

## Minutes

### Nordplus-Idrott meeting October 27<sup>th</sup>-28<sup>th</sup> in Odense

Meeting place 27<sup>th</sup> 16.00: Hotel Ansgar, Odense

Meeting place 28<sup>th</sup> 9.00: University of Southern Denmark, Room 94

#### Participants:

Örebro University, Jan Mustel

Jyväskylä University, Minna Rasinaho

Göteborg University, Viljo Telinius

Århus University, Ask V. Christiansen & Jens B. Christensen

University of Iceland, Ann-Helen Odberg

Høgskolen i Sogn og Fjordene, Asgeir Mamen

Agder University, Stephen Seiler

Umeå University, Jonas Mikael

Copenhagen University, Erik Mygind

Høgskolen i Telemark, Jens Marcussen & Kjersti Moe

Malmö Högskola, Aage Radmann

Lithuanian Acad. Of. Phys. Ed., Danguole Satkunskiene

GIH Stockholm, Gunilla Brun Sundblad,

University of Southern Denmark, Thomas Skovgaard, Karsten Froberg and Charlotte

Dickmeiss

Welcome

Karsten Froberg (KF) started out by welcoming all present institutions, and noted that Trondhiem University, Linné University and NIH, Oslo would not be attending.

Brief note about the Nordic Conference held at the Institute of Sports Science October 28<sup>th</sup>-30<sup>th</sup>.

Nordplus-Idrott – history

The institution/network was founded in 1989 by KF and others in the ‘Nordic Sports Science Society’ by sending an application to the Nordic Council. Initially a larger grant was given and presently Nordplus gets half the amount than previously due to more applicants. 18 universities are members of the network.

Often meetings in Nordplus-Idrott have been held in connection with RHIN meetings - Council for Higher Sportsinstitutions in the Nordic Countries - a network for the heads of the same institutions that are participating in Nordplus-Idrott.

Further information is available at <http://www.idrottsforum.org/npi/>

## 1. Messages

Asgeir Mamen, Sogn & Fjordene: Will be offering Master in Sports Science from 2012

Aage Radmann, Malmö: The institution has obtained PhD-rights, and PhD fellows are already enrolled – age 27-29 years. New peer reviewed Scandinavian online sports article forum on [www.sportstudies.org](http://www.sportstudies.org).

Jens Marcussen & Kjersti Moe, Telemark: Master programs are up and running. International oriented programs at the bachelor level. A bit like an English ‘Nordisk Friluftsliv’ – 30 ECTS.

Stephen Seiler, Agder: Will be offering PhD programs from January 2011 onwards.

## 2. Rules for exchange

Guidelines for the grants given by Nordplus-Idrott are that there are fixed amounts for both travel expenses and allowance during exchange.

This year only funds for the main network have been granted. No funds for the disciplinary networks.

Nordplus-Idrott applied for € 110.000 and was allotted €50.000.

A budget/balance sheet was handed out (annex A). Status is that all funds have been used. Student grants have primarily been given to participants in 'Nordisk Friluftsliv'. There haven't been more applications than grants. In case of, for instance, four applications from a given institution and only two grants available, the institution will select the ones getting the funding.

At present students are recommended to check the website for further information as regards funding via Nordplus-Idrott.

It was suggested to use Nordplus-Idrott to promote exchange at the Master of Science level. Also it was stressed that the institutions could interest their students in "going Nordic" in connection with a broader variety of study/course themes. Right now the focus is very much on outdoor life.

## 3. Status of the Nordplus-Idrott network – including updates on the specific Network groupings (Coaching, Gymnastic, Swimming, Dance, Ball-games and 'Nordisk Friluftsliv')

*'Coaching'* by Jens B. Christensen, Aarhus

The network started in 2006 with four different universities signing up. The joint work has been rather complicated due to the distance between the partners and the absence of more frequent meetings. Last meeting was held in September 2010. The plan is to host a conference in 2011 – ‘Perspectives on Coaching’. The network is currently working on an article ‘Leadership & Coaching’ to be published in an international scientific journal.

The network is also working on developing a Nordic master in ‘Sports Coaching’. A paper was handed out – ‘Nordic Sports Coach’ (annex B).

Karsten Froberg drew attention to a similar ‘coaching group’ within a European sports network – see links

[www.eseip.eu/index.php?option=com\\_content&task=blogsection&id=4&Itemid=28](http://www.eseip.eu/index.php?option=com_content&task=blogsection&id=4&Itemid=28)

and [www.ensee.eu](http://www.ensee.eu) for further information on European Sports Council. KF also pointed out the possibility of getting funding for developing through European channels – EU.

Stephen Seiler asked whether the aim for the network was research or teaching, and Jens replied that the prime goal was to the establishment of a master degree in sports coaching.

*‘Nordisk Friluftsliv’* by Erik Mygind, Copenhagen

The theme for this 60 ECTS course is ‘Nordic outdoor life’ and takes place in Denmark, Sweden, Norway and Iceland. It is fully accepted as an equal part of the education in sports science – as the 3<sup>rd</sup> year of the bachelor. See powerpoint-presentation for further information (annex C).

