

CV – Malte Nejst Larsen (h-index: 15)

Relevant jobs and education.

2020- present: Post. doc. at the Department of Sports and Clinical Biomechanics, University of Southern Denmark.

2018- 2020: Teaching assistant professor at the Department of Sports and Clinical Biomechanics, University of Southern Denmark.

2016- 2018: Post. doc. at the Department of Sports and Clinical Biomechanics, University of Southern Denmark.

2013-2016: Ph.D. student at the Center for Team sports and Health, Department of Nutrition and exercise, University of Copenhagen. Title: Fitness and Health Effects of Frequent Intense Training in 8-10 year old Danish Children.

Supervisor: Peter Krstrup

2012-2013: High school teacher in *Physical Education*, Christianshavns Gymnasium and Nørre Gymnasium.

2011: Research Assistant, University of Copenhagen, Department of Nutrition and exercise, University of Copenhagen.

2008 - 2011: Master's degree in Human Physiology, Department of Nutrition and exercise, University of Copenhagen.

2005-2008 Bachelor's degree in Sports Science, Department of Nutrition and exercise, University of Copenhagen.

Further education:

2019: Lecturer training program at the University of Southern Denmark.

2019: DBU Talent ID level 1

2009: UEFA B license football coach education.

List of publications

36 Scientific papers, 9 as first author, 3 as last author, 24 as co-author:

Effect of game format on heart rate, activity profile, and player involvement in elite and recreational youth players

Randers, M. B., Andersen, T. B., Rasmussen, L. S., **Larsen, M. N.** & Krstrup, P.
2014 Scandinavian journal of medicine & science in sports. 24, Suppl 1, s. 17-26

Structural and functional cardiac adaptations to a 10-week school-based football intervention for 9-10-year-old children

Krstrup, P., Hansen, P. R., Nielsen, C. M., **Larsen, M. N.**, Randers, M. B., Manniche, V., Hansen, L., Dvorak, J. & Bangsbo, J.
2014 Scandinavian journal of medicine & science in sports. 24, Suppl 1, s. 4-9

'FIFA 11 for Health' for Europe. 1: effect on health knowledge and well-being of 10- to 12-year-old Danish school children

Fuller, C. W., Ørntoft, C., **Larsen, M. N.**, Elbe, A-M., Ottesen, L. S., Junge, A., Dvorak, J. & Krstrup, P.
2016 British Journal of Sports Medicine.

'FIFA 11 for Health' for Europe. II: Effect on health markers and physical fitness in Danish schoolchildren aged 10-12 years

Ørntoft, C., Fuller, C. W., **Larsen, M. N.**, Bangsbo, J., Dvorak, J. & Krstrup, P. 2016
British Journal of Sports Medicine. 50, 22, s. 1394-1399

Positive effects on bone mineralisation and muscular fitness after 10 months of intense school-based physical training for children aged 8–10 years: the FIT FIRST randomised controlled trial.

Larsen, M. N., Nielsen, C. M., Helge, E. W., Madsen, M., Manniche, V., Hansen, L., ... & Krstrup, P. 2018 British journal of sports medicine, 52(4), 254-260.

Motor Skills and Exercise Capacity Are Associated with Objective Measures of Cognitive Functions and Academic Performance in Preadolescent Children

Geertsen, S. S., Thomas, R., **Larsen, M. N.**, Dahn, I. M., Andersen, J. N., Krause-Jensen, M., Korup, V., Nielsen, C. M., Wienecke, J., Ritz, C., Krstrup, P. & Lundbye-Jensen, J.
2016 I : PloS one. 11, 8, e0161960

Technical Actions, Heart Rate, and Locomotor Activity in 7v7 and 8v8 Games for Female Youth Soccer Players

Ørntoft, C., **Larsen, M. N.**, Andersen, T. B., Rasmussen, L. S., Póvoas, S. C. A., Randers, M. B. & Krstrup, P.

2017 Journal of Strength and Conditioning Research. 30, 12, s. 3298-3303

Long-term progressive motor skill training enhances corticospinal excitability for the ipsilateral hemisphere and motor performance of the untrained hand.

Christiansen, L., **Larsen, M. N.**, Grey, M. J., Nielsen, J. B., & Lundbye-Jensen, J.
2017 European Journal of Neuroscience.

The importance of cohesion and enjoyment for the fitness improvement of 8-10-year-old children participating in a team and individual sport school-based physical activity intervention

Elbe, A-M., Wikman, J. M., Zheng, M., **Larsen, M. N.**, Nielsen, G. & Krstrup, P.
apr. 2017 I : European Journal of Sport Science. 17, 3, s. 343-350 8 s.

