

## Physical Exercise at the Workplace – From research to practice

Online course

23 – 25.5.2023

\*\*\* participants are encouraged to participate in the two exercise sessions with their own elastic band\*\*\*

Tuesday, 23.5.2023		
9.00–9.15	NIVA welcome and general information	Cecilia Weckman, NIVA
9.15–9.45	Introductions Scope and purpose of the course Learning objectives	Lars Andersen, NFA
9.45–10.45	<b>Physical exercise for work-related musculoskeletal disorders – overview of the last 10 years research</b>	Lars Andersen, NFA
10.45–11.00	<i>Break</i>	
11.00–12.00	<b>Physical exercise in specific job groups – walk-through of a RCT among slaughterhouse workers</b>	Emil Sundstrup, NFA
12.00–12.45	<i>Lunch break</i>	
12.45–13.45	<b>Practical session – online demonstration of upper-extremity exercises. Participants are encouraged to participate online with their own elastic bands.</b>	Emil Sundstrup & Markus Jakobsen, NFA
13.45–14.00	<b>Summary of main points for today and program for tomorrow</b>	Lars Andersen, NFA
Wednesday, 24.5.2023		
9.00–10.00	<b>Physical exercise in specific job groups – walk-through of a RCT among healthcare workers</b>	Markus Jakobsen, NFA
10.00–10.15	<i>Break</i>	
10.15–11.15	<b>Physiological mechanisms of musculoskeletal pain and how this knowledge can be used to optimize physical exercise interventions</b>	Karen Søgaard, SDU
11.15–11.45	<i>Break</i>	

11.45–12.45	<b>Practical session – online demonstration of core and lower-extremity exercises. Participants are encouraged to participate online with their own elastic bands.</b>	<b>Emil Sundstrup &amp; Markus Jakobsen, NFA</b>
12.45–13.00	<b>Summary of main points for today and program for tomorrow</b>	<b>Lars Andersen, NFA</b>

**Thursday, 25.5.2023**

9.00–10.00	<b>Advanced designs of short exercise sessions – variation in exercise equipment, type of exercise, intensity, sets and reps</b>	<b>Marius Steiro Fimland, NTNU</b>
10.00–10.15	<i>Break</i>	
10.15–11.15	<b>How to evaluate physical exercise interventions – guidelines for process evaluations</b>	<b>Charlotte Rasmussen, NFA</b>
11.15–11.30	<i>Break</i>	
11.30–12.00	<b>Discussion session</b>	<b>All lecturers</b>
12.00–12.05	<b>Closing of the course</b>	