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## Formal educational training

Forskningsledelse (LAFU) – “Professor-kurset” (Center for Regional Udvikling, 2022–2023)

“Ledelsesrummet: Hvordan skaber vi rum til at være de ledere, vi gerne vil være?” (Center for HR og Uddannelse, 2023)

Mennesker først – styrk dit lederskab gennem compassion” (Center for HR og Uddannelse, 2023)

PhD course: The PhD-student as supervisor – leadership education (University of Copenhagen, 2.4 ECTS, 2022).

Buidling Collaborative Research Groups (Center for HR og Uddannelse and Trial Nation, 2019)

Individual rhetorical feedback on presentation style (MUSKOS Research Retreat, 2021–2022)

## Administrative tasks relating to education

Editor of Children in Physiotherapy (Danish Society of Pediatric Physiotherapy, 2023–ongoing)

Board member, subspecialty “Musculoskeletal diseases and injuries” (Danish Society of Pediatric Physiotherapy, 2023–ongoing)

Organizer of “Temadag om tågang” (Danish Society of Pediatric Physiotherapy, 2025)

Member of conference organizing committee (Scandinavian Sports Medicine Congress, 2021)

Member of conference organizing committee (Scandinavian Sports Medicine Congress, 2020)

Author of training materials “Faglig katalog” on muscle injuries (Danish Society of Sports Physiotherapy, 2018–2019)

Member of conference organizing committee (Scandinavian Sports Medicine Congress, 2019)

Member of conference organizing committee (Scandinavian Sports Medicine Congress, 2018)

Transition to online-only format of the journal Dansk Sportsmedicin (Danish Society of Sports Physiotherapy, 2018)

Author of training materials "Faglig katalog" on Muscle Injuries for or Danish Society of Sports Physiotherapy 2018-2019

Member of educational committee (Danish Society of Sports Physiotherapy, 2018–2019)

Evaluation and end-user testing of the BMJ Learning educational platform for CME (Danish Society of Sports Physiotherapy, 2017–2018)

Member of conference organizing committee (Scandinavian Sports Medicine Congress, 2017)

## Experience of study programmes

Lecturer, MSc. course "Examination and Rehabilitation of Tendon Injuries"

1 double lecture each semester:

- Rehabilitering af vækstskaeder og senetilhæftnings-problematikker i knæregionen hos idrætsaktive børn (University of Southern Denmark, 2024)

Lecturer, MSc. course “Examination and Rehabilitation of Muscle Injuries”

3 double lectures in each semester:

- Muscle injuries in sport – epidemiology and classifications

- Hamstring muscle strain injuries: clinical assessment, rehabilitation, and prevention

- Quadriceps and lower leg muscle strain injuries: clinical assessment, rehabilitation, and prevention

(University of Southern Denmark, 2017–2021)

Lecturer, BSc. course “Innovation” (University College Copenhagen, 2016–2017)

Lecturer and Organizer of "Det Ortopædkirurgiske Barn" (Danish Society of Pediatric Physiotherapy and Danish Society of Sports Physiotherapy, planned for 2026)

## Teaching teachers/faculty

"Pædagogiske dage" – Literature search for non-academics and digital content and interactive elements in presentations (Danish Society of Sports Physiotherapy, May 31, 2018)

Teacher Faculty seminar on muscle injuries, "Fagligt katalog" (Danish Society of Sports Physiotherapy, Hørsholm, 2019)

"Pædagogiske dage" – Presentation technique and using videos and digital content in presentations (Danish Society of Sports Physiotherapy, May 29–30, 2018)

## Experience of supervision and examinations

Supervised and mentored 12 scholarship students (Copenhagen University Hospital, Amager-Hvidovre, 2021–2025)

External supervisor for 2 master theses (University of Southern Denmark, 2021–2024)

Main supervisor for 11 bachelor theses (University College Copenhagen, 2018–2024)

External supervisor for 17 bachelor theses (University College Copenhagen and University College Absalon, 2017–2025)

