

Teaching portfolio

1. Teaching CV: A list of teaching and supervision tasks, including specification of academic fields, scope, level (bachelor, master, continuing education, PhD). Please state the teaching method used (e.g. lecture, class teaching, exercises, supervision, examination, coexamination, distance teaching, internet-based teaching and evaluation of teaching). Please also indicate the language of instruction.

Teaching: Master level: •2023: "Individualized training and patient reported outcomes" at Musculoskeletal Physiotherapy at Aalborg University, 2. semester. Lectures, class teaching and case-based exercises. Danish language. •2022: "Individualized training and patient reported outcomes" at Musculoskeletal Physiotherapy at Aalborg University, 2. semester. Lectures, class teaching and case-based exercises. Danish language. •2021: "Individualized training and patient reported outcomes" at Musculoskeletal Physiotherapy at Aalborg University, 2. semester. Lectures, class teaching and case-based exercises. Danish language. •2020: "Individualized training and patient reported outcomes" at Musculoskeletal Physiotherapy at Aalborg University, 2. semester. Lectures, class teaching and case-based exercises. Danish language. Bachelor level: •2014-2016: External lecturer for the module "Statistics and Epidemiology" for physiotherapists, nurses, occupational therapists, and radiographers at University College of Northern Denmark. Lectures and class teaching. Danish language •2013-2014: Teaching at the module "Statistics and Epidemiology" for physiotherapists, nurses, occupational therapists, and radiographers at University College of Northern Denmark. Lectures, class teaching, and exercises. Danish language. •2013-2014: Teaching at the module "Sports physiotherapy" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and case-based exercises. Danish language. •2013-2014: Teaching at the module "Health technology Assessment" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and project supervision. Danish language. •2013-2014: Teaching at the module "Research methods" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, exercises. Danish language •2013-2014: Teaching at the module "Outcome measures" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and case-based exercises. Danish language •2013-2014: Teaching at the module "Critical literature review and journal clubs" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and journals clubs. Danish language. •2013-2014: Teaching at the module "Epidemiology and statistics" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and exercises. Danish language. •2013-2014: Teaching at the module "Data management using STATA and Excel" at University College of Northern Denmark Physiotherapy. Lectures, class teaching, and exercises. Danish language. Patient education: •2019-2022: Teaching patients with chronic pain after total knee replacement in the topic "Pain Neuroscience Education" as part of my research project. Teaching was delivered to small groups of 2-5 patients over two sessions. More than 70 patients participated. Teaching was held at Aalborg University Hospital in Aalborg, Farsø and Thisted. Supervision: Master level: •2021-2022: Main supervisor for one 3.semester project group (group 9601) within the module Extended scope physiotherapy at Musculoskeletal Physiotherapy at Aalborg University (5 students). Danish language. Bachelor level: •2013-2014: Main supervisor for 3 bachelor thesis project groups (8 students) at University College of Northern Denmark Physiotherapy. Supervision. Danish language. •2013-2014: Statistical supervisor for bachelor groups at University College of Northern Denmark Physiotherapy. Danish language. Examination: Master level: •2023: Co-examinator at "Individualized training and patient-reported outcome measures" at Musculoskeletal Physiotherapy at Aalborg University (18 students). Oral examination. Danish language. •2023: Co-examinator at the module "Low back- and neck pain related disorders" at Musculoskeletal Physiotherapy at Aalborg University (10 students). Oral examination. Danish language. •2022: Examinator at one 3.semester project group (group 9601) within the module "Extended scope physiotherapy" at Musculoskeletal Physiotherapy at Aalborg University (5 students). Oral examination. Danish language. Online examination. •2021: Co-examinator at "Individualized training and patient-reported outcome measures" at Musculoskeletal Physiotherapy at Aalborg University (26 students). Oral examination. Danish language. Online examination. •2020: Co-examinator at "Individualized training and patient-reported outcome measures" at Musculoskeletal Physiotherapy at Aalborg University (23 students). Oral examination. Danish language. Bachelor level: •2012 - : Co-examinator for bachelor thesis exams at VIA University College Holstebro Physiotherapy, University College of Northern Denmark Physiotherapy, and VIA University College Aarhus Physiotherapy (28 groups / 67 students). Oral exam. Danish language. •2017: Co-examinator for the module "Health Technology Assessment" at UCL University College Odense Physiotherapy (20 students). Written exams. Danish language. •2016: Co-examinator for the module "Health Technology Assessment" at University College Copenhagen Physiotherapy (8 students). Written exams. Danish language. •2013-2016: Internal examiner for the module "Statistics and Epidemiology" for physiotherapists, nurses, occupational therapists, and radiographers at University College of Northern Denmark. Written exams. Danish language. •2013-2014: Examiner for the module "Health Technology Assessment" at University College of Northern Denmark Physiotherapy. Written exams. Danish language. •2013-2014: Examiner for bachelor thesis exams at University College of Northern Denmark Physiotherapy (3 groups / 8 students). Oral exam. Danish language.