There was interest in further elaboration on the program’s basic idea. Erik underlined that the focus was on the teacher-role in the outdoors – leadership and

security aspects as well as the role as supervisor and teacher. Also the culture analysis part was in focus.

Aage Radmann suggested a discussion on the possibility of a similar course on master level with 10 ECTS points in each country and with a strengthened focus on building academic skills and theoretical competences. Erik noted that a master program within the field is at the development stage at LIFE – [www.life.ku.dk](http://www.life.ku.dk).

### *'Ballgames'*

Handouts by Karsten Froberg about a conference/seminar in Stockholm the 17<sup>th</sup>-19<sup>th</sup> of November (annex D). The network has this year applied for a Nordplus-Idrott grant without getting any though. The network has published a book on pedagogical aspects in relation to ballgames.

### *'Gymnastic'*

Primarily apparatus gymnastics. The main focus is on developing materials for teaching. There is also emphasis on biomechanical aspects of gymnastic. This network also applied for funds through Nordplus-Idrott, but didn't get any. A network meeting is planned in the spring 2011.

### *'Nordic Dance'*

Active network.

Aage Radmann noted that the network was having a seminar in the spring 2011.

### *'Swimming'*

The network has some activities. For more information contact Lillian Madsen, IFI, University of Copenhagen (lmadsen@ifi.ku.dk).

Further information about the different networks and description of focus can be seen in the last application sent to Nordic Council (annex E)

4. Network ambitions - including discussions on possibilities in relation to common educational programs in a Nordic context

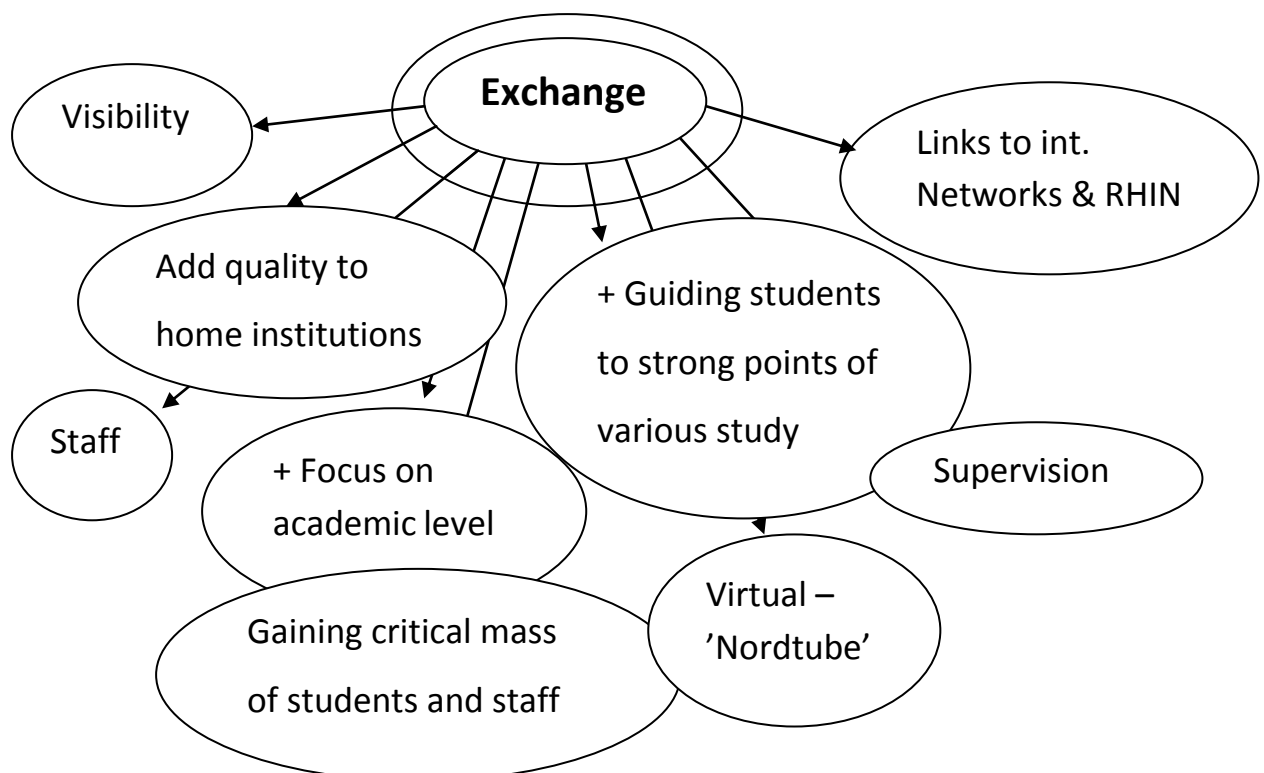
Powerpoint presentation by Thomas Skovgaard, Director of Studies, Odense (annex F).