Examiner for 35 bachelor theses (University College Copenhagen and University College Absalon, 2017–2025)

Examiner 6th semester BSc. physiotherapy "Evidensbaseret, kvalitetssikring af praksis og selvstændig professionsudøvelse" (University College Absalon and University College Copenhagen, 6 classes, 2020–2023)

## Research training

Led 11 journal clubs (SORC-C, 2019–2025)

Organized multiple writing retreats (SORC-C, 2019–2025)

## Scientific presentations

"Livslang forebyggelse og behandling af skader i muskler, sener og led: Vækst-relaterede smerter hos børn og unge" (Forskningsdagen, Hvidovre Hospital, April 2025)

"Tendon-related problems in children and adolescents" (Scandinavian Sports Medicine Congress, Copenhagen, 2025)

Keynote at the 2024 Annual Symposium for the Danish Society of Pediatric Physiotherapy "Non-traumatisk forreste knæsmærter hos børn og unge: udredning og håndtering"

"Lower limb apophysitis" (Sports Science and Rehabilitation Department, FC Nordsjælland and Right to Dream, 2024)

"Overuse Knee Injuries in Adolescents" (4th World Congress of Sports Physical Therapy, Nyborg, 2022)

"New in orthopedic research" – 5 sessions (Thursday conference meetings, Department of Orthopedic Surgery, Copenhagen University Hospital Amager-Hvidovre, 2021–2022)

"Acute Muscle Injuries" - Practical Workshop (Scandinavian Sports Medicine Congress, Copenhagen, 2020)

Afternoon seminar on muscle injuries, "Faglig katalog" (Danish Society of Sports Physiotherapy, 2019)

"Biomechanics and Physiological Adaptations to the Nordic Hamstring" (Annual Symposium, Danish Football Association Medical Committee, 2017)

"Patientuddannelse for borgere med slidgigt i hofte og knæ" – 5 sessions for 50–100 patients (Gigtforeningen København and Artrose Fys, 2016–2017)

"Hamstring Exercise Specificity" (1st Copenhagen Hamstring Seminar, IOC, 2015)

"Hamstring Exercise Specificity" (PhD Research Programme MUSKOS, University of Copenhagen, Snekersten, 2014)

More than 40 abstracts accepted at recurring conferences including World Congress in Physiotherapy, Danish Annual Orthopedic Conference, Scandinavian Sports Medicine Congress, IOC World Conference, World Congress of Sports

Physical Therapy, and Annual Symposium, Danish Society of Arthroscopy and Traumatology, various years

## **Methods, materials and tools**

Teaching formats: case-based teaching, lectures, workshops, journal clubs, and skills training.

Use of digital and blended learning resources (e.g. webinars, online symposia, handouts, podcasts)

Contributions to international guideline development (PRISMA, CONSORT, SPIRIT) with educational dissemination value

## **Reflection on your own teaching practice and future development, including student evaluations**

My teaching practice has been built on combining clinical expertise with research-based knowledge, particularly in pediatric musculoskeletal conditions and sports medicine. Over the past decade, I have taught across bachelor and master levels, supervised bachelor, master, and PhD students, and facilitated learning environments for pre-graduate scholars in our research group. I emphasize clinical take-homes, reflection on own practice, and provide clinical context for research-based knowledge and data.

Through supervision, I have adapted my teaching to individual needs, through continually managing expectations and capacity with students. I implement learned techniques with students, such as DISC-profiles, coaching conversations, gamemastery, and an awareness of my positioning (formative, normative, emotive, or explorative) as a supervisor or teacher.

Informal feedback and student evaluations highlight my ability to explain complex topics and foster curiosity, and support continued learning, espacilly along a direction within the interest or passion of students, and supporting them into their next role or level.

I am currently looking to expand my teaching portfolio by taking on responsibility for a course, a module, or a semester, preferably at bachelor or master level. Also looking ahead, I wish to strengthen my role in PhD supervision, and continue to integrate clinical cases and patient perspectives more directly into teaching.