



Next practice in physical education and movement science

The Nordplus-Idrott Network hosts the 2nd NORDPLUS-IDROTT Conference
in cooperation with

The Institute of Sports Science and Clinical Biomechanics (ISSCB),
The University of Southern Denmark

Welcome by head of ISSCB Jørgen Povlsen





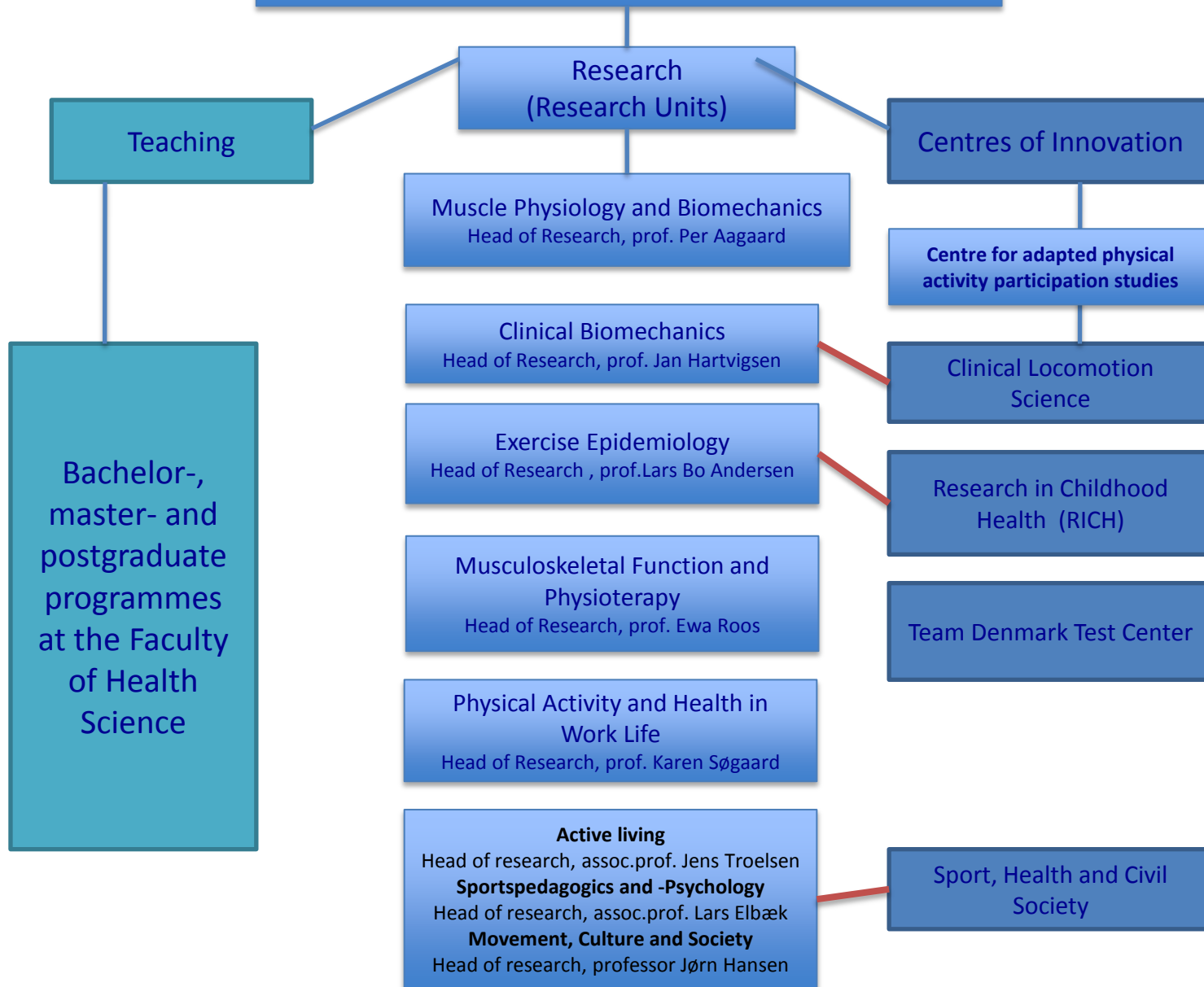
ISSCB deals with research, education, innovation and scientific knowledge transfer based upon studies of:

The human body, the musculoskeletal system, sport, exercise, active living, play, dance and human movement.

As part of The Faculty of Health Science particular attention is paid to physical activity and exercise in health promotion, prevention, treatment of diseases and rehabilitation

Focus: Evidence-based exercise/physical activity prescription based on objective measuring using innovative technologies

Institute of Sports Science and Clinical Biomechanics 2013





Elite sport

Rehabilitation

Academic and administrative staff: 160 persons (60 Ph.d students) cover this range from elite sport to rehabilitation

