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Lars Bojsen Michalsik, M.Sc., Ph.D., is a sport scientist at the University of Southern Denmark, Denmark. He has more than 30 years of experience and has written the world's first doctoral dissertation on the physiology of team handball and is known for his ability to convey and translate scientific findings into practical training.

He is a lecturer for the Danish, the European and the International Handball Federation, and is also a member of the EHF Scientific Group. He is a former elite athlete in athletics and has played 16 seasons in Danish Premier Male Team Handball League. Furthermore, he has been physical trainer in the Danish Premier Soccer League, for several individual elite athletes including Grand Slam winner Caroline Wozniacki and in the Danish Premier Team Handball League for both men and women.

As a physical trainer in team handball, he has won gold at the Olympic Games, the World and the European Championships - for the Danish Female National Handball Team (Olympic Gold 2000, European Champions 2002) and for the Brazilian Female National Handball Team (World Champions 2013), and moreover participated for the Brazilian Female National Handball Team at the Olympics in London 2012 (no.6) and in Rio 2016 (no. 5).

My Topics for the 21st International Teaching Week:

- 1) Physical demands in elite team handball
- 2) Principles of physical training in team handball: Anaerobic training
- 3) Planning team training at international level with a case study of Brazilian women's team handball for the Rio 2016 Olympic Games