



ISP – Intensive study week (23.th – 27.th November 2015) at HBV Norway



Time	Monday 23.11.15	Tuesday 24.11.15	Wednesday 25.11.15	Thursday 26.11.15	Friday 27.11.15
08.30 – 09.30	Welcome (HBV) Information (HG,TT) Presentations (all) Room: A1-39 Holmestrand	Literature review of Current concepts of exercise for prevention. and rehabilitation of neck pain Theory and practice (MS) Room: C2 – 80 Oda Krogh	Stress and Coping – Mind and Body. Theory and practice (HG) Room: C3-70 Hans Allum	Application of THEWS protocol to office employees (AB) Room: C3 – 70 Hans Allum	Free time
9.45-10.45	Health Intervention Programs at the worksite (HG) Room: A1-39				
11.00 – 12.00	Functional anatomy Biomechanics of cervical spine (MS)	<i>Students: Test and assessment</i>	<i>Students: Test and assessment</i>		
LUNCH					
13 – 14.00	Neck pain: Differential diagns, sympt and treatm (SG) Room: A1-71	Coping Strategies Theory and practice (HG, TT) C2-131 Skarvesetet D2-71, D2-75, D2-83	Development of THEWS protocol (VM) Room: C2 – 131 Skarvesetet C2-97, C2- 99	Incorporating THEWS into the Health Program of companies (HG) Room: D3-33 C3-62, C3-64	Train from Tønsberg to the Airport Departure: Oslo Airport Gardermoen - Athens Safe journey home☺
14.15 – 16.00	Case study work Group discussions A1-71, D2-113, D2-71, D2-83	Students: SMT exercise Summary (HG, TT)	3rd Transnational meeting Room: Vealøs E2	<i>Students: Test and assessment. Interviews etc</i>	
	Home work –	Home work –			
	Social activities organized by the students	Social activities organized by the students	Home work – Social activities organized by the students	Social dinner HBV (all)	

TRAINERS' NOTES PACK- Learning Modules

1. Health intervention programs at Workspace. (NOR) 1 hour
2. Functional anatomy and biomechanics of cervical spine. (GER, CY, GR) 1 hour
3. Neck pain: differential diagnoses, symptoms and treatment. (GER, CY, GR) 1hour
4. Literature review of current concepts of exercise for prevention and rehabilitation of neck pain. (GER, CY, GR) 3hours
5. Coping strategies for musculoskeletal pain at Workspace. 6hours NOR
6. Development of THEWS protocol (GER, CY, GR). 3 hours
7. Application of THEWS protocol to office employees. 3hours (GER, CY, GR)
8. Incorporating the THEWS protocol into the health program of companies. 1hour (NOR)

Case study work

evaluation of learning effectiveness ...