Physical activity and health in a lifespan

May 19-20, 2015
University of Southern Denmark, Odense
2 ECTS
Organizer: Gisela Sjøgaard

Tuesday 19.5.2015
10-11 Gisela Sjøgaard: “Perspectives of sports science in occupational workload and health”
11-12 Andreas Holtermann: “Work related physical activity and health”
12.13 Lunch & networking
15-15.30 Coffee
15.30-17.00 PhD student presentations, Chair: Karen Søgaard

Wednesday 20.5.2015
10-11 Wendy Brown, Australia: “Physical activity across the lifespan in women: patterns, determinants and health outcomes”
11-12 Jasper Schipperijn: “Environmental factors significance for levels of physical activity”
12-13 Lunch & networking
13-14.30 Paul Jarle Mork, Norway: “Physical activity, other lifestyle factors and risk of chronic musculoskeletal pain”
14.30-15 Coffee
15-16 PhD student presentations, Chair: Karen Søgaard
16 – 17 Discussion & Evaluation
Curriculum for the PhD course:


Supplementary readings from Wendy Brown (yellow highlighted are part of the curriculum)

Physical activity and sitting at work: – patterns and implications

Patterns:


Implications:


Physical activity across the lifespan in women: patterns, determinants and health outcomes

Patterns


Determinants


Health outcomes


Supplementary readings from Paul Jarle Mork (yellow highlighted are part of the curriculum)


Wendy Brown is Director of the Centre for Research in Exercise, Physical Activity and Health [http://www.hms.uq.edu.au/research/research-centres/centre-for-research-on-exercise-physical-activity-and-health-(crexpah)] and Professor of Physical Activity and Health in the School of Human Movement Studies at the University of Queensland. Wendy's principal research interests are in the public health aspects of human movement, (including the role of physical activity and sedentary behaviour in energy balance and prevention of weight gain and chronic health problems) and development of evidence based preventive health policy.

She has conducted numerous studies which aim to improve measurement and understanding of physical activity and sitting time throughout the adult life-span, as well as intervention trials with various population groups, including women from non-English speaking backgrounds, mothers of young children, and residents of retirement villages. Wendy was the lead investigator on the '10,000 steps Rockhampton' project - a multi-strategy intervention project which sought to activate the 60,000 residents of Rockhampton in Central Queensland. More recently her intervention work has focused on the role of physical activity in the prevention and management of chronic disease in the baby boomer generation. Over the last eighteen years Wendy's work on the Australian Longitudinal Study of Women's Health has focused on identifying the determinants of inactivity and weight gain in women, and on dose-response relationships between activity, weight and health outcomes. The role of sitting time as an independent determinant of weight gain and chronic disease outcomes is an area of critical enquiry in Wendy's current research program.

Professor Brown's work in the area of understanding and influencing physical activity in populations has been widely used to inform the development of evidence-based policy and practice in the government and non-government sector. For example, in relation to physical activity, she contributed to the development of ‘Getting Australia Active’ which underpinned the national policy on physical activity, and was the lead writer of the ‘Choose Health; Be active’ initiative for veterans. Wendy was a member of the 'Prevention and Healthy Ageing' Sub-Committee of the Prime Minister's Science and Engineering Innovation Council from 2002-2003 and more recently was the lead consultant to the Department of Health and Ageing on the development of the new National Physical Activity Guidelines. In relation to energy balance and obesity prevention, Wendy was the lead writer of the Heart Foundation’s fact sheets on Physical Activity and Energy Balance, and contributed to the 2005-2007 action plan for ‘Addressing Australia’s weight problem’. She is a Fellow of the Australian Sports Medicine Federation, and an international fellow of the American College of Sports Science and the American Academy of Kinesiology. Her work is widely published in the international scientific literature, as well as in the lay press, which aids with dissemination of important public health messages to the general population.
Paul Jarle Mork is professor at the Department of Public Health and General Practice, Faculty of Medicine, at the Norwegian University of Science and Technology. His primary research interests are on i) risk factors for musculoskeletal disorders, ii) physiological mechanisms related to the development of chronic pain, and iii) the effect and utilization of physical exercise in rehabilitation of musculoskeletal disorders. In addition he is involved in research forming and evaluating health services and preventive medicine and is one of the responsible researchers for the Nord-Trøndelag Health Study (HUNT, http://www.ntnu.edu/hunt). The HUNT study has been conducted in three waves (HUNT1 1984-1986, HUNT2 1995-1997, HUNT3 2006-2008) and includes research data on approximately 126,000 people. The fourth HUNT Study will start in August 2017. Professor Mork has in particular been involved in analysing relations between physical activity in work and leisure and the relation to health outcomes. He is now heading the group responsible for objective measurements of physical activity in the HUNT4 study. During the last 5 years he has published 25 international peer reviewed papers.
Template for PhD student abstract submission for a presentation at the course to be submitted before the course to gsjogaard@health.sdu.dk. The abstract can contain a summary of the whole PhD project or of specific parts of the project. It can be in style of protocol paper or if possible contain results.

Title

Author (Surname Initial)\(^1\), Supervisor\(^2\)...

\(^1\)Affiliations, \(^2\)Additional affiliations if relevant

Introduction

Methods

Results (if available)

Discussion

(try to keep you abstract within 1 A4 page format)