy children**
Klakk, H., Grøntved, A., Møller, N. C., Heidemann, M., Wedderkopp, N. & Andersen, L. B., Aug 2014, In : Scandinavian Journal of Medicine & Science in Sports. 24, 4, p. e275–e282 8 p.
25. **Six physical education lessons a week can reduce cardiovascular risk in school children aged 6-13 years: A longitudinal study**
Klakk, H., Andersen, L. B., Heidemann, M. S., Møller, N. C. & Wedderkopp, N., 2014, In : Scandinavian Journal of Public Health. 42, 2, p. 128-136
26. **Total body fat percentage and body mass index and the association with lower extremity injuries in children: a 2.5-year longitudinal study**
Jespersen, E., Verhagen, E., Holst, R., Klakk, H., Heidemann, M., Rexen, C., Franz, C. & Wedderkopp, N., 2014, In : British Journal of Sports Medicine. 48, 20, p. 1497-1502
27. **Body Composition and Cardiovascular Health in School-aged Children: The Childhood Health, Activity and Motor Performance School Study Denmark, An evaluation on the health effect of sports schools in the Svendborg Project**
Klakk, H., 9. Dec 2013, Odense: Syddansk Universitet, Institut for Idræt og Biomekanik. 160 p.
28. **Effect of four additional physical education lessons on body composition in children aged 8-13 years - a prospective study during two school years**
Klakk, H., Chinapaw, M., Heidemann, M., Andersen, L. B. & Wedderkopp, N., 17. Oct 2013, In : B M C Pediatrics. 13, 170.
29. **The intensity of physical activity influences bone mineral accrual in childhood: the childhood health, activity and motor performance school (the CHAMPS) study, Denmark**
Heidemann, M., Mølgaard, C., Husby, S., Schou, A. J., Klakk, H., Møller, N. C., Holst, R. & Wedderkopp, N., 2013, In : B M C Pediatrics. 13, p. 32 9 p.
30. **Physical activity across different settings in children attending normal schools and sports schools with extra compulsory physical education lessons: Preliminary findings from the CHAMPS-study DK**
Møller, N. C., Kamelarczyk, E., Klakk, H. & Wedderkopp, N., 2012.
31. **Study protocol. The Childhood Health, Activity, and Motor Performance School Study Denmark (The CHAMPS-study DK)**
Wedderkopp, N., Jespersen, E., Franz, C., Klakk, H., Heidemann, M., Christiansen, C., Møller, N. C. & Leboeuf-Yde, C., 2012, In : B M C Pediatrics. 12, p. 128
32. **Elevated body fat percentage and BMI - a predictor of overuse injuries in children? Preliminary results from The Childhood Health, Activity and Motor Performance School Study - A 3-year prospective cohort study**
Jespersen, E., Klakk, H., Heidemann, M. S., Christiansen, C., Franz, C., Møller, N. C., Froberg, K. & Wedderkopp, N., 21. Sep 2011.

33. **More PE at school - does it alter Physical Health? The Childhood Health, Activity and Motor Performance School Study – A 3-year prospective cohort study: preliminary results**
Klakk, H., Møller, N. C., Jespersen, E., Christiansen, C., Franz, C., Heidemann, M. S. & Wedderkopp, N., 21. Sep 2011.
34. **Overweight - a risk factor for overuse injuries in children**
Klakk, H., Jespersen, E., Christiansen, C., Franz, C., Heidemann, M. S., Møller, N. C. & Wedderkopp, N., 6. Apr 2011.
35. **Generalised joint hypermobility and its relation to sports and leisure-time related injuries in school children 6-12 years: the Svendborg project**
Jespersen, E., Junge, T., Juul-Kristensen, B., Franz, C., Christiansen, C., Klakk, H. & Wedderkopp, N., Feb 2011.
36. **Sammenhængen mellem hypermobilitet og idræts- og fritidsskader blandt 6-12 årige børn.**
Jespersen, E., Junge, T., Juul-Kristensen, B., Franz, C., Christiansen, C., Klakk, H. & Wedderkopp, N., 2011.
37. **Sammenhængen mellem hypermobilitet og idræts- og fritidsskader blandt 6-12 årige børn. Præliminære resultater fra Svendborgprojektet.**
Junge, T., Christensen, H. K., Jespersen, E., Juul-Kristensen, B., Franz, C., Christiansen, C. & Wedderkopp, N., 2011.
38. **Sport Schools compared to Normal Schools – Impact on Physical Health? The Childhood Health, Activity and Motor Performance School Study – A 3-year prospective cohort study: preliminary results**
Klakk, H., Møller, N. C., Jespersen, E., Christiansen, C., Franz, C., Heidemann, M. S. & Wedderkopp, N., 2011.
39. **The effect of extra PE lessons on children's levels of cardiorespiratory fitness and physical activity –A prospectivecohort study comparing sport schools tonormal schools: preliminary results**
Møller, N. C., Klakk, H., Karmelarczyk, E. & Wedderkopp, N., 2011.
40. **The effect of increased physical activity on present and future health in children and adolescents: A 3-year controlled intervention study in public schools in the municipality of Svendborg, Denmark**
Jespersen, E., Franz, C., Klakk, H., Christiansen, C., Heidemann, M. S., Møller, N. C. & Wedderkopp, N., 29. Oct 2010.
41. **Fitness and physical activity level of children with normalweight but high fat percent–acrosssectional study**
Klakk, H. & Wedderkopp, N., 14. Sep 2010.

