



Graduate Profile

Name: Ruben Vist Hagen
Graduated: November 2015
Job Title: Assistant Professor Sports and Physical Education/
Strength & Conditioning coach Trondheims-Ørn
Employer: Norwegian University of Science and Technology/Trondheims-Ørn



Your background:

In addition to my masters I have previously studied a bachelor's degree in Human Movements Science and a one year teaching program. Both at the Norwegian University of Science and Technology. During my time in Edinburgh I completed a one year Internship with Hibernian FC. An experience, alongside with my masters, which helped me a lot gaining an opportunity with the elite womens` team Trondheims-Ørn. I have also worked as a teacher in Physical Education after finishing my degree at The University of Edinburgh.

Tell us about your current role:

Mainly, my current role at the University involves teaching in Physical Education Didactics for both full time and part time students. In addition to this, my responsibility is to evaluate students` practical skills as a teacher in Physical Education. I am also currently holding the position as Strength and Conditioning coach for the U20 at Trondheims-Ørn. This involves everything from the gym to on-field work, mainly planning, implementing and delivering strength, power and conditioning sessions.

What was it about the MSc in Strength and Conditioning that helped you get there?

The most crucial aspect this degree helped me develop was critical thinking. This gave me the ability to sort out and make sense of all the information we, as practitioners in this field, need.

What are your future career plans?

Alongside continued development of my skills and knowledge as a Strength & Conditioning coach, I aim to complete a PhD further down the road.

What advice would you give to someone who is considering studying Strength and Conditioning at Edinburgh?

I highly recommend doing an internship alongside this degree as it helps bridge the gap between theory and practice.