

## Sigrid K. Hansen

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### EDUCATION

**Norwegian University of Life Sciences**, Aas, Norway  
Master's of Science in Public Health, June 2017

Thesis: "*I Can Work with That, But I Know Not Everyone Can*': A Qualitative Study on Adolescents' Experiences in Physical Education Class."

This study discusses whether it is likely that physical education class has a health promoting function.

**Bergen University College**, Bergen, Norway  
Bachelor's of Science in Physical Therapy, June 1993

### PROFESSIONAL EXPERIENCE

**Physical Therapist**, Bergen Kommune, Bergen, Norway  
1996-2000

- Worked as part of a medical team in a rehabilitation ward for older adults who had suffered from stroke, fractures or who had other physical impairments.
- Served as the lead physical therapist for the rehabilitation ward for the last two of years employed there.
- Consulted nursing staff about ergonomics and effective methods for changing patients' positions in a long-term nursing ward.
- Gave instructional classes to nursing staff.
- Worked as an outreach physical therapist by providing home-based treatment for people with physical impairments as well as planning physical adaptations for their homes.
- Served as the agency's advisor for physical therapy students.

**Physical Therapist**, Hospitalet Betanien, Bergen, Norway  
July 1995 to December 1995 (Limited-term employment)

Worked as part of a medical team in a rehabilitation ward for older adults with physical disabilities.

**Physical Therapist**, Toyen Fysikalske Institutt, Oslo, Norway

January 1995 to June 1995 (Limited-term employment)

Treated patients of all ages in a physical therapy clinic where patients were referred by medical doctors.

**Physical Therapist**, Solli Nervesanitorium, Bergen, Norway

August 1993 to December 1994

- Worked as part of a medical team in a mental hospital using a physical therapy approach as support treatment of patients' mental illness.
- Treated patients referred to me for specific skeletal/muscular issues.

## RELATED EXPERIENCE

**Skills Teacher (Part-Time)**, RFDF Community Living, Madison, Wisconsin

2000-2001

Worked for developmentally disabled adults who lived in their apartments, supporting them in their daily activities with focus on highest possible independence.

**Skills Teacher (Part-Time)**, Bergen Kommune, Bergen, Norway

1985-1993

Provided social and practical skills training for one developmentally disabled individual who was living at home with her parents.

## LANGUAGES

English, Norwegian

## PERSONAL STATEMENT

My life took an unexpected turn when I met my husband and moved from Norway to a new country: USA. As challenging as this turned out to be, especially in the beginning, this also provided me with valuable experiences and opportunities for personal growth. I am very thankful that I have had the opportunity to stay home and raise my two children, but I am now ready to go back into the workforce and to use different aspects of myself.

My professional goal now is to apply my passion and education to public health efforts where the ultimate aim is to create a society in which all members have better opportunities to make choices conducive to increased health and well-being.