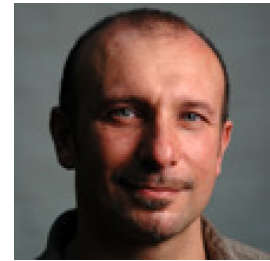


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## Teaching CV

### 1. Formal Pedagogical Education

Master courses in pedagogy (teaching methodologies and learning skills); University of Motor Science in Rome.

Congresses scientific presentations/seminars (e.g. Gerontological Society of America annual meetings): teaching methods along with course development.

### 2. Administrative Educational Assignments

2019 - Board member of the quality assurance European Master in Health and Physical Activity; University of Motor Science (IUSM), Rome, Italy.

2018-2020 Developing a new vocational training in collaboration with private stakeholders within the European Qualification Framework based on the Bologna declaration, level 4 (Active Ageing Trainer: focus on primary prevention). Funded by the ERASMUS+ program bridging academic education with vocational education.

2018-2020 Study board of the "Ageing Talent Program", 30 ECTS multi-faculty extra curricula program for talent students: University of Southern Denmark.

2019 Coordinator PhD course: Best practice in measuring physical activity and sedentary behavior; Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2018-2020 Coordinator for the bachelor course "Sedentary behaviour, physical activity and exercise" (TS5). Second semester, bachelor in Sports and Health, specialization in "physical activity, exercise and health"

2018-2020 Coordinator for the master course: "Health, physical Activity and Ageing: from theory to practice; Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2017-2020 Working group for the new Bachelor in Sports and Health: development of the new specialization in "physical activity, exercise and health"

2015-2020 Coordinator for the master course: Applied Research Methods; Department of Sports Science and Clinical Biomechanics, SDU

2013-17 Coordinator for the master course: "Moving in old age" – interdisciplinary approaches to the study of ageing; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2007-12 Coordinator: Master in Sports Science: "Biological Aging and Physical Activity"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

### 3. Teaching Portfolio, Supervision and exams

2019 Lecturer: PhD course: Best practice in measuring physical activity and sedentary behavior; Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2019 Lecturer: PhD course: Exercise as Medicine: a Translational Perspective; 5th Saltin International Graduate Course in Exercise and Clinical Physiology Snekkersten, Denmark.

2018-2020 Lecturer: Bachelor module "Sedentary behaviour, physical activity and exercise". Second semester, bachelor in Sports and Health, specialization in "physical activity, exercise and health" Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2018-2020 Lecturer: Master in Sports Science: "Health, physical Activity and Ageing: from theory to practice; Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2018-2019 Lecturer: Fysisk aktivitet og Forebyggelse – Ældre. Bachelor in Sports and Health. Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2018 Lecturer: Second semester Bachelor in Sports and Health: study specialization "Physical activity, exercise and health"; module: "Sundhedstjek og effektmål: Assessments of physical and muscle function in older adults". Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2015-202 Lecturer: Master in Sports Science. Course: Applied Research Methods: "Assessment of physical activity & sedentary behavior with Accelerometers and potential conversion to energy expenditure" Department of Sports Science and Clinical Biomechanics, University of Southern Denmark.

2013-17 Lecturer: Master in Sports Science: "Moving in old age" – interdisciplinary approaches to the study of ageing; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2013-2020 Lecturer: European Master in Health and Physical Activity, University Institute of Motor Science (IUSM), Rome, Italy. "Biological aging, physical activity and exercise";

2013 Lecturer: Biomechanical methods in physiotherapy research: Force steadiness Master course Denmark Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2012 Lecturer: Measures in Clinical and experimental research – Evaluating the patient perspective: Muscle mechanics and functional outcomes in the elderly PhD course Denmark Dec 4th, 2012

2012 Lecturer: Biomechanical methods in physiotherapy research: Force steadiness Master course Denmark October 11th, 2012

2012 Lecturer: International PhD course: Physical activity: bone and muscle in the old and oldest old - Body composition and aging: effect on function and reversibility with training. Skeletal Science PhD school at the HEALTH Faculty of Copenhagen University, Denmark. 23rd-27th April 2012.