Thomas presented the, in total, six priorities outlined in the most recent application to the Nordic Council – see ppt. After this followed discussions in groups and plenum focusing on future targets and ambitions. The main points from these discussions are depicted below:

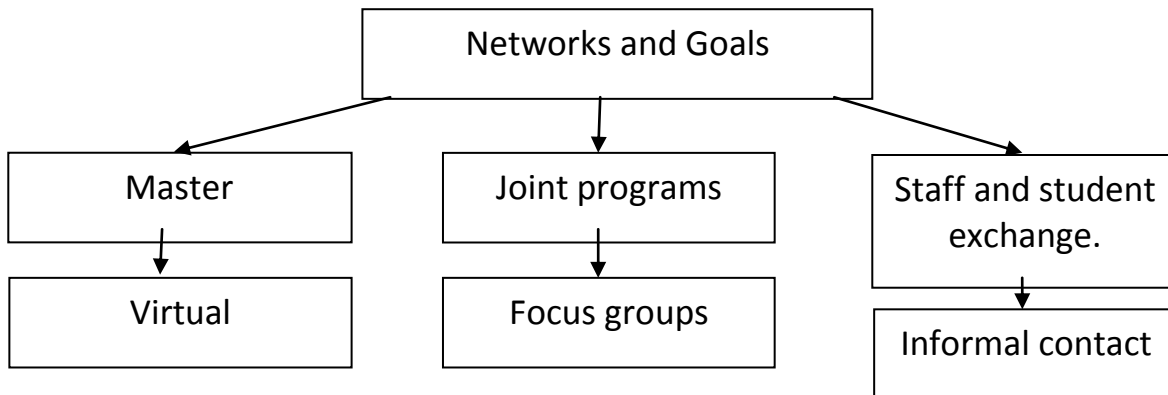
- New (2-3) network areas
- Promote students (and teacher) exchange in relation to both undergraduate and graduate programs
- Sharpening our mission statement – i.e. our purpose for existence. This will, among other things, make it clearer how the ‘Nordic Experience’ differs from doing exchange programs in other European countries, the US etc.
- We could expand our course exchange platforms to include online courses and e-learn functionalities. A face to face encounter is, however, often deemed a prerequisite for effective and productive virtual cooperation.
- Important to show a real added value of the network for the participating institutions. In general the partners recognize Nordplus-Idrott as valuable for their work. The benefits could, however, be made even clearer.

- We should make an effort to give our students and colleague's better guidance on the possibilities within Nordplus-Idrott. A simple first step could be to have a designated 'Nordplus-Idrott coordinator' at all partner institutions. The e-mail addresses on coordinators could then be available at the network website.
- A future point could be to identify what the Nordic institutions do particular well and what the network partner's special strong points are – in relation to both research and education
- Joint supervision/counseling of master and bachelor thesis from various countries is also a possibility
- Emphasis on the Nordic element in joint courses – like 'Nordisk Friluftsliv'
- Important to have close connection to RHIN where decisions can be made
- More visibility of offered joint courses

The sketches below try to catch some of the further remarks and thoughts.



Structure of the organization:



The notes above may very well form the backbone of the next network application.

Please feel free to comment on the various points and other related issues.

Focus groups:

No need to close any of the existing focus groups since they are cost free. The groups all have ongoing activities – of course, some more than others. All network partners can join focus groups under the auspices of Nordplus-Idrott.

A question for further deliberations is: How do we stimulate the formation of new focus groups or networks?

How about hosting a conference in the pedagogical field of physical activity? Please enquire whether your institution would be interested in hosting such an event.

5. The home-page: content and location.

[www.idrottsforum.org](http://www.idrottsforum.org) – Nordplus-Idrott

The discussion focused on whether the website should remain at its present location and who is responsible for the contents – now and in the future.



It is a good idea to keep the website on the platform, since hosting Nordplus-Idrott here is free of charge.

Status:

Right now the website of Nordplus-Idrott contains a lot of information which is not fully updated.

Action:

In the future regularly updates at least twice a year as regards the more fluctuating information. One person from each focus group should be responsible for the group's content on the homepage.

The website should work as the connection to the institutions.

The website ought to be in both Scandinavian and English.

We have to formulate an actual update procedure, list of contacts etc. Please, take this point back home and discuss it with, for instance, the head of the institutes.

## 6. Miscellaneous.

Danguole Satkunskiene, Lithuania, informed about another Nordplus grant given to a network working with a program about Coaching. This work is in cooperation with Latvia, Lithuania, Estonia and Lund University. Emphasis on developing tools of coaching involving both universities and federations.

Viljo Telinius, Göteborg, informed about the building of a new sports complex in Göteborg right next to the football stadium. In the future this can probably increase work with the adjacent sports gymnasium, the university hospital and different sports clubs nearby.

Aage Radmann, Malmö, suggested a common discussion about coaching since it is a field of interest to many of the institutions within Nordplus-Idrott. Maybe it would

be an idea to join the March 2011 meeting in the coaching group for those with a professional interest herein?