Fitness Effects of 10-Month Frequent Low-Volume Ball Game Training or Interval Running for 8–10-Year-Old School Children.

Larsen, M. N., Nielsen, C. M., Ørntoft, C., Randers, M. B., Helge, E. W., Madsen, M., ...
Krustrup, P.
2017 BioMed Research International, 2719752. <http://doi.org/10.1155/2017/2719752>

Physical fitness and body composition in 8-10-year-old Danish children are associated with sports club participation

Larsen, M. N., Nielsen, C. M., Ørntoft, C., Thomsen, M. B., Manniche, V., Hansen, L., Hansen, P. R., Bangsbo, J. & Krstrup, P.
18 apr. 2017 I : Journal of Strength and Conditioning Research.

Improved cognitive performance in preadolescent Danish children after the school-based physical activity programme "FIFA 11 for Health" for Europe - A cluster-randomised controlled trial

Lind, R. R., Geertsen, S. S., Ørntoft, C., Madsen, M., **Larsen, M. N.**, Dvorak, J., Ritz, C. & Krstrup, P.
21 nov. 2017 I : European Journal of Sport Science. s. 1-10 10 s.

Cardiovascular adaptations after 10 months of intense school-based physical training for 8- to 10-year-old children

Larsen, M. N., Nielsen, C. M., Madsen, M., Manniche, V., Hansen, L., Bangsbo, J., Krstrup, P. & Hansen, P. R.
26 jul. 2018, I : Scandinavian Journal of Medicine & Science in Sports. 28, S1, s. 33-41

The "Football is Medicine" platform-scientific evidence, large-scale implementation of evidence-based concepts and future perspectives

Krustrup, P. , Williams, C. A. , Mohr, M. , Hansen, P. R. , Helge, E. W. , Elbe, A-M. , de Sousa, M. , Dvorak, J. , Junge, A. , Hammami, A. , Holtermann, A. , **Larsen, M. N.** & more.
19 jun. 2018, I : Scandinavian Journal of Medicine & Science in Sports. 28, 51, s. 3-7

"FIFA 11 for Health" for Europe in the Faroe Islands: Effects on health markers and physical fitness in 10- to 12-year-old schoolchildren

Skoradal, M-B., Purkhús, E., Steinholt, H., Olsen, M. H., Ørntoft, C., **Larsen, M. N.**, Dvorak, J., Mohr, M. & Krstrup, P.

8 jun. 2018, I : Scandinavian Journal of Medicine & Science in Sports. 28, S1, s. 8-17

Physical fitness and body composition in 10-12-year-old danish children in relation to leisure-time club-based sporting activities

Ørntoft, C., **Larsen, M. N.**, Madsen, M., Sandager, L., Lundager, I., Møller, A., Hansen, L., Madsen, E. E., Elbe, A. M., Ottesen, L. & Krstrup, P., 2018, I: BioMed Research International. 2018, 8 s., 9807569.

Heart Rate and Perceived Experience Differ Markedly for Children in Same- versus Mixed-Gender Soccer Played as Small- and Large-Sided Games

Póvoas, S., Randers, M. B., Krstrup, P., **Larsen, M. N.**, Pereira, R. & Castagna, C.

1 jan. 2018, I : BioMed Research International. 2018, 9 s., 7804642

Reliability of Submaximal Yo-Yo Tests in 9-to 16-Year-Old Untrained Schoolchildren.

Póvoas, S. C. A., Krstrup, P., Castagna, C., da Silva, P. M. R., Coelho-e-Silva, M. J., Pereira, R. L. M., & **Larsen, M. N.**

2018 *Pediatric exercise science*, 20(XX), 1-9.

Activity Profile, Heart Rate, Technical Involvement, and Perceived Intensity and Fun in U13 Male and Female Team Handball Players: Effect of Game Format

Madsen, M., Ermidis, G., Rago, V., Surrow, K., Vigh-Larsen, J. F., Randers, M. B., Krstrup, P. & **Larsen, M. N.**

19. apr. 2019, I : Sports. 7, 4, 14 s., 90.