Press clippings

- Lad alle børn få seks timers idræt

Heidi Klakk
12/03/2014
1 item of Media coverage

Aktivt børneliv er en investering i fremtiden

Heidi Klakk
03/08/2019
1 Media contribution

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03/08/2019
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Heidi Klakk
03/08/2019
1 Media contribution

Aktivt børneliv er en investering i fremtiden

Heidi Klakk
07/08/2019

1 Media contribution

Ekstra idræt i skolen kan halvere fedme og fastholde tweens i idrætten

Heidi Klakk Egebæk
08/11/2018 → 13/11/2018
2 Media contributions

ET AKTIVT BØRNELIV ER EN INVESTERING

Heidi Klakk
02/08/2019
1 Media contribution

Et aktivt børneliv er en investering i fremtiden

Heidi Klakk
01/08/2019
1 Media contribution

Et aktivt børneliv er en investering i fremtiden

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01/08/2019
1 Media contribution

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01/08/2019
1 Media contribution

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Heidi Klakk
01/08/2019
1 Media contribution

Et aktivt børneliv er en investering i fremtiden

Heidi Klakk
06/08/2019
1 Media contribution

Et aktivt børneliv er en investering i fremtiden

Heidi Klakk
07/08/2019
1 Media contribution

Et aktivt børneliv er en investering i fremtiden

Heidi Klakk
08/08/2019
1 Media contribution

Familiemotion kan godt

Heidi Klakk
27/07/2019
1 Media contribution

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27/07/2019
1 Media contribution

Familiemotion: Sådan bliver projektet en succes

Heidi Klakk
18/07/2019
1 Media contribution

Familiemotion: Sådan bliver projektet en succes

Heidi Klakk
18/07/2019
1 Media contribution

Familiemotion: Sådan bliver projektet en succes

Heidi Klakk
18/07/2019
1 Media contribution

Flere idrætstimer forebygger fedme blandt skolebørn

Heidi Klakk Egebæk
13/08/2018 → 14/08/2018
2 Media contributions

Invester i barnets fremtid med motion

Heidi Klakk
02/08/2019
1 Media contribution

Sådan bliver familiemotion en succes

Heidi Klakk
13/08/2019
1 Media contribution

Seks timers idræt i folkeskolen bremser fedme

Heidi Klakk
05/03/2014
1 item of Media coverage

Svendborg sveder fedtet væk

Heidi Klakk
11/03/2014
1 item of Media coverage

Activities**How and why did The Svendborg project and CHAMPS become a success?**

Jonas Vestergaard Nielsen (Guest lecturer), Heidi Klakk (Guest lecturer)
19. Sep 2019

Indsats, involvering og ejerskab – er vi lykkedes?

Jonas Vestergaard Nielsen (Guest lecturer), Heidi Klakk (Guest lecturer)
6. Nov 2018

9th EYHS symposium, Lissabon, Development and validation of SCREENS questionnaire

Heidi Klakk (Lecturer)
14. Sep 2018

Børn og Sundhed - hvad truer moderne børn og unges sundhed og trivsel?

Heidi Klakk (Keynote speaker)
31. Aug 2018

Scandinavian Journal of Medicine & Science in Sports (Journal)

Heidi Klakk (Peer reviewer)
30. Jul 2018 → 21. Aug 2018

Dansk Sportsmedicin (Journal)

Heidi Klakk (Editor)
2016 → ...

B M C Musculoskeletal Disorders (Journal)

Heidi Klakk (Peer reviewer)
Nov 2015 → ...