Finally it was suggested and decided to ask each member institution to pay €500 a year to Nordplus-Idrott for administration of the network. This includes work with applications to Nordic Council, allotment of scholarships, network meetings, secretary assistance and regularly updates of the website.

Annex A – Balance sheet Nordplus-Idrott

Annex B – ‘Nordic Sports Coach’

Annex C – ‘Nordisk Friluftsliv’ – ppt.

Annex D – Conference Stockholm 17th- 19th of November – Ballgames

Annex E – Application to Nordic Council

Annex F – Priorities in Application to Nordic Council – ppt.

KF/THAS/cd/111110



<b>Netværk:</b>							
Netværksmøde/SDU			Univ. Iceland				550,87
Ann-Helen Odberg			Sogn og fjordene				94,64
Asgeir Mamen			Lithuania				450,16
Danguole Satkunskiene			GIH				
Gunilla Brun Sundblad			Örebro				549,36
Jan Mustell			Telemark				119,42
Jens Marcussen			Umeå				630,02
Jonas Mikaels			Telemark				0
Kjersti Moe			Jyväskylä				508
Minna Rasinaho			Agder				535,64
Stephen Seiler			Göteborg				94,71
Viljo Telinius			Malmö				197,72
Aage Radmann							
<b>Total:</b>							<b>3730,54</b>
			<b>Total:</b>		<b>Bevilling:</b>		
Mobilitet	i alt		43.135		41000		
Netværk	i alt		<u>3730,54</u>		<u>8000</u>		
			46.866		49000		

## Præsentationer af arbejdet i netværksgruppen Nordisk Sport Coach

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### **Leadership behaviors and coach-athlete relationships in Scandinavian Elite Coaches.**

Konferencen: 14th ECSS Congress, Oslo, Norge, 24. juni 2009 - 27. juni 2009.

Forskning: Poster

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**The myth of the typical Scandinavian elite sport coach.** / Christensen, Jens Behrend. 2009. Konferencen: Petro-Canada Sport Leadership Sportif & ICCE Global Coach Conference, Vancouver, Canada, 12. november 2009 - 15. november 2009.

Forskning: Foredragsmanuskript/ppt

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**Well educated and under paid : The myth of the typical Scandinavian elite sport coach?** / Christensen, Jens Behrend. 2009. Konferencen: The 10th ENSSEE Forum, Ragusa, Italien, 17. september 2009 - 19. september 2009.

Forskning: Poster

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### **Well educated and under paid - The myth of the typical Scandinavian elite sport coach?**

Konferencen: The 12th World Congress of Sport Psychology, Marrakesh, Marokko, Marocco, 17. juni 2009 - 21. juni 2009.

Forskning: Poster

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**Well educated and under paid - The myth of the typical Scandinavian elite sport coach?** / Christensen, Jens Behrend. 2010. Konferencen: World Congress On Science In Athletics, Barcelona, Spanien, 24. juli 2010 - 26. juli 2010.

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## Netværksmøde: 22. – 23. 09. 2010 på NIH og Olympia Toppen, Oslo.

Netværkssamarbejdet: Nordisk coach.

Deltagere: Rune Høigaard, Bjørn Tore, Eystein, Per Gøran og Jens B. Christensen

Mødet blev skæmmet af tricktyveriet, JBC mistede sin PC

1. Gruppens foreløbige arbejde har været præsenteret:
2. Gruppen diskuterede fremtiden:
  - a. Det aktuelle videnskabelige arbejde, en evt. udbygning af forskningssamarbejdet, en kommende Nordisk master i coaching (deadline for ansøgning er 15.09. 2011,) Center for Idrætsforsknings konference i Sverige 29. – 30. marts 2011 i lederskab i eliteidræt.
    - i. Netværket fandt det oplagt, at præsentere det nuværende arbejde samt status for Nordisk Coach for de øvrige netværkspartnere på en temadag: **Perspektiver på idrætscoaching i en nordisk kontekst**, koblet til CIF's konference:
      1. Coaching og lederskab (PG)
      2. Coaching efficacy (RG)
      3. Coaching relation (BT)
      4. Coaching fra talent til elite (EE)
      5. Coaching – når præstationerne udebliver (JBC)
      6. Coaching af trænere (Calle)
  - b. På mødet kunne tanker om den nordiske master blive præsenteret samt diskuteret mhp. Det videre arbejde og udbygning heraf.
    - i. En evt. uddannelse i "Sport coaching science" kunne være baseret på deltidsstudier med studiepoints, der kunne kombineres fra de forskellige universiteter.
  - c. PG. har via mail pr. 1.10. meddelt, at den svenske konferences tema sandsynligvis ikke bliver "lederskab," men mere bredt om elite. Vi afventer bestyrelsesmødet den 22. oktober, herefter vender PG tilbage.
3. Herefter gik vi over til arbejdet med artiklen, samt opstillede diverse deadlines for tilbagemeldinger på artiklen. Masterudgaven The Scandinavian Coach 27.09.10EE er udsendt af Eystein. Vi bør inden 14 dage melde tilbage på ændringer samt evt. besvare de åbne spørgsmål.
4. Eventuelt

- a. Mødets både faglige - og sociale indhold forløb meget flot. 1000 tak til Eystein for arrangementet i meget inspirerende omgivelser, trist med pyromanbranden på Olympiatoppen få dage efter vores afrejse.