The "11 for Health in Denmark" intervention in 10- to 12-year-old Danish girls and boys and its effects on well-being—A large-scale cluster RCT

Madsen, M., Elbe, A. M., Madsen, E. E., Ermidis, G., Ryom, K., Wikman, J. M., Rasmussen Lind, R., **Larsen, M. N.** & Krstrup, P.,

sep. 2020, I : Scandinavian Journal of Medicine and Science in Sports. 30, 9, s. 1787-1795

Well-Being, Physical Fitness, and Health Profile of 2,203 Danish Girls Aged 10-12 in Relation to Leisure-time Sports Club Activity-With Special Emphasis on the Five Most Popular Sports

Madsen, M., **Larsen, M. N.**, Cyril, R., Møller, T. K., Madsen, E. E., Ørntoft, C., Lind, R. R., Ryom, K., Christiansen, S. R., Wikman, J., Elbe, A-M. & Krstrup, P.,

25. sep. 2020, I: Journal of Strength and Conditioning Research.

The UEFA Heading Study: Heading incidence in children's and youth' football (soccer) in eight European countries

Beaudouin, F., Gioftsidou, A., **Larsen, M. N.**, Lemmink, K., Drust, B., Modena, R., Espinola, J. R., Meiu, M., Vouillamoz, M. & Meyer, T., aug. 2020, I : *Scandinavian Journal of Medicine and Science in Sports*. 30, 8, s. 1506-1517

Long-term motor skill training with individually adjusted progressive difficulty enhances learning and promotes corticospinal plasticity

Christiansen, L., **Larsen, M. N.**, Madsen, M. J., Grey, M. J., Nielsen, J. B. & Lundbye-Jensen, J. 24. sep. 2020, I : *Scientific Reports*. 10, 15 s., 15588.

Exercise intensity during walking football for men and women aged 60+ in comparison to traditional small-sided football—a pilot study

Madsen, M., Krstrup, P. & **Larsen, M. N.**, 12. maj 2021, I: *Managing Sport and Leisure*. 26, 4, s. 259-267

Cardiovascular adaptations after 10 months of daily 12-min bouts of intense school-based physical training for 8–10-year-old children

Larsen, M. N., Madsen, M., Nielsen, C. M., Manniche, V., Hansen, L., Bangsbo, J., Krstrup, P. & Hansen, P. R., 1. nov. 2020, I : *Progress in Cardiovascular Diseases*. 63, 6, s. 813-817

Danger zone assessment in small-sided recreational football: providing data for consideration in relation to COVID-19 transmission

Randers MB, Knudsen NS, Thomasen MMD, Panduro J, **Larsen M.N.**, Mohr M, Milanovic Z, Krstrup P & Andersen TB Jan 2021 *BMJ Open Sport & Exercise Medicine*;0:e000911. doi:10.1136/ bmjsem-2020-000911

Physical performance and loading for six playing positions in elite female football: Fullgame, end-game, and peak periods

Panduro J, Ermidis G, Røddik L, Vigh-Larsen JF, Madsen EE, **Larsen MN**, Pettersen SA, Krstrup P & Randers MB
Scand J Med Sci Sport. 2020;00:1–13. <https://doi.org/10.1111/ sms.13877>

Exercise Intensity and Technical Involvement in U9 Team Handball: Effect of Game Format.

Ermidis, G., Ellegard, R. C., Rago, V., Randers, M. B., Krstrup, P., & **Larsen, M. N.** 2021 *International Journal of Environmental Research and Public Health*, 18(11), 5663.

Fitness and Performance Testing of Male and Female Beach Soccer Players—A Preliminary Investigation.

Larsen MN, Ermidis G, Brito J, Ørner C, Martins C, Lemos LF, Krstrup P and Rago V
feb. 2021, I: *Frontiers in Sports and Active Living*. 3, 6 s., 636308.
e0247362

Accuracy and reliability of the InBody 270 multi-frequency body composition analyser in 10-12-year-old children

Larsen MN., Povoas S., Krstrup P. & Castagna C., 26. mar. 2021, I: *PLOS ONE*. 16, 3, 11 s.,

An 11-week school-based ‘health education through football programme’ improves health knowledge related to hygiene, nutrition, physical activity and well-being—and it’s fun! A scaled-up, cluster-RCT with over 3000 Danish school children aged 10–12 years old

Larsen MN, Elbe A, Madsen M, Madsen EE, Ørntoft C, Ryom K, Dvorak J & Krstrup P
aug. 2021, I: British Journal of Sports Medicine. 55, 16, s. 906-911

Well-being, physical fitness and health profile of 10–12 years old boys in relation to leisure-time sports club activities: a cross-sectional study

Larsen MN, Madsen, M., Cyril, R., Madsen, E. E., Lind, R. R., Ryom, K., Christiansen, S. R., Elbe, A. M. & Krstrup, P., 30. nov. 2021, I: BMJ Open. 11, 11, 8 s., e050194.