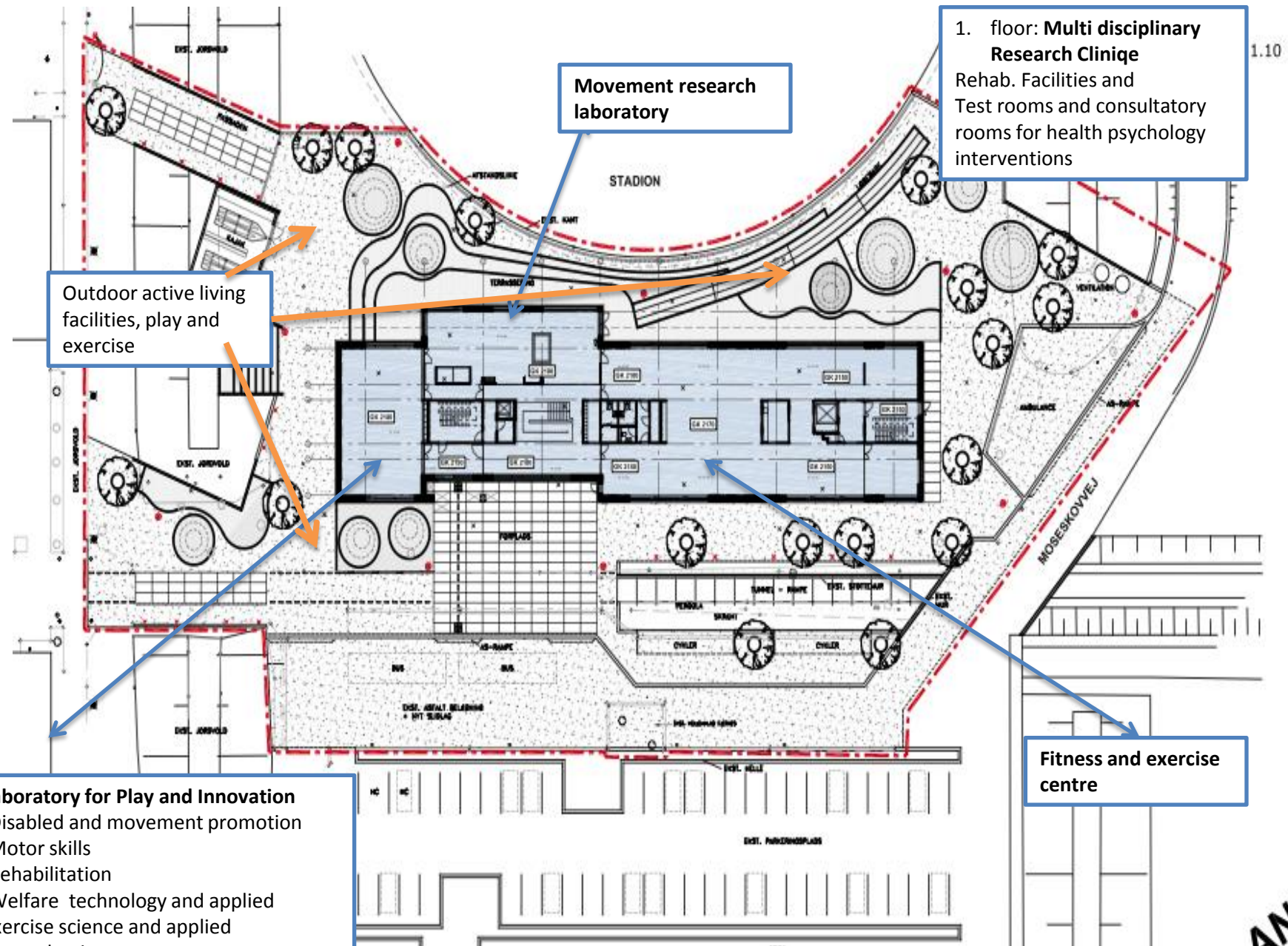


Institute of Sports Science and Clinical Biomechanics

Facilities and future ISSCB development

The Faculty of Health Science
The University of Southern Denmark





1. floor: **Multi disciplinary Research Clinic**
 Rehab. Facilities and Test rooms and consultatory rooms for health psychology interventions

Movement research laboratory

Outdoor active living facilities, play and exercise

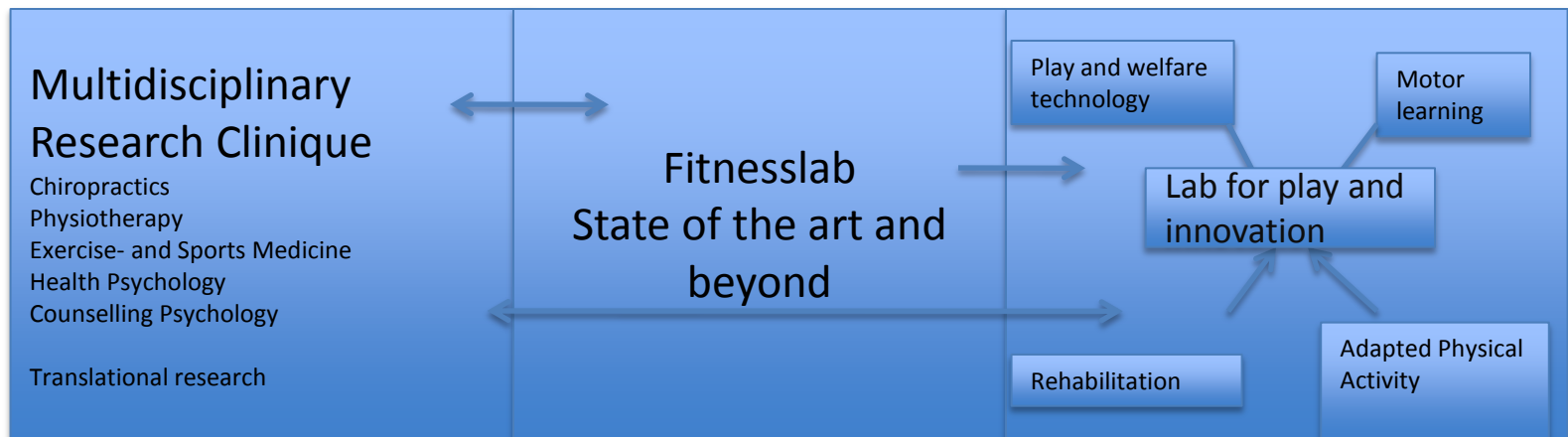
Laboratory for Play and Innovation
 -Disabled and movement promotion
 -Motor skills
 -Rehabilitation
 -Welfare technology and applied exercise science and applied biomechanics