5. For referatet: Jens BC / 8.10. 2010

# Nordisk Friluftsliv 2010-2011







# Studie i Nordisk Friluftsliv

- 1 årigt studietilbud på bachelorniveau (60 ECTS)
- Det er muligt at følge dele af studiet – 15, 30 eller 45 ECTS – og studiet er åbent for studerende fra alle studieretninger.
- Studiet tager udgangspunkt i praktisk-pædagogiske og teoretiske perspektiver på friluftsliv i Norden.
- Ligheder og forskelle mellem de nordiske lande i forbindelse med deltagelse, udøvelse og formidling af friluftsliv bliver synliggjort, tematiseret og problematiseret.







# Optagelseskrav

- 2 års grunduddannelse på universitetsniveau i idræt, friluftsliv eller andre studieretninger.
- Yderligere adgangskrav til de enkelte moduler er:
  - Modul 1, Danmark: Den studerende skal være i god fysisk form og kunne svømme minimum 500 meter.
  - Modul 2, Sverige: Den studerende skal være i god fysisk form og kunne svømme. Desuden kræves erfaring med friluftsliv i skov og havmiljø.
  - Modul 3, Norge: Studenterne skal være i god fysisk form og have grundlæggende skifærdigheder(langrend/fjeldskiløb).







# Oversigt - Studieplan

- Modul 1 (15ECTS) Friluftsliv i Danmark og på Island – *Kyst, Kulturlandskab og Fjeld*
- Modul 2 (15ECTS) Friluftsliv i Sverige – *Skov og Is*
- Modul 3 (15ECTS) Friluftsliv i Norge – *Vinterskov og vinterfjeld*
- Modul 4 (15ECTS) Bachelor-projekt



# Økonomi

- Fællesansøgning januar 2010 på 5 stipendier
- Nordplus ansøgning individuelt.  
Ansøgningsfristen er **15marts**
- Fællesadministration i Danmark

Uddybende information, Syddansk Universitet:

*Jan Arvidsen* – [jarvidsen@health.sdu.dk](mailto:jarvidsen@health.sdu.dk)

- Forventede kursusgebyrer i alt 7.500 kr.





# Ansøgningsprocedure

- Søge forhåndsgodkendelse ved studienævn på IFI
  - Den studerende skal gæsteindskrive sig ved hver modulansvarlig uddannelsesinstitution.
  - Optagelse foregår via ansøgningskema og motiveret ansøgning.
  - Links til relevante ansøgningskemaer og procedure fås ved henvendelse til Nordisk Friluftslivs fælles studiekoordinator på: [jarvidsen@health.sdu.dk](mailto:jarvidsen@health.sdu.dk)
  - Ansøgningsfrist 15. april til alle nordiske lande
- 
- ***Modul nr. 1 /Danmark-Island.***  
*Modulansvarlig institution - Syddansk Universitet, Odense*
  - ***Modul nr. 2 /Sverige.***  
*Modulansvarlig institution - Gymnastik- och idrottshögskolan, Stockholm*
  - ***Modul nr. 3 /Norge.***  
*Modulansvarlig institution - Høgskolen i Telemark, Bø.*



# Informationsmøde på IFI, 2010

- Onsdag d. 2. april kl. 16-17 i teori 1.  
AB bygningen
- Oplæg fra tidligere studerende
- Uddybende info i mappe i AB bygning ved indgang

# Mål for studiet

- At den studerende erhverver sig praktisk-pædagogiske kompetencer indenfor udvalgte grene af nordens friluftsliv.
- At den studerende får kendskab til historiske, politiske, forvaltningsmæssige, sociologiske og pædagogiske forhold som har betydning for friluftsliv i Norden.
- At den studerende får kendskab til kulturanalytiske perspektiver på friluftsliv og kompetencer til at kunne diskutere friluftslivstraditioner og udviklingstrends i de enkelte nordiske lande i et komparativt perspektiv.
- At den studerende udvikler kompetencer indenfor risikovurdering og risikohåndtering i relation til ansvar for egen og grupperes sikkerhed.

## Nätverksseminarium i bollspel 2010 på GIH i Stockholm

**Seminarium nr 8:** 17 november – 19 november

**TEMA:** Praktisknära forskning/utvecklingsarbete/ i bollspelundervisning med inriktning på kunskapsutvecklande tester i bollspel.

- Att göra studenterna till medvetna deltagare i undervisningen.
- Att genomföra tester och dokumentation i egen undervisning.
- Att flytta fokus från lärarfeedback till elevfeedback.