Translation and content validation of the trans-contextual model questionnaire battery and development of a web-based version for 10-to 12-year-old Danish schoolchildren

Madsen, E. E., Elbe, A-M., Krstrup, P., Larsen, C. H., **Larsen, M.N.**, Madsen, M. & Hansen, T., 2. okt. 2021, I: Cogent Education . 8, 1, 1978623.

The Danish “11 for Health” program raises health knowledge, well-being, and fitness in ethnic minority 10- to 12-year-olds

Ryom, K., Christiansen, S. R., Elbe, A. M., Aggestrup, C. S., Madsen, E. E., Madsen, M., **Larsen, M. N.** & Krstrup, P., jan. 2022, I: Scandinavian Journal of Medicine and Science in Sports. 32, 1, s. 138-151

The implementation facilitation of the "11 for Health in Denmark" - A case study in a Danish 5th - grade class

Madsen, E. E., Krstrup, P., Møller, T. K., Hansen, T., **Larsen, M. N.**, Madsen, M., Hansen, H. K., Elbe, A-M. & Larsen, C. H., jan. 2022, I: Scandinavian Journal of Medicine & Science in Sports. 32, 1, s. 152-164

The Faroe Islands COVID-19 Recreational Football Study: Player-to-Player Distance, Body-to-Body Contact, Body-to-Ball Contact and Exercise Intensity during Various Types of Football Training for Both Genders and Various Age Groups

Mohr, M., Sjúrdarson, T., Leifsson, E. N., Randers, M. B., Knudsen, N. S., Thomasen, M. M. D., Panduro, J., **Larsen, M. N.**, Andersen, T. B. & Krstrup, P. 2022. . BioMed Research International, 2022.

Other publications:

Fysiologiske karakteristika og arbejdskrav under turneringskampe – en videnskabelig undersøgelse af Gjensidige Kvindeligaen 2019/20

Larsen, M. N., Panduro, J., Madsen, E. E., Ermidis, G., Krstrup, P., Randers, M. B. 17. maj 2021
<https://www.dbu.dk/media/c2yfb3b4/kvindeligarapport-sdu-1-fysiologiske-karakteristika-og-arbejdskrav-under-kampe.pdf>

Psykologiske karakteristika og kamprelateret angst og nervøsitet – en videnskabelig undersøgelse i Gjensidige Kvindeligaen 2019/20

Madsen, E. E., Panduro, J., **Larsen, M. N.**, Randers, M. B., Krustrup, P. 17. maj 2021

<https://www.dbu.dk/media/3icjcoti/kvindeligarapport-sdu-2-psykologiske-karakteristika-og-kamprelateret-angst-og-nervoesitet-14-juni-2021.pdf>

FIT FIRST 10 and 20 manuals: <https://www.dif.dk/radgivning-og-stotte/mere-idraet-i-folkeskolen/fit-first>

11 for health and 5 for movement manuals: <https://www.dbu.dk/boern-og-unge/fodbold-i-skolen/for-skoler/11-for-health/>

Books:

Football as broad-spectrum prevention for children and youth - Seabra, A., **Larsen, M. N.**, Hansen, P. R., Hammami, A., Dvorak, J., Elbe, A-M., Ottesen, L. & Krustrup, P., 22. nov. 2019, Football as medicine: Prescribing football for global health promotion. Krustrup, P. & Parnell, D. (red.). London: Routledge, s. 66-78 (Critical Research in Football).

Jensen, J. O., Jørgensen, H. T., & Volshøj, E. S. (2018). *Motion og bevægelse i skolen*. Hans Reitzels Forlag. In the chapter: "Fysisk aktivitet og sundhed" by **MN Larsen**, P Krustrup og N Wedderkopp.

Conferences:

Oral presentations in 8 Scientific Conferences, 2 of them as invited plenary speaker.

Chairman at the international scientific conference "Football is Medicine in 2018, 19 and 20"

Member of the danish group related to the "Active Healthy kids" platform.

Reviews:

Scientific papers for;

European Journal of Applied Physiology

European Journal of Sport Science

European Physical Education

Scandinavian Journal of Medicine & Science In Sports

Preventive Medicine Reports

Science and Medicine in Football

International Journal of Environmental Research and Public Health

BMJ Open

Acta Paediatrica

Funding applications for;

National Science center Poland in 2021 and 2022

The Estonian Research Council in 2019

Member of the evaluation committee regarding a position as assistant professor related to physical activity in schools at the Faculty of Education, University of the Faroe Islands.