Fitness and exercise centre

Research facilities

Laboratories

Exercise and innovation





The Institute of Sports Science and Clinical Biomechanics

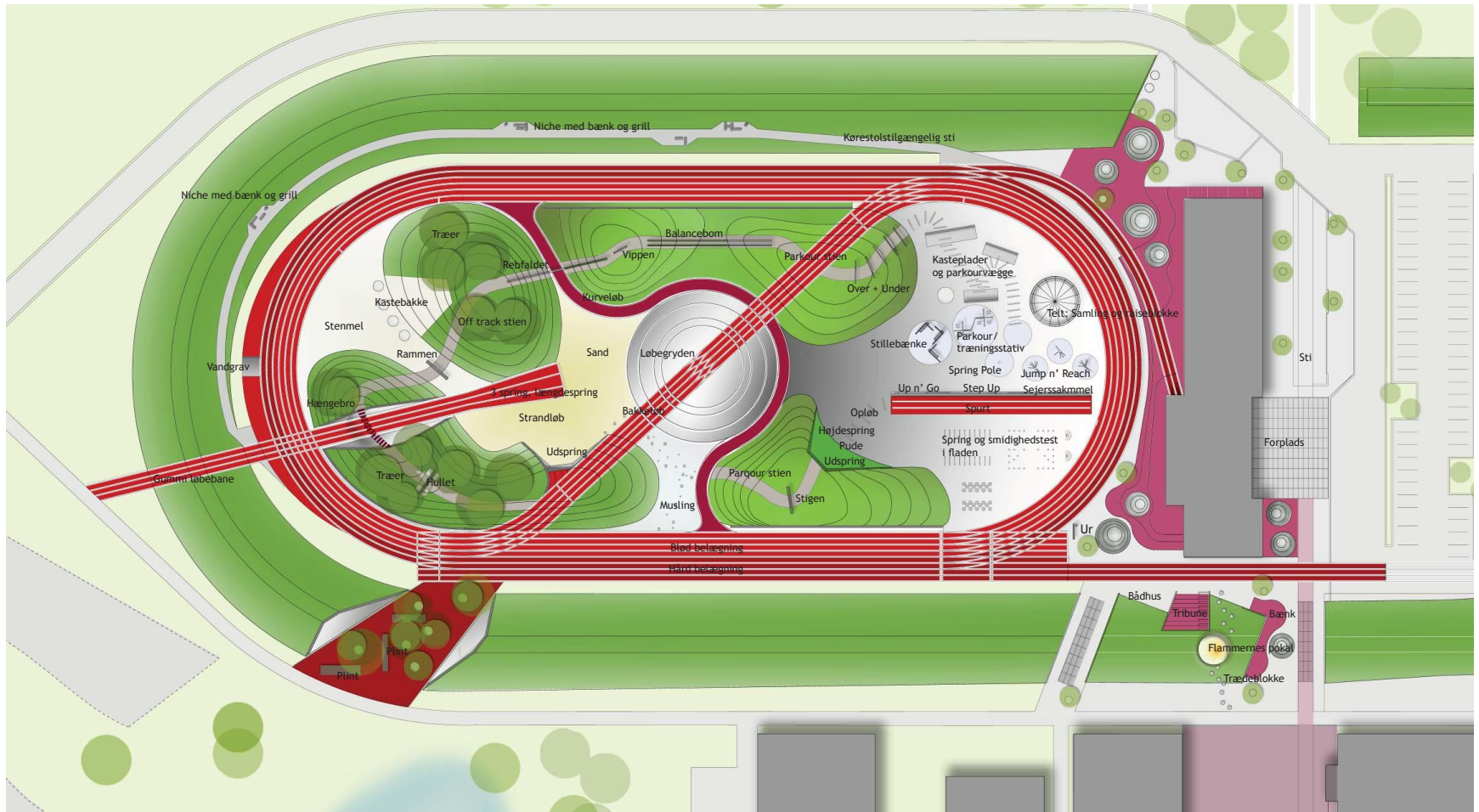
Future arena for movement
and exercise

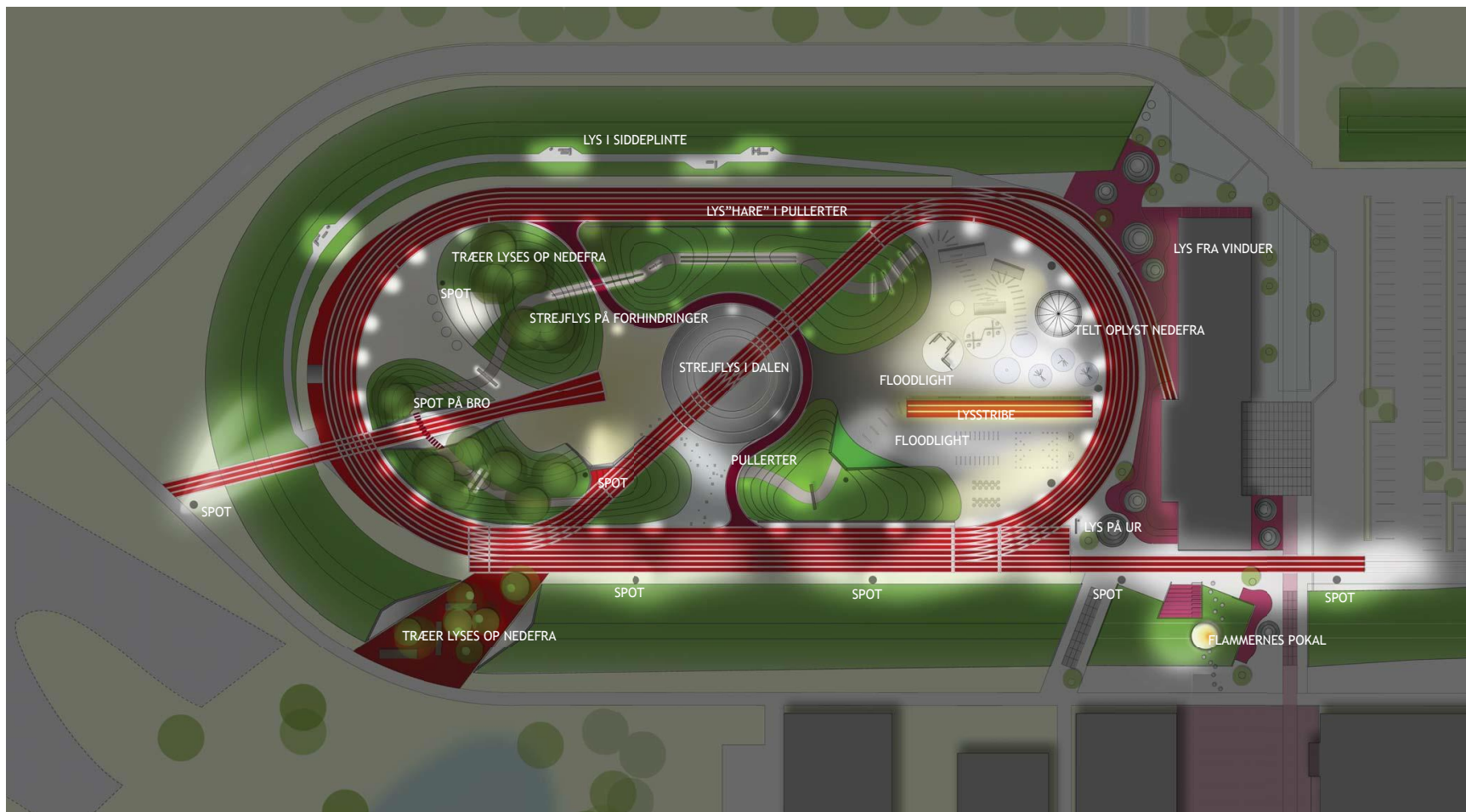
The Faculty of Health Sciences
The University of Southern Denmark





