

PERSONAL DATA

Navn: May-Britt Skoradal

Starv: Varadekanur og námlektari á Deildini fyri Heilsu- og sjúkrarøktarvísindi

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Teldupostur: maybritts@setur.fo

EDUCATION: PhD-student, Master of Science in Health Sciences, RN

ACADEMIC POSITIONS: Teaching lecturer

RESEARCH INTERESTS/COORDINATION: Exercise as medicine

TEACHING & SUPERVISING: Teaching and supervising the nursing- and master of health science programmes. Main areas of teaching: basic nursing, medical nursing, physical activity/inactivity, diabetes and epidemiology.

INTERNATIONAL RELATIONS AND/OR ACTIVITIES

PUBLICATIONS

Magni Mohr, **May-Britt Skoradal**, Thomas R Andersen, Peter Krstrup. Gender-dependent evaluation of football as medicine for prediabetes. *Eur J Appl Physiol.* 2019 Sep;119(9):2011-2024. doi: 10.1007/s00421-019-04188-5. Epub 2019 Jul 26. PMID: 31346789

May-Britt Skoradal, Elisabeth Purkhús, Hildigunn Steinholm, Maria Hammer Olsen, Christina Ørntoft, Malte N. Larsen, J Dvorak, Magni Mohr, Peter Krstrup. "FIFA 11 for Health" for Europe in the Faroe Islands: Effects on health markers and physical fitness in 10- to 12-year-old schoolchildren. *Scandinavian Journal of Medicine & Science in Sports* 2018; Suppl 1:8-17

May-Britt Skoradal, Pál Weihe, Poula Patursson, Jann Mortensen, Luke Connolly, Peter Krstrup, Magni Mohr. Football training improves metabolic and cardiovascular health status in 55- to 70-year-old women and men with prediabetes. *Scandinavian Journal of Medicine & Science in Sports* 2018; Suppl 1:42-51

May-Britt Skoradal, Eva Wulff Helge, Niklas R. Jørgensen, Jann Mortensen, Pál Weihe, Peter Krstrup, Magni Mohr. Osteogenic impact of football training in 55- to 70-year-old women and men with prediabetes. *Scandinavian Journal of Medicine & Science in Sports* 2018; Suppl 1:52-60

Peter Krstrup, **May-Britt Skoradal**, Morten B. Randers, Pál Weihe, Jacob Uth, Jann Mortensen, Magni Mohr. Broad-spectrum health improvements with one year of soccer training in inactive mildly hypertensive middle-aged women. *J Med Sci Sports.* 2017; 27 (12):1893-1901