### PROGRAM

<b>Onsdag den 17 november</b>		
1200 - 1230	Ankomst, registrering, LÄTT FÖRTÄRING (dryck, sandwich, kaffe mm)	Teorisal 2
1230 – 1245	Introduktion; GIH-Stockholm	Teorisal 2
1300 – 1500	<b>Workshop 1:</b> ”Att vara spelbar...”	Idrottshall 1 -2
1500 -1600	Omklädning och dusch + Kaffe, bröd och dryck	Ts 2
1600 – 1730	<b>Seminarium 1:</b> Birgitta Fagrell Forskning om bollspel och genus (Sv).	Ts 2
1800 -	MIDDAG (fortsatta diskussioner)	Lärarrummet

<b>Torsdag den 18 november</b>		
900 – 1000	<b>LTIV i teori:</b> Mårten Fredriksson Testutrustning, analysmöjligheter, tidigare tester och erfarenheter.	LTIV
1030 – 1200	<b>Workshop 2:</b> Spel och övningar med insamling av data i bollspel	Idrottshall 1-2
1200 – 1430	LUNCH och Sightseeing i Stockholm	Matsalen
1430 – 1530	<b>LTIV i praktiken:</b> Mårten Fredriksson - bearbetning av insamlade data	LTIV
1530 – 1600	Kaffe, bröd, frukt och dryck	Teorisal 2
1600 – 1730	<b>Seminarium 2</b> <ul style="list-style-type: none"> <li>• Erfarenheter från Worksshop 1 och 2</li> <li>• Erfarenheter av andra tester i bollspel på olika högskolor (Varför, vad och hur?).</li> </ul>	Teorisal 2
1800 -	MIDDAG	Lärarrummet
	<b>Seminarium 3:</b> Gruppdiskussioner, forts	Lärarrummet

<b>Fredag 19 november</b>			
0900 – 0945	Olika sätt att lära sig bollspel	Magisteruppsats, Dan Wiorek, GIH	Teorisal 2
0945 – 1045	Forskning och utveckling i Dn och No		Teorisal 2
1045 – 1130	Nästa nätverksträff		Teorisal 2
1200	LUNCH	Hemresa	



## Information

GIH i Stockholm står för värdskapet 2010. Programmet har utarbetats i samarbete med universitet och högskolorna i Odense, Århus och NIH.

**GIH ligger** i parken bakom Stockholms Stadion

**Anmälan** sker till [gunnar.teng@gih.se](mailto:gunnar.teng@gih.se) senast den 15 oktober 2010.

**Administration:** pia.agne@gih.se; lars.pihl@gih.se, dan.wiorek@gih.se

**Telefon till GIH:s växel:** 08/4022200

### Adress

GIH  
Lidingövägen 1  
Box 5626 Stockholm

### Hotell:

1. Clarion Collection **Hotel Tapto**, Jungfrugatan 57, Stockholm (4 min från GIH)  
[http://www.hoteltravel.com/fr/sweden/stockholm/clarion\\_collection\\_tapto.htm](http://www.hoteltravel.com/fr/sweden/stockholm/clarion_collection_tapto.htm)
2. Scandic hotell **Park**, Karlavägen (7 min från GIH)  
[Http://www.scandichotels.se](http://www.scandichotels.se)
3. Scandic hotell, **Anglais**, Humlegårdsgatan 23, Stureplan (10 min från GIH)  
[Http://www.scandichotels.se](http://www.scandichotels.se)

## Övrigt

**Deltagarantal:** max 25 st. (de först anmälda tas med)

**Kostnader:** GIH står för värdskapet enligt programmet.

**Resor och boende** ordnas av deltagande högskolor.

**Litteratur/artiklar** inför seminariet sänds ut i början på november till deltagarna.

*Varmt välkomna till det 8:e seminariet i bollspel!*

*Bollspelslärarna  
GIH*

Prosjekt ID : HE-2010\_1a-22570 , Koordinator : SYDDANSK UNIVERSITET  
 Tittel : Nordplus-Idrott Network (NIN)

## Søknad

### Søkere

Institusjon		
<b>Navn på institusjon</b>	<b>Institusjonstype</b>	
SYDDANSK UNIVERSITET	Universitet	
<b>Adresse</b>		
Campusvej 55		
<b>Poststed</b>	<b>Sted/by</b>	<b>Land</b>
5230	Odense	Danmark
<b>Web-side</b>	<b>Faksnummer</b>	
www.sdu.dk	0045 65501090	
<b>Tittel</b>		
Rector		
<b>Fornavn</b>	<b>Mellomnavn</b>	<b>Etternavn</b>
Jens		Oddershede
<b>E-postadresse</b>		
jod@sdu.dk		

Søkerenhet		
<b>Navn</b>		
Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark		
<b>Adresse</b>		
Campusvej 55		
<b>Poststed</b>	<b>Sted/by</b>	<b>Land</b>
5230	Odense	Danmark
<b>Faksnummer</b>		
0045 65503480		