Exercise and testing facilities







The Institute of Sports Science and Clinical Biomechanics

Built environment
and
Active Living Park

The Faculty of Health Sciences
The University of Southern Denmark

Active Living

What is
active living?

Everyday activity

*Physical activity integrated in daily living
as part of work-, transport-, and leisure time related activities.*

Why
active living?

Prevention and health promotion

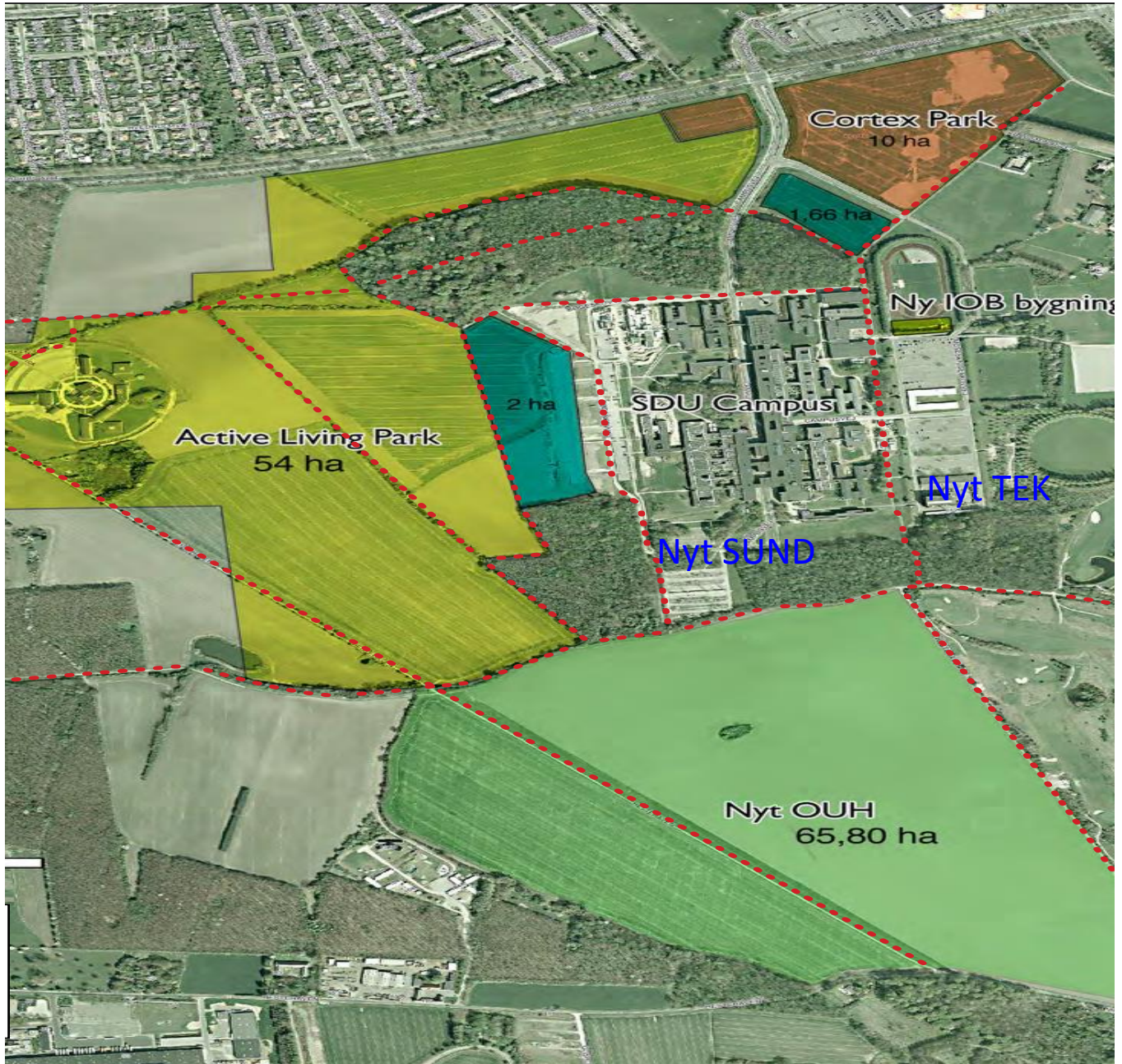
*Sedentary behavior and physical inactivity are next to smoking
considered as the greatest threat to public health in developed
countries*

