

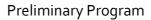
## Physical Exercise at the Workplace - From research to practice

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	Practical session – online demonstration of core and lower- extremity exercises. Participants are encouraged to participate online with their own elastic bands.	Emil Sundstrup & Markus Jakobsen, NFA		
12.45-13.00	Summary of main points for today and program for tomorrow	Lars Andersen, NFA		
Thursday, 25.5.2023				
9.00–10.00	Advanced designs of short exercise sessions – variation in exercise equipment, type of exercise, intensity, sets and reps	Marius Steiro Fimland, NTNU		
10.00-10.15	Break			
10.15–11.15	How to evaluate physical exercise interventions – guidelines for process evaluations	Charlotte Rasmussen, NFA		
11.15-11.30	Break			
11.30-12.00	Discussion session	All lecturers		
12.00-12.05	Closing of the course			