Søkerperson		
<b>Tittel</b>		
Associate Professor		
<b>Fornavn</b>	<b>Mellomnavn</b>	<b>Etternavn</b>
Karsten		Froberg
<b>Telefonnummer</b>	<b>Mobiltelefon</b>	
0045 65503457	0045 60113457	
<b>E-postadresse</b>		
kfroberg@health.sdu.dk		



## Prosjekt

Prosjektoppsummering

### Søknadsidentifikasjon :

HE-2010\_1a-22570

### Tittel

Nordplus-Idrott Network (NIN)

### Formål (beskriv prosjektets formål)

The overall purpose of the network is to promote innovation, cooperation and solid partnership building between higher education institutions and other relevant organizations in order to strengthen exchange of students, staff and scientific knowledge within the broad area of sports science and physical education. To this is added the ambition to develop joint study programs and the dissemination of network results to relevant stakeholders.

### Prosjektoppsummering (skriv en kort sammenfatning av prosjektet, ikke mer enn 250 ord)

The Nordplus-Idrott Network (NIN) is open for all institutions in the Nordic and Baltic States that have exchange programs in sports science and physical education (PE) at the bachelor and master level. Special attention is also to the interdisciplinary area of health enhancing physical activity.

At present the network consists of 18 active institutions.

The main network outputs are

- Exchange programs for students and staff
- Intensive and joint study programs
- Networking in specific sport and PE disciplines and with relevant sport NGO's
- Promoting the network and its possibilities in order to recruit further institutional members.

### Primært fagområde

Andre fagområder

### Sekundært fagområde

Kroppsøving og sport

### årlig prioritet

- . Utvikling av felles studieprogram
- . Felles utvikling av læreplaner
- . Kvalitetssikring i høyere utdanning
- . Fornyelse og utvidelse av nettverk

### Prosjektets nettside

<http://www.idrottsforum.org/npi/index.html>

Nivå

BA

Sammenheng med andre Nordplus-søknader

### Har programmet har forholdet til andre Nordplus-programmer?

Nei

### Er den foreslåtte prosjektet knyttet til tidligere Nordplus-prosjekter?

Ja

### Skriv Prosjekt id

HE-2009\_1-17022

Skriv Prosjekt  
tittel

Nordplus Idrott

### Hvis dette programmet er en del av et nettverk, skriver du inn navnet på nettverket her

Nordplus Idrott

Detaljerte spesifikasjoner

### Bakgrunn/motivasjon for prosjektet

For more than 20 years The Nordplus-Idrott Network has been a leading force in relation to the exchange of knowledge and talent and cross-border mobility of students and staff in the Nordic region and on the broad topic of sports science, physical education and health.

Currently all Nordic countries are involved in network activities – except for Åland , Faeroe Islands and Greenland. These three self-governing entities do not, at present, have university BSc or MSc programs in Sports science.

The general goal of the network is to contribute in the development of sports science and physical education. This is done through the exchange of students, staff and knowledge; development of joint study modules and programs; engaging external partners from various sectors in network activities; and disseminating proven best practice in relation to physical activity in its broadest sense. The network focuses on a number of fields of expertise (cf. the paragraph on 'project description – Network Focus Groups (NFG)).

Building on a solid and well tested network infrastructure, NIN will in the coming period put special efforts into 1) recruiting further members from the Baltic States and 2) develop a clear strategy for working together with relevant partners like European network for the promotion of health-enhancing physical activity (HEPA), European Network of Sport Science, Education & Employment (ENSSEE) and Sports Confederations in the different Nordic countries. The Annual priorities are listed above.

### **Prosjektbeskrivelse (inkludert oversikt over planlagte aktiviteter/prosjektplan)**

In order to achieve the stated annual priorities the network will intensify its quality assessment of activities by comparing the actual outputs and outcomes with predetermined objectives.

Synergies and relations between all partners of the network will be supported by further upgrades and development of the network website and the information on this.

A two days network meeting with all the participating institutions is planned in May 2011 at the University of Southern Denmark.

In accordance with the overall network goals and specified annual priorities, the NFG's will continue the work in particular fields of expertise.

#### **Sport Coaching**

The purpose of this group is dissemination of activities in Nordic Sport Coaching to institutions in both Nordic and European sports universities, and sport confederations. The group also have a close contact and cooperation with The European Network of Sports Coaching as well as the International Sport Coaching Federation.

For the next year, the group, consisting of persons from University of Agder, Norway, Linné University, Sweden, The Norwegian School of Sports Science (NIH), Oslo, is working on already collected material on coach education, which is the prerequisite for the development of a joint Nordic Curriculum in Sports Coaching. A meeting is planned in Oslo in October 2010. Four institutions will take part including 2 persons from each institution.

#### **Apparatus Gymnastics**

The purpose of this group is to generate and disseminate knowledge about Nordic apparatus gymnastic activities, including clarification and possible development of joint modules in a curriculum for physical education (PE) teacher education.

A key issue is how the school apparatus gymnastics as a tool for body development and body image as well as a tool for health, movement and sport can be thought into a modern approach of education.

