

External Lecturer – “Muscles in Motion: Exercise Science” – DIS Copenhagen

DIS is currently hiring 1 external faculty to teach or co-teach the core course *Muscles in Motion: Exercise Science* to highly motivated undergraduate students from North American universities who are spending a semester studying in Copenhagen. The teaching position is for the fall semester, which will begin in August. This will be the first time that the course runs. The course meets at DIS Copenhagen, ideally on Mondays and Thursdays, 8:30 – 09:50, but other times are possible. Importantly, this course includes two academic tours (study trips).

Course description: This course examines how muscle physiology and neuromuscular function shape performance and adaptation to training. Students examine how muscles produce force, respond to training, fatigue, recover, and adapt in people with varying exercise backgrounds and fitness levels. Using case studies, movement analysis, and current research, students evaluate performance, injury risk, and strategies for improvement with emphasis on evidence-based exercise prescription and understanding how factors such as age, training history, and lifestyle influence muscular adaptation. Students develop skills to design individualized programs that optimize muscular function, health, performance, and long-term outcomes.

Why teach at DIS?

- Work in an international, informal and enthusiastic environment with an emphasis on cross-cultural understanding, teamwork, innovation, and adaptability
- Develop interactive and experiential teaching skills and teaching experience in English
- Impact American students/upcoming professionals by sharing Scandinavian heritage and best practices
- Expand professional networks in Scandinavia and in the U.S.

Tasks

- Prepare and facilitate teaching and experiential learning activities
- Develop course content with support from academic staff
- Evaluate, grade, and provide feedback on students' work throughout the semester
- Total course load is 18 lectures (80 minutes each) and 2 field studies per semester
- As part of the course, the students have two academic weeks that which focus on their course alone:
 - One Core Course Week, where they travel for 3 days in Stockholm (Short Study Tour), and have the remaining 2 days in Copenhagen with some activities related to the course (including one of the field studies)
 - One Long Study Tour (6 days long, in the UK – Bath and Loughborough)
- Both tours are together with the teacher and another assigned DIS tour leader

Relevant skills and knowledge

The ideal candidate has experience on some of the course topics and is well-versed in the field both academically and practically. In addition, you have:

- Relevant educational background (cand.scient, humanbiolog, cand.med, etc.)
- Practical experience from research, biotech/pharma, etc
- Experience with teaching is an advantage but not a requirement
- Excellent academic English
- Willingness to engage academically and socially with the students

- Openness to pedagogical support from DIS
- Ability to translate DIS' interactive, hands on teaching philosophy into practice

As this is a part-time teaching position, faculty are able to continue other work while teaching.

Start Date

Training, onboarding, and course preparation will begin upon hiring. Teaching begins Thursday, August 19, 2027.

Teaching at DIS

Teaching at DIS requires creativity and flexibility. Faculty prioritize bringing course material to life through interactive and experiential learning, and are communicative and engaged with their students. In addition, teaching at DIS involves leading student Field Studies in the Stockholm region, student assessment, grading, and feedback.

Students are typically in their third year of university. Courses are all taught in English. Pedagogical support, training, and mentorship is available at DIS through the Learning Lab and experienced faculty; faculty are encouraged to collaborate with academic support staff in various professional development opportunities.

DIS Work Values & Styles

- Cross-cultural learning
- Independence and initiative
- Communication
- Creativity in the classroom
- Professional development and relationship-building
- Friendly work environment
- High-quality support & resources for faculty
- Collaborative co-working spaces and environment

Application Process

Using the link below, please submit your CV and application letter in English as soon as possible and no later than October 18, 2026. For further information, please contact Philippa Carey at pc@dis.dk or +45 3067 1003.