2. Study/programme administration and management: Experience in programme management and coordination. A list of study administration tasks, e.g. study board membership, chair of study board, semester or course coordinator, accreditation tasks, etc. Experience in planning teaching activities. Experience in programme development.

Participating in committees and commissions etc. on education issues.

•2020 - : Working together with course coordinators and other lectures concerning the development and optimization of the master's program for Musculoskeletal Physiotherapy.

3. Formal pedagogical training: A list of completed courses in university pedagogy, PBL courses, workshops, academic development projects, collegial guidance and supervision, etc. Written assessment from the course in university pedagogy for assistant professors. Participation in conferences on pedagogy and didactics. Please enclose any documentation of the above, such as course certificates, references, etc

•2023: Participated in the workshop "Studerende med psykiske diagnoser – hvad gør du så?" at Campus Aalborg East hosted by the Study Service at Aalborg University. •2020: Participated in the PhD-course "The Art of Scientific Presentation: Design and delivery."

4. Other qualifications: Conference contributions and attendance, contributions to debates, scientific articles on pedagogical issues etc. Peer supervision, editorials, mentoring experience or other types of competence development activities.

NA

5. Pedagogical development and research: Development of new courses, teaching materials, teaching methods, examination types or other types of pedagogical development. Didactic and pedagogical research. Cooperation with external collaboration partners.

•2020: Developed teaching material for the lectures "Physical activity as treatment for patients with pain" at the Individualized training and patient-reported outcome measures at Musculoskeletal Physiotherapy at Aalborg University
•2018: Developed the teaching material for the "pain neuroscience education" sessions used to teach patients with chronic pain after total knee replacement.

6. References on your teaching skills from superiors or colleagues. Teaching evaluations and any teaching awards received.

NA

7. Personal reflections and initiatives: Here you may state any personal deliberations as regards teaching and supervision, any wishes and plans for further pedagogical development, plans for following up on student feedback/evaluations, etc. Personal reflections on your own pedagogical practice, including objectives, methods and implementation. This should include an analysis and a reasoned description of your pedagogical activities in relation to your pedagogical understanding and student learning. Thoughts on the teaching method at Aalborg University (which is largely based on group-organised project work and problem-based learning)

•Overall, my teaching philosophy is to try to engage students in my lectures, encouraging them to ask questions and to bring in their own thoughts and reflections. I frequently use patient-cases in which we link the topic of the lecture towards a case, thereby linking the theoretical knowledge to "real-life" conditions. Also, when teaching at the master's program Musculoskeletal Physiotherapy, I can reflect on my own clinical experiences and therefore link the theoretical knowledge into clinical practice. For this approach, I have received positive feedback from the students. I include both pros and cons of the topic (e.g., exercise as treatment) to stimulate the students own (clinical) reasoning and promoting their own reflections. •I use a mix of lectures, exercises, and case-based assignments for my teaching. Despite not having received courses in problem-based learning, I try to follow the guidelines from this approach. Therefore, I use my lectures to provide the knowledge for the students and the exercises and case-based assignments to promote their teamwork and implementation of the new knowledge. In future, I would like to gain more insight in the problem-based learning methods.

8. Any other information or comments.