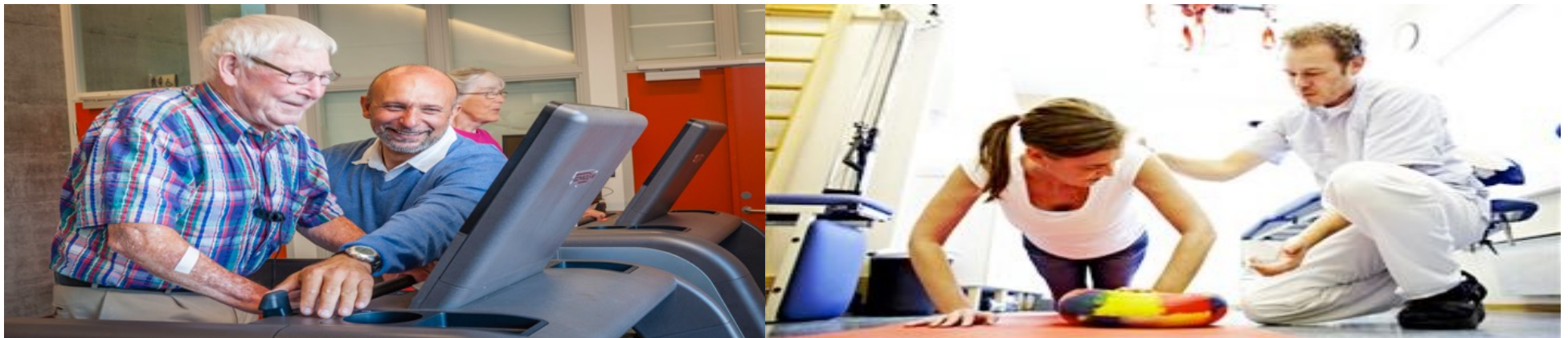


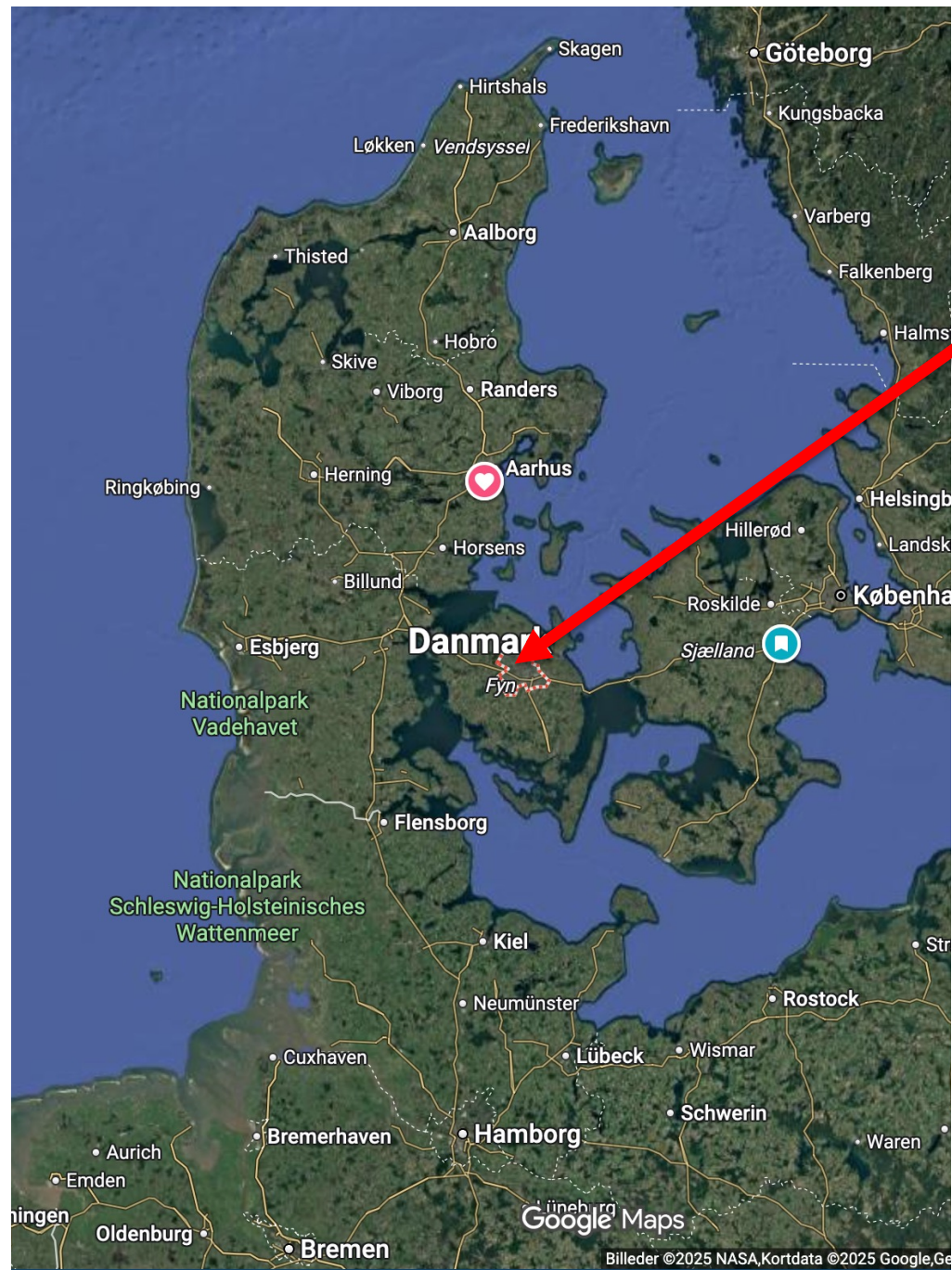


## **Introduction to Research and Education**

Department of Sports Science and Clinical Biomechanics  
University of Southern Denmark (DSSCB)

Thomas Bredahl  
Director of studies  
PhD, Associate Professor







# Who am I?

**Thomas Gjelstrup Bredahl**

- **Associate Professor in Physical Activity and Health Promotion**
- **Director of Study at the bachelor education at Sport and Health**
- **PhD in human change processes at the University of Southern Denmark in Odense**

**Focus areas:**

- 1) **Human change processes**
- 2) **Motivation**
- 3) **Behavior change**
- 4) **Physical Activity**
- 5) **Health promotion**
- 6) **Health Psychology**