Fysisk aktivitet, motorik og sundhed hos børn. Hvordan får vi anvendt forskningsviden i fysioterapi?

Heidi Klakk (Lecturer)
26. Oct 2015

Epidmiology and intervention studies to inform the Danish School system and legislation.: The physical education and sports training in the school, from kindergarten to university, federation and sports clubs: Comparing European experiences"

Heidi Klakk (Lecturer)
9. Oct 2015

Fremtidens fysioterapi til børn - fysisk aktivitet, motorik og sundhed: Årskonference for Dansk Selskab for Pædiatrisk Fysioterapi

Heidi Klakk (Lecturer)
8. Oct 2015

DIN - Dansk Implementerings Netværk (External organisation)

Heidi Klakk (Member)
4. Jun 2015

DIN-F - Dansk ImplementeringsNetværk (External organisation)

Heidi Klakk (Member)
4. Jun 2015

Sundhedsmæssige gevinster ved fysisk aktivitet: - er mere idræt i skolen en god ide?

Heidi Klakk (Lecturer)
21. Apr 2015

Advisory Board Meeting, RICH

Heidi Klakk (Participant)
8. Oct 2014 → 9. Oct 2014

B M C Public Health (Journal)

Heidi Klakk (Peer reviewer)
26. Sep 2014

HEPA Europe 2014

Heidi Klakk (Participant)
27. Aug 2014 → 29. Aug 2014

Body Composition and Cardiovascular Health in School-aged Children The Childhood Health, Activity and Motor Performance School Study Denmark An evaluation on the health effect of sport schools in the Svendborg Project

Heidi Klakk (Lecturer)
31. Jan 2014

B M C Pediatrics (Journal)

Heidi Klakk (Peer reviewer)
28. Dec 2013

Six Physical Education lessons per week and cardiovascular risk factors in School children

Heidi Klakk (Other)
2. Oct 2013

NY VIDEN- betydning for praksis

Heidi Klakk (Speaker)
15. Dec 2012

VU University Medical Centre

Heidi Klakk (Visiting researcher)
1. Sep 2012 → 30. Nov 2012

Center internat, Trygfondens Forebyggelsescenter 2011

Heidi Klakk (Speaker)
26. Sep 2011

International Symposium of the European Group of Pediatric Work Physiology

Heidi Klakk (Participant)
Sep 2011 → ...

More PE at school - does it alter children's physical health?

Heidi Klakk (Speaker)
Sep 2011 → ...

Seminar 'Svendborgprojektet' 5. maj 2011 i Ollerup

Heidi Klakk (Speaker)
5. May 2011

Børnekursus - FFI/Team Danmark

Heidi Klakk (Speaker)
2. Nov 2010

EYHS Symposium 2010

Heidi Klakk (Speaker)
15. Sep 2010

Minifagfestival - Danske Fysioterapeuter - Region Syddanmark

Heidi Klakk (Speaker)

11. Sep 2010

RICH Scientific Advisory Board Meeting

Heidi Klakk (Speaker)

27. May 2010

Children, physical activity and health

Heidi Klakk (Speaker)

12. Jan 2010

Undervisningsportfolio

1. Formel pædagogisk uddannelse 2018 godkendt fritagelse for Universitet Pædagogikum på baggrund af undervisnings og pædagogisk erfaring de sidste 19 år.

2018 Internt phd vejleder forløb IOB, SDU

2014 gennemgået afsluttet adjunkt forløb og lektor kvalificeret og ansat ved UCL

2014 projektleder uddannelse UCL/Rambøll

2. Uddannelsesadministrative opgaver 2011 Udvikling og afvikling af valgfag om børn og fysisk aktivitet ved UCL, fys.uddannelsen

2008-2011 udbyder, uddanner og administrerer valgfaget "i lærer som forsker" i samarbejde mellem SDU/Svendborgprojektet og fys.uddannelsen/UCL

2009 MMI (multiple mini interviews) ved optagelse af idrætsstuderende.

3. Erfaring med undervisning, vejledning og eksamen 2008- fortsat: Vejleder og eksaminator for en lang række bachelor, kandidater UCL/SDU

2015-2019 medvejleder på phd forløb

2008-2016 Undervist på alle semestre på bachelor fys.

1999- 2006 Klinisk underviser på UOH for fysioterapeutstuderende

4. Metoder, materialer og redskaber Forelæsninger (powerpoints, opgaver, refleksion)

Produktion af små animerede film om basal statistik for UCL (videotools)

5. Uddannelsesudvikling og universitetspædagogisk (følge) forskning, herunder pædagogiske priser