2011 Lecturer: International PhD course: changes in body composition with aging, impact on function and reversibility with training. University of Southern Denmark, Odense

2007-12 Lecturer: "Biological aging and physical activity"; European Master in Health and Physical Activity, University Institute of Motor Science (IUSM), Rome, Italy.

2001-11 Lecturer: Master in Sports Science: "Biological Aging and Physical Activity"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2007 Lecturer: "Strength training in the elderly", Physiotherapy Johnson Institute, Denmark.

2007 Lecturer: "Strength training in the elderly", Bispebjerg Hospital, Denmark.

2007 Teaching: European Master in Health and Physical Activity: "Biological aging and physical activity"; University Institute of Motor Science (IUSM), Rome, Italy – January 2007.

2006-7 Co-coordinator and teacher: Master in chiropractic science: "Clinical Biomechanics"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2003-7 Lecturer: Master in Sports Science: "Biological Aging and Physical Activity"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2006 Lecturer: Bachelor course; "Biomechanics"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2006 Lecturer: Implementation of a master course for chiropractic science; "Strength training for all: from theory to practice"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2005 Lecturer: Master in exercise physiology for chiropractic science; "How to design and implement a strength training program for different target groups"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2005 Lecturer: International master course for sport and physical trainers; "Falls in the elderly: preventive and rehabilitative strategies"; University Institute of Motor Science (IUSM); Rome, Italy.

2005 Lecturer: Post graduate course: Aging and Physical Activity. Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2005 Lecturer: specialization course: "Strength training in the elderly", Bispebjerg Hospital, Denmark;

2003-2004 Lecturer: physical activity for the elderly; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2003 Lecturer: Master in Rehabilitation. Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

2003 Lecturer: European Master's in Preventive and Adapted Physical Activity: "Physical Activity and Aging". University Institute of Motor Science, Rome Italy.

2000 Lecturer: European Master Degree in physical activity for elderly people". Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark Odense.

1996-7 Lecturer and Instructor in Gymnastic and Aging and Physical Activity at the Higher Institute of Physical Education, Rome Italy.

1997-8 Teacher: Physical Education Teacher - high school (Italy).

Students supervision

From 2013 I have supervised 33 master students at National and International level (Italy, Canada, Egypt, Spain, Portugal, USA, France, Austria) and numerous bachelor students. Two of the international students have received a prestigious award provided by the University of Motor Science in Italy for their master theses.

I have co-supervised two international PhD students (USA) and I am currently the primary supervisor of three PhD students and one Post Doc student, as well as two research assistants. I am currently supervising 3 Danish and 4 International master students.

4. Methods, Materials and learning tools

Classical academic formal lectures, problem-based learning methods, experiential learning, peer and group-based learning, feedforward methods, multi-cultural approach, motivational interviewing methods.

During my teaching experience, I have actively participated in selecting course material for the modules on biological aging and physical activity both for bachelor and master programs, at University of Southern Denmark and for the European Master in Health and Physical Activity at University Institute of Motor Sciences, Rome and additional international educations (e.g. Speed program). Furthermore, I have participated in scheduling the course program(s) and prepared for the exercises carried out in the laboratories.

In 2014, I received funding from the European Lifelong Learning Programme to run an Erasmus Intensive Program (IP). University partners from eleven European countries participated where my function is being the lead partner.

Furthermore, I have lectured and selected scientific material for several PhD courses.

In addition, I have been co-responsible for implementing a master course for chiropractors; "Strength training for all: from theory to practice"; Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

5. Teaching Development and Academic Pedagogical Research

International education European Master in Health and Physical Activity; University of Motor Science (IUSM), Rome, Italy. Participation as board member of the quality assurance group to ensure high academic standard and develop strategies to optimize students' employability.

Developing a new vocational training in collaboration with private stakeholders within the European Qualification Framework based on the Bologna declaration, level 4 (Active Ageing Trainer: focus on primary prevention). Funded by the ERASMUS+ program.

Development of "Ageing Talent Program", 30 ECTS multi-faculty extra curricula program for talent students: University of Southern Denmark.

Working group for the new Bachelor in Sports and Health: development of the new specialization in "physical activity, exercise and health" Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense.