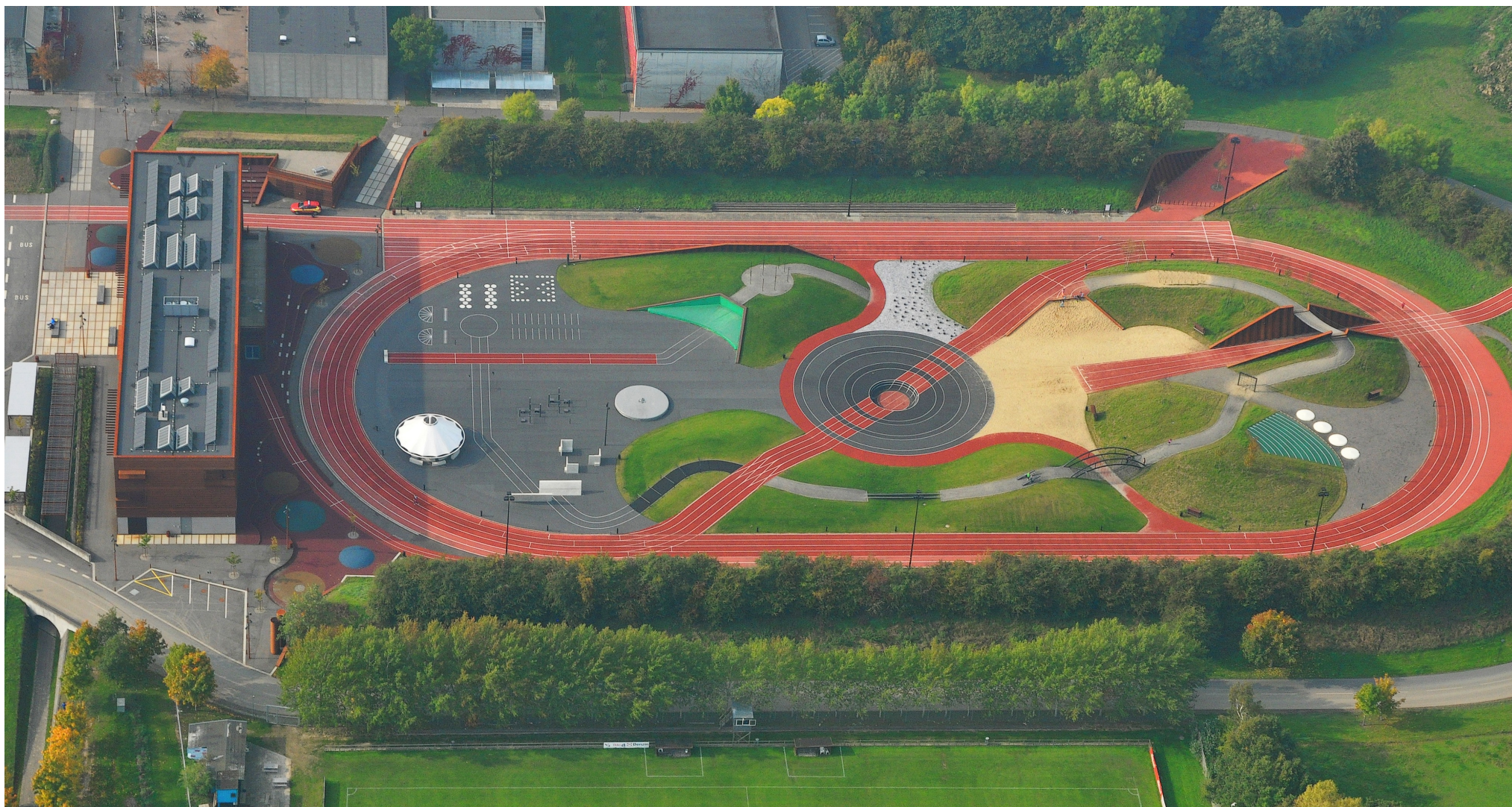


# Fantastic facilities





# IOC-prized movement facility







*DSSCB* deals with research, education, innovation and scientific knowledge transfer:

*DSSCB* is a part of The Faculty of Health Science and a particular attention is at *DSSCB* paid to physical activity and exercise in health promotion, prevention, treatment of diseases and rehabilitation in a life course perspective





## RESEARCH UNITS



Active Living (Associate Professor, PhD Thomas Skovgaard)



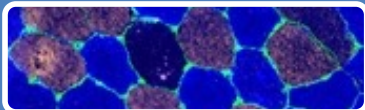
Clinical Biomechanics (Professor, PhD Jan Hartvigsen)



Exercise Epidemiology (Professor, PhD Anders Grøntved)



Movement, Culture and Society (Professor PhD Susanne Ravn)



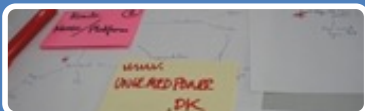
Muscle Physiology and Biomechanics (Professor, PhD Niels Ørtenblad)



Musculoskeletal Function and Physiotherapy (Professor, PhD Ewa Roos)



Physical Activity and Health in Working Life (Professor, PhD Karen Søgaard)



Physical Education and Sports Psychology (Professor, PhD Kristoffer Henriksen)



## RESEARCH AND INNOVATION CENTRES



Centre for Sports, Health and Civil Society (Associate Professor, PhD Evald Iversen)



DRIVEN (Professor Nikos Ntoumanis)



World Playground Research Institute (Professor Jasper Schipperjin)



Research in Childhood Health (Professor, PhD Anders Grøntved)



Research and Innovation Centre for Human Movement and Learning (Associate Professor, PhD Lars Breum Danielsen)



