

Press release

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Basic information

Name: Daniel Ramсков Jørgensen

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Department of: Public Health

Main supervisor: Sten Rasmussen

Title of dissertation: Run Clever. Training variables in running. Mechanisms in the aetiology of running injuries

Date for defence: 9/2-2018 at (time of day): 13:00 Place: Section For Sport Science, Aarhus University, Dalgas Avenue 4, 8000 Aarhus C.

Press release (Danish)

Træningens indflydelse på udviklingen af løbeskader

Er titlen på et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Daniel Ramсков, der forsvare det d. 09/02

Fokus i løbetræningen bliver betragtet som en væsentlig årsag til skade. Træningsfokus kan være at løbe langt eller at løbe hurtigt, men den direkte sammenhæng mellem træningsfokus og udviklingen af løbeskader er stadig uklar. For at kunne forebygge løbeskader er et mere nuanceret billede af hvordan træningsfokus påvirker udviklingen af løbeskader nødvendigt.

Formålet var derfor at undersøge hvordan løbetræning med enten fokus på at løbe langt eller løbe hurtigt påvirker udviklingen af løbeskader. Forsvaret af ph.d.-projektet er offentligt og finder sted den 09/02 kl. 13.00 i Idræt auditorium, Aarhus Universitet, Dalgas Avenue 4, Aarhus. Titlen på projektet er "Run Clever. Training variables in running. Mechanisms in the aetiology of running injuries".

Yderligere oplysninger: Ph.d.-studerende Daniel Ramсков Jørgensen, e-mail: daniel.joergensen@ph.au.dk, tlf. 51606866.

Bedømmelsesudvalg:

Marienke van Middelkoop, Assistant Professor, PhD. Department of General Practice, Erasmus MC, University Medical Center Rotterdam.

Daniel Theisen, Professor, Head of Unit, PhD. Sports Medicine Research Laboratory, Department of Population Health, Luxembourg Institute of Health, 76, Rue d'Eich, L-1460 Luxembourg, Luxembourg.

Thorsten Ingemann Hansen, Professor, Dr Med. Institut for Idræt, Aarhus Universitet, Dalgas Avenue 4, bygning 3410, 442, 8000 Aarhus C, Danmark.

Press release (English)

Training variables in running and associations with running injuries

This is the title of a new PhD project at Aarhus University. The project was carried out by Daniel Ramсков Jørgensen, who is defending his dissertation on 09/02.

The focus of running participation is considered to be associated with injury. The focus of running can be volume or intensity, but the association between a particular focus and running injury, is unknown. To prevent running injuries, more detailed knowledge of associations between the content of performed running and injury is necessary. The purpose was therefore to investigate associations

between running intensity, running volume and risk of injury. The defence is public and takes place on 09/02 at 13:00 in Sport Science auditorium, Aarhus University, Dalgas Avenue 4, Aarhus. The title of the project is Run Clever. Training variables in running. Mechanisms in the aetiology of running injuries. For more information, please contact PhD student Daniel Ramskov Jørgensen, email: daniel.joergensen@ph.au.dk, Phone +45 51606866.

Assessment committee:

Marijenke van Middelkoop, Assistant Professor, PhD. Department of General Practice, Erasmus MC, University Medical Center Rotterdam.

Daniel Theisen, Professor, Head of Unit, PhD. Sports Medicine Research Laboratory, Department of Population Health, Luxembourg Institute of Health, 76, Rue d'Eich, L-1460 Luxembourg, Luxembourg.

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