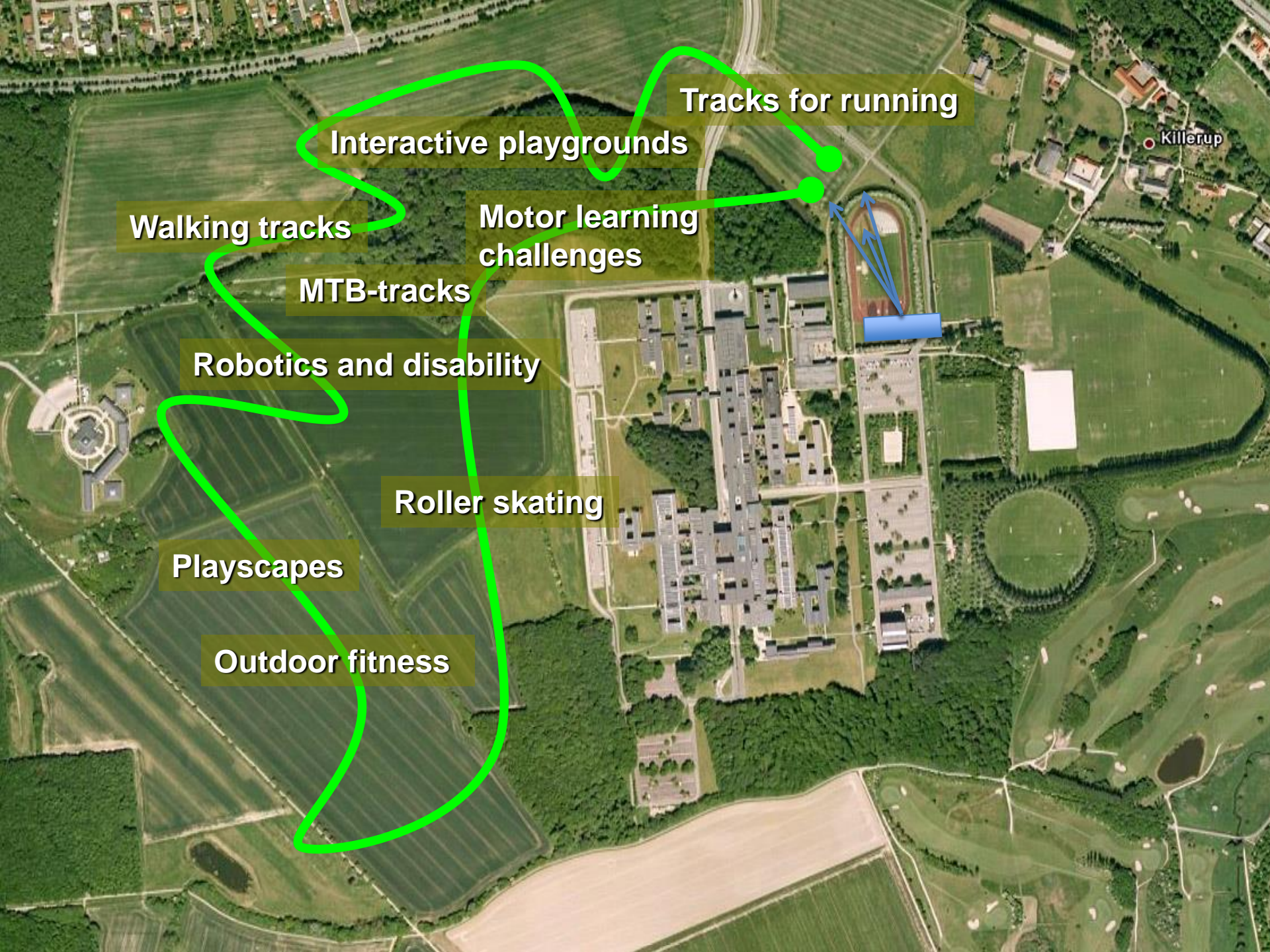
How to
promote
active living?

Appealing environment

*- Create appealing physical environments in conjunction with
organizational settings supporting accessibility to active living
environments*