Centre for Active and Healthy Ageing (Professor, PhD Paolo Caserotti)



## Global Ranking of Sport Science Schools and Departments 300 Institutions

Search a university

World  
Rank

Institution

Country/Region

Total Score

PUB

1



Deakin University

School of Exercise and Nutrition Sciences  
Institute for Physical Activity and Nutrition

100.0

100.0

2



Norwegian School of Sport Sciences

Norwegian School of Sport Sciences



73.2

55.1

3



University of Copenhagen

Department of Nutrition, Exercise and Sports  
Institute of Sports Medicine

71.7

63.9

4



University of Verona

Sport, Mountains and Health Research Centr...  
Department of Neurosciences, Biomedicine a...

70.8

93.2

5



University of Southern Denmark

Department of Sport Sciences and Clinical Bi...



70.1

62.5

6



Vrije Universiteit Amsterdam

Faculty of Behavioural and Movement Scienc...



69.2

90.8

7



Victoria University

College of Sport and Exercise Sciences



60.9

74.9



# Sports Science & Health





A blue-tinted photograph of a group of students in a gym setting. In the foreground, three students are lying on their stomachs on a dark mat, focused on their laptops. A water bottle is on the mat to the left. In the background, another student is sitting on the floor with their head in their hand, looking distressed. The gym has large windows and various exercise machines visible in the distance.

**EDUCATION**



Sports Science and  
Health - A broad  
but targeted  
education

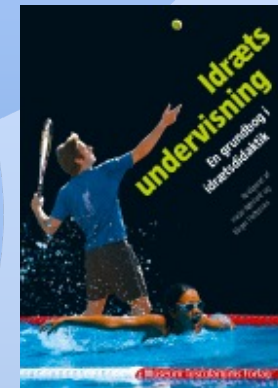


Nature Science



Human and Social science

**Sport**



Practical and didactical



# Career Opportunities

- Local and regional authorities & public administration agencies
- Governmental departments
- Cultural institutions
- NGOs
- Upper secondary school
- Consultancies engaged with health, social and/or cultural issues
- Research institutes
- University careers, e.g. PhD scholarships

# Sports Science & Health

1. Study year	Fall	1. quarter	<b>Common subjects (30 ECTS)</b> E.g. Ballgames, Activity development, Dance, Movement, Health, physiology	
		2. quarter		
	Spring	3. quarter	<b>Common subjects (20 ECTS)</b> E.g. Metabolism, Sports culture, Anatomy, Methods in sport science	<b>Specialized Subjects (10 ECTS)</b>  <b>3 study specializations</b> 1) Movement and Cognition 2) Physical activity, exercise and health 3) Elite Sport and Talent development
		4. quarter		
2. Study year	Fall	1. quarter	<b>Common subjects (15 ECTS)</b>	<b>Specialized Subjects (30 ECTS)</b>
		2. quarter		
	Spring	3. quarter		
		4. quarter	<b>Electives (10 ECTS)</b>	<b>Specialized Subjects (5 ECTS)</b>
3. Study year	Fall	1. quarter	<b>Specialization – electives</b>  1) Externally designed 2) Individually designed 3) PA & Health	
		2. quarter		
	Spring	3. quarter		
		4. quarter	<b>Bachelor Thesis</b>	



# Master Level

1. Year	1. Quarter	Theory of Science and methods (15 ECTS)
	2., 3., 4. Quarter	<b>5 different specializations</b> <ul style="list-style-type: none"> <li>a) Exercise as Medicine</li> <li>b) Sports Physiology</li> <li>c) Movement in society</li> <li>d) Body, movement and culture</li> <li>e) Sport and elite performance</li> </ul>
2. Year	1. Quarter	Applied Scientific method (15 ECTS)
	2. quarter	Internship or extended master project
	3. And 4. Quarter	Master Thesis



Increased focus upon  
International study exchange





- The students have possibilities to study abroad at the 3. year (Specialization) and at the Master level



**THANK YOU FOR YOUR ATTENTION**