

## 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		
9.00–9.30	NIVA welcome and general information	Cecilia Weckman, NIVA
9.30–9.45	Introductions Scope and purpose of the course Learning objectives	Lars Andersen, NFA
9.45–10.00	Break	
10.00–11.00	Physical exercise for work-related musculoskeletal disorders – overview of the last 10 years research	Lars Andersen, NFA
11.00–11.15	Break	
11.15–12.15	Physical exercise in specific job groups – walk-through of a RCT among slaughterhouse workers	Emil Sundstrup, NFA
12.15–12.45	Lunch break	
12.45–13.45	Practical session – online demonstration of upper-extremity exercises. Participants are encouraged to participate online with their own elastic bands.	Emil Sundstrup & Markus Jakobsen, NFA
13.45–14.00	Summary of main points for today and program for tomorrow	Lars Andersen, NFA
Wednesday, 24.5.2023		
9.00–10.00	Physical exercise in specific job groups – walk-through of a RCT among healthcare workers	Markus Jakobsen, NFA
10.00–10.15	Break	
10.15–11.15	Physiological mechanisms of musculoskeletal pain and how this knowledge can be used to optimize physical exercise interventions	Karen Søgaard, SDU
11.15–11.45	Break	

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>	