Tracks for running

Interactive playgrounds

Walking tracks

Motor learning challenges

MTB-tracks

Robotics and disability

Roller skating

Playscapes

Outdoor fitness

Killerup

Active Living Park 1:1
Health enhancing technologies and Outdoor Rehabilitation

Health promotion

Prevention

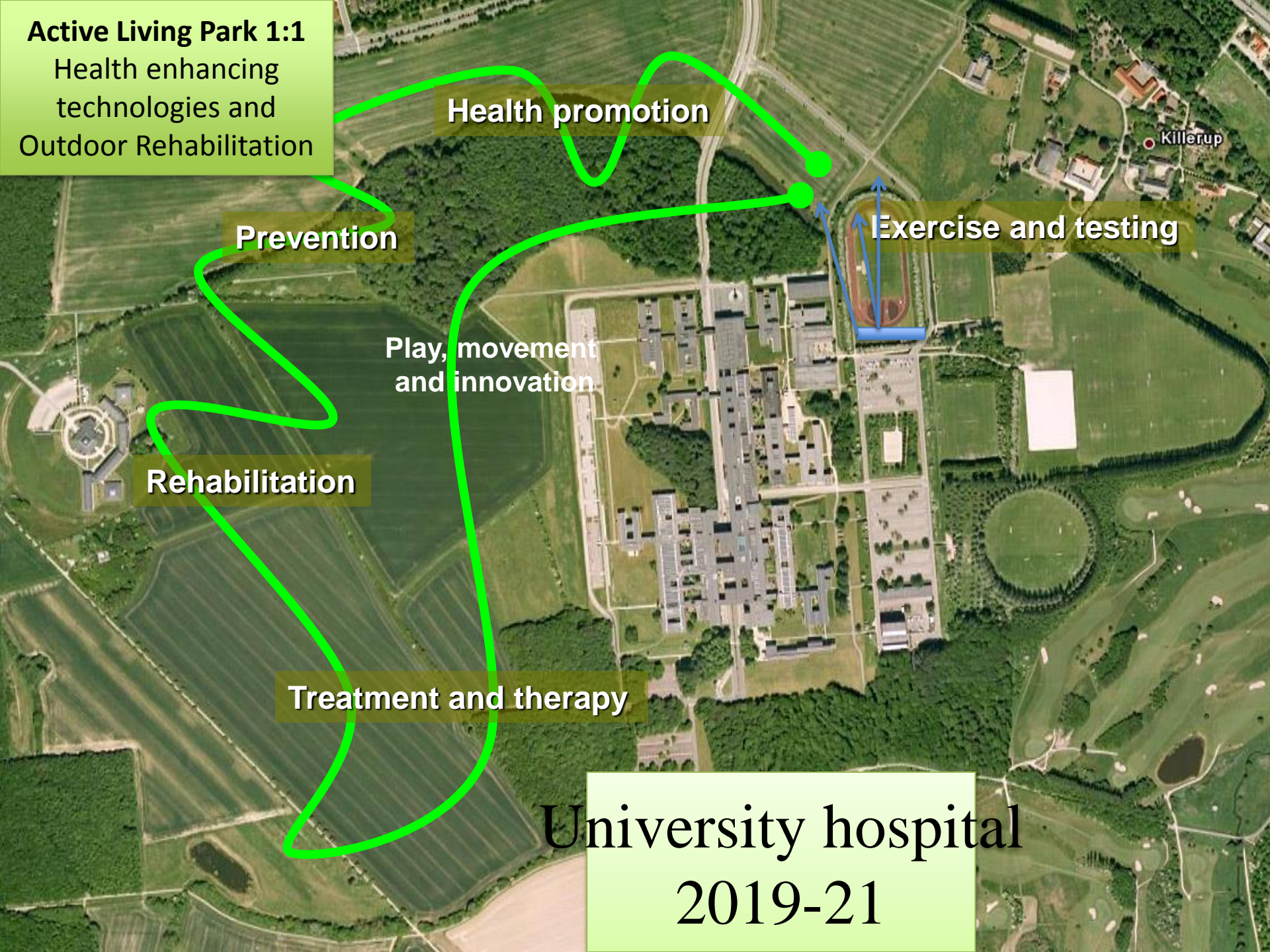
Exercise and testing

Play, movement and innovation

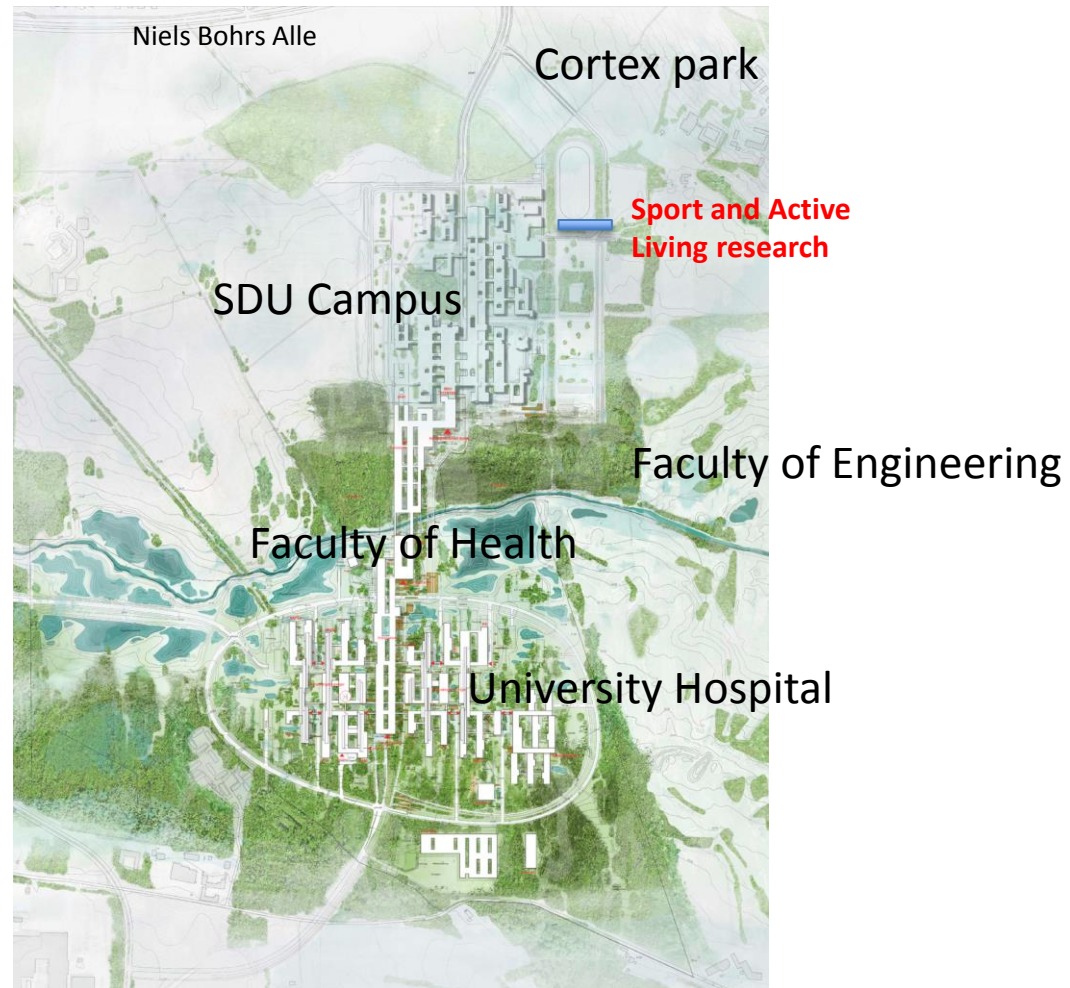
Rehabilitation

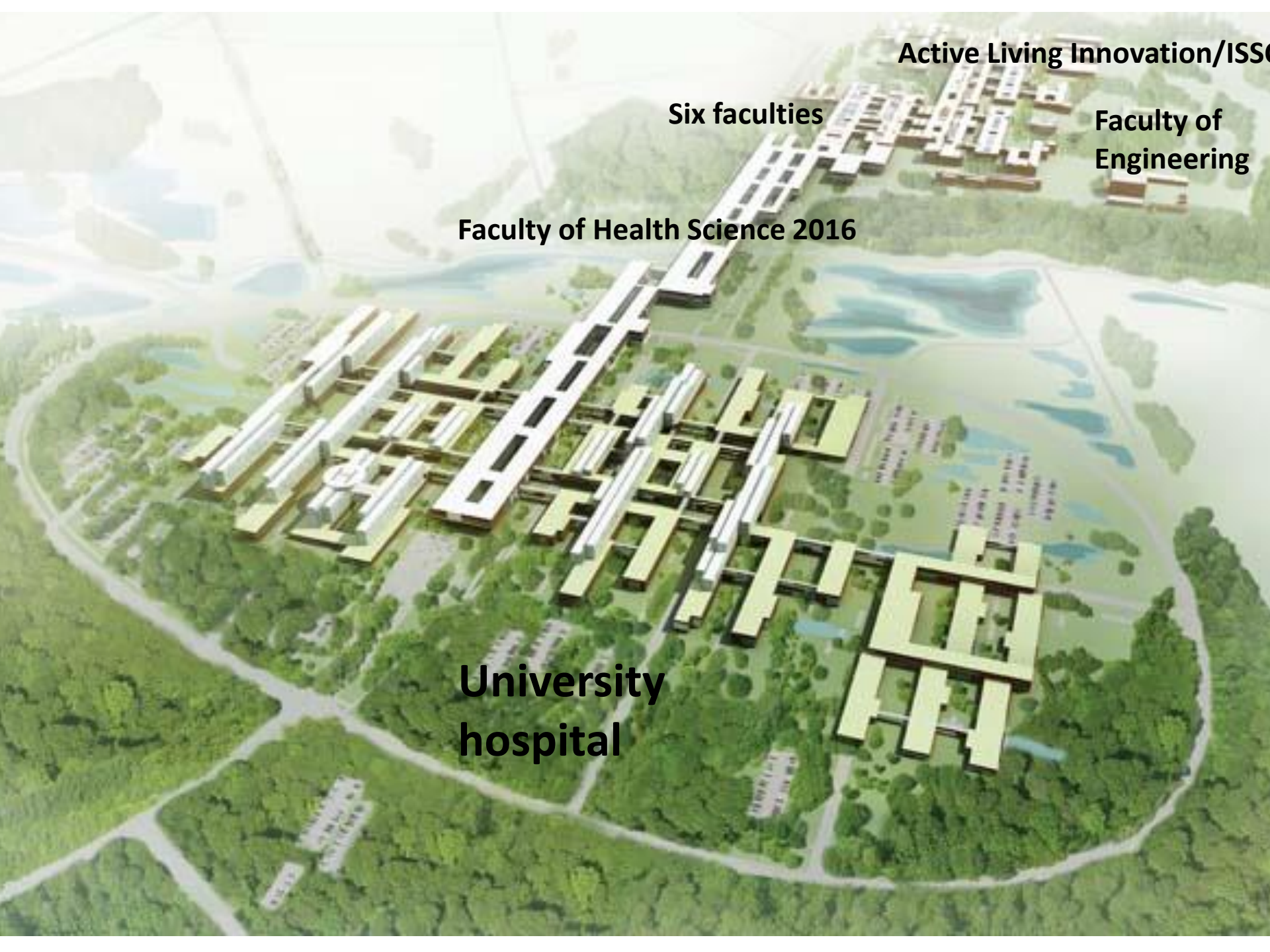
Treatment and therapy

University hospital
2019-21



SDU Campus Odense





Active Living Innovation/ISSO

Six faculties

**Faculty of
Engineering**

Faculty of Health Science 2016

**University
hospital**



Active Living Innovation

ISSCB

CORTEX PARK



The Institute of Sports Science and Clinical Biomechanics

Educational programmes

The Faculty of Health Sciences
The University of Southern Denmark

Sports Science at SDU

Sport and Health

Bachelor: 400 students

Kandidat (master): 200 students

Master: Elite- and
competetive sport (2015)

Teachers training curriculum
(2011)

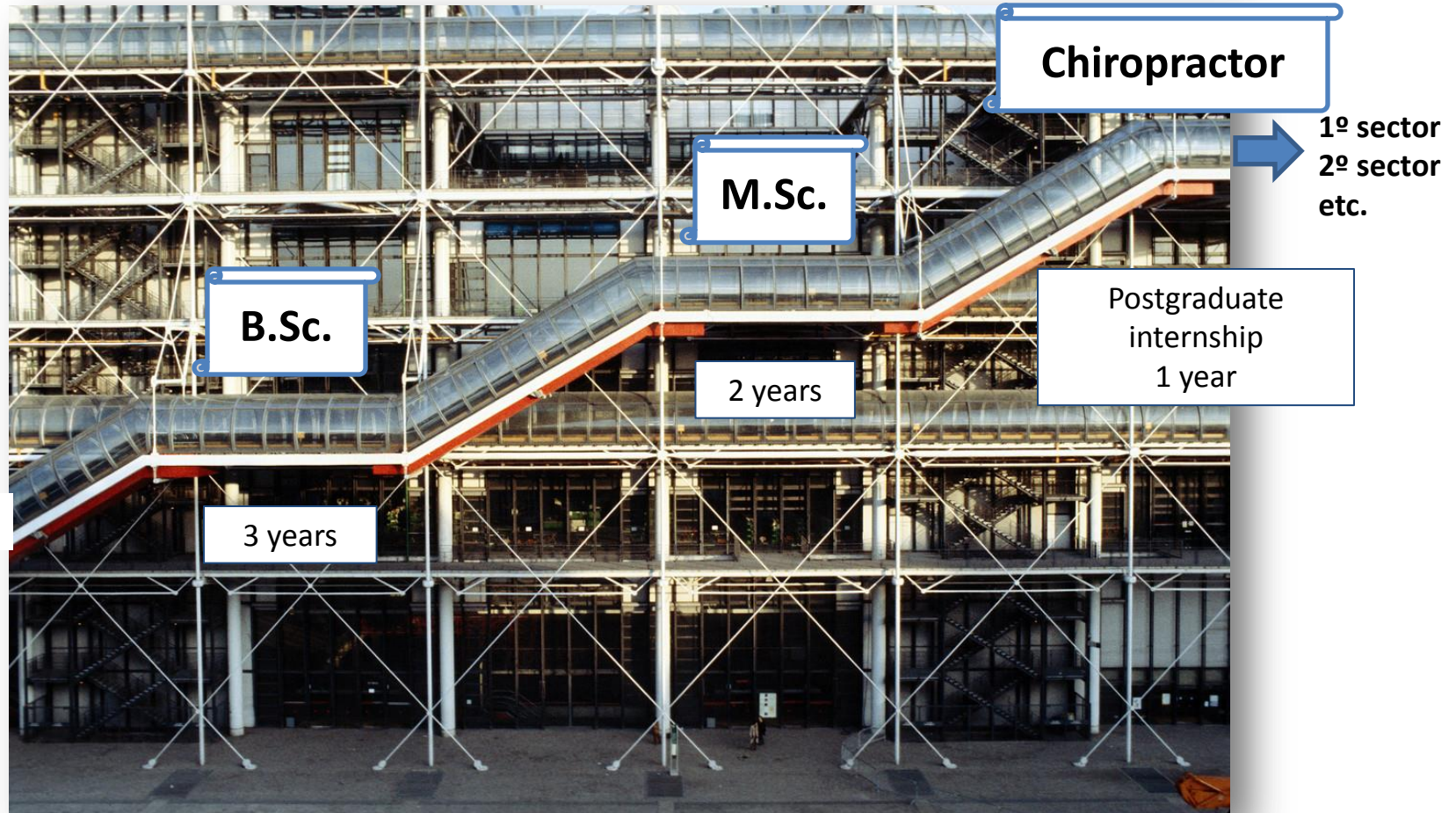
Physical Activity &
Lifestyle
Counseling
(European bachelor
2012)

Master: Fitness &
Exercise

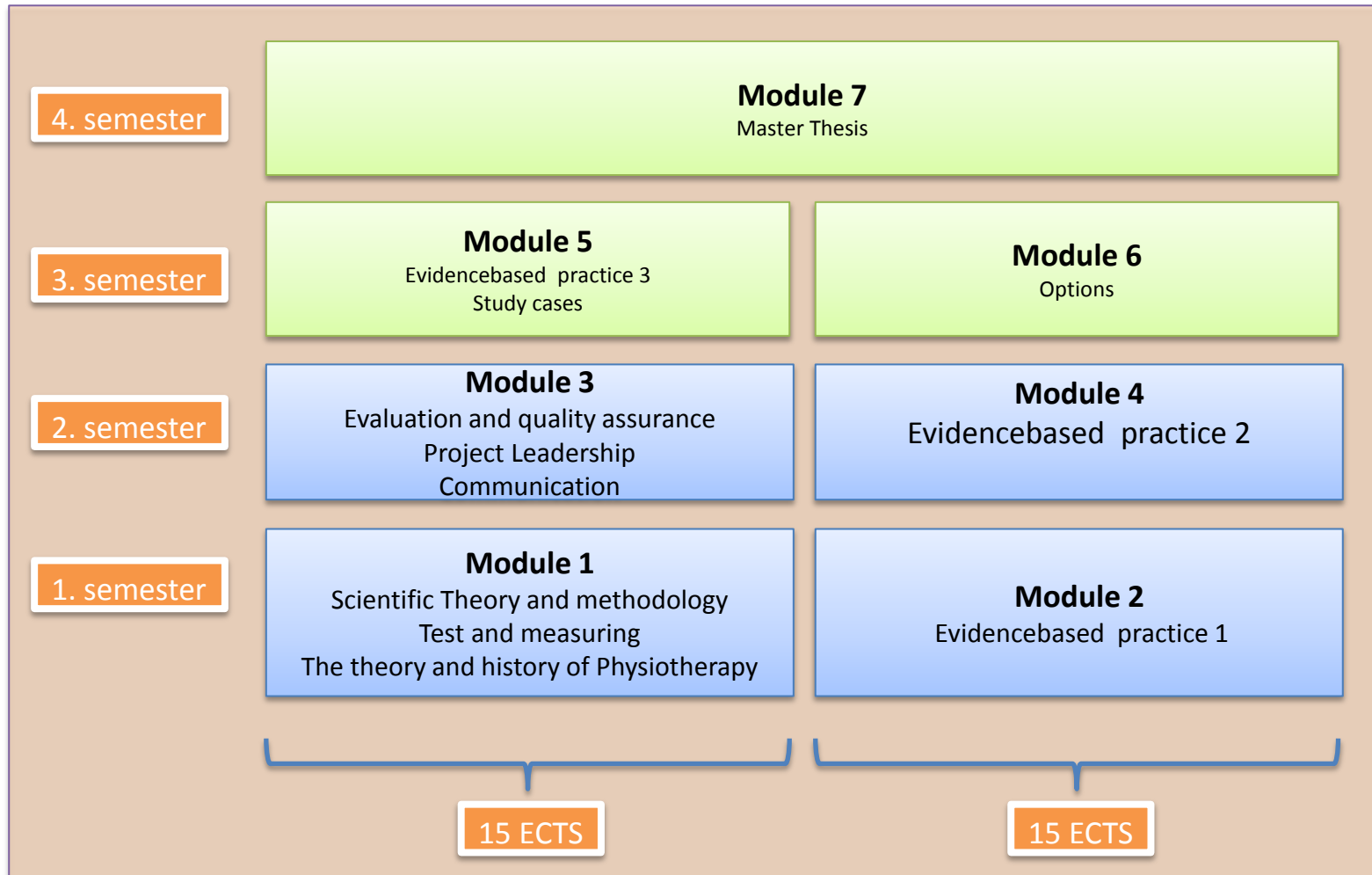
Nordic outdoor
recreation
(25 students)

European Master:
Health & Physical
Activity
(30 students)

Clinical Biomechanics: “Three” stairs



The Master Degree in Physiotherapy





**CONGRATULATIONS
NORDPLUS 25 YEARS !**