The primary audience is teachers and students in long and medium-cycle higher education in PE in the Nordic countries. Secondly, the developed material shall be available and an inspiration to all teachers in apparatus gymnastic activities in the educational systems of the countries.

In the regular meetings participants are sharing ideas and experiences. Based on these meetings a number of factors are clarified and areas of work defined, and the group has now come into a more productive phase in relation to publishing. Important material to be published soon:

- Educational background and conceptual tools for apparatus gymnastics in school sports.
- 'Parkour' and 'free running' as inspiration for the development of apparatus gymnastics.
- Formulation and implementation of recommendations for use of the trampoline. Hereby general security considerations related to apparatus gymnastics.
- Teaching biomechanics in connection with apparatus gymnastics.
- E-learning and ICT in apparatus gymnastics as well as opportunities with video feedback.

The work will continue on the common web-based educational system at the University of Southern Denmark, to which all group members have access.

Furthermore, all the participants will help in the further development of the NIN website:

[www.idrottsforum.org](http://www.idrottsforum.org).

A workshop, for which the group is asking for support, will take place in the Norwegian School of Sports Science in Oslo in the autumn 2010.

Timeline for future work:

- autumn 2010, the 6th group meeting at NIH in Oslo.
- 1 year of development work and exchange of programs.
- expected autumn conference in 2011th.
- a closing network conference in the autumn 2012. An anthology will be published and the future of the network discussed.

The cooperation is established between GIH in Stockholm, Linné University, Örebro University, the Norwegian School of Sports Science, Oslo, Aarhus University, University of Copenhagen, Iceland University of Education, Malmö University, Gothenburg University and University of Southern Denmark, but remains open to other interested partners.

#### Nordic Outdoor Life (NOL)

The main purpose of NOL group is to focus on the unique way of living, supplying and organizing outdoor life in the Nordic countries. Mediating the Nordic way of outdoor life can help promoting ideas and thoughts, also in other cultures and countries, as well as getting more people to notice outdoor life as a source for health education and new relationships.

The main effort of NOL is still the development of joint courses in Nordic outdoor life. A joint bachelor program has been developed, and has been running the last 6 years with an increasing numbers of students and institutions taking part. The last course has had 30 students from 7 different institutions, but the intension is to incorporate more institutions every year, and hopefully also new institutions from the Baltic States.

The planning for an English curriculum, given the opportunity to invite students from other countries than the Nordic to take part, is still going on. The plan is now to establish this program on a master's level. An Internet community has already been established, and is working as a channel for information related to education, conferences, and ongoing research.

The NOL group is at the moment coordinated by the Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark. This function is changing every 3rd year, and the University of Gothenburg will take over in 2011.

The intensive activities make it necessary to carry through two meetings in the study year 2010-11. One meeting will be held in Odense in the autumn 2010 and the second in Gothenburg in spring 2011. Seven institutions will take part being represented by 2 teachers from each institution. Active institutions are University of Southern Denmark, University of Copenhagen, Iceland Pedagogical University, Gothenburg University, University College in Telemark and GIH-Stockholm. University of Örebro and Aarhus University are cooperating but not full partners at the moment and Lithuanian Academy of Physical Education would like to take part in the next study year being represented by one person at the meetings.

#### Nordic Ball games

This group has been active as a closed group for the last 8 years, and has developed teaching material, has had seminars and produced an anthology related to teaching in ball games. Now they want to open up the group for other participants in NIN. They would like to start with a smaller seminar for interested teachers from NIN, which shall be held in Stockholm in autumn 2010.

Active institutions until now have been University of Southern Denmark, Aarhus University, University of Copenhagen, GIH-Stockholm, Malmö University, Örebro University, The Norwegian School of Sports Science, Oslo; University Colleges Sogn and Fjordane, and they have representatives from universities or university colleges not yet members of NIN. One member of each of the NIN institutions should be invited to take part in the 2 days meeting.

#### Nordic Dance

This group is relatively new, even though they met in 2006. The Nordic Dance group has primarily focused on mutual inspiration, discussions and networking with subsequent development within the discipline with special reference to the educational system. The group has planned a meeting in Malmö in spring 2011, inviting colleagues from the members of NIN, especially making presentations on potential development projects. There will also be technical discussions in workshops about the core of dance, research in dance, and an excursions to professional dance performance groups. In this way, the meeting will focus on the future work in the group, to extend the cooperation between NIN members. One person from each member of NIN should be invited for the 2 days meeting.

#### Beskrivelse av samarbeidet (hvem gjør hva)

The different roles and responsibilities of NIN are mentioned below.

Network Management (NM) is handled by the University of Southern Denmark – an institution that runs, take part in and support a large number of interdisciplinary, multisectoral and cross-national research and development projects. NM is responsible for 1) the administration of the network, 2) compiling and writing network applications and reports, 3) updating the network website, 4) gathering standardized information in order to monitor the quality of network activities (cf. annual priority 3) and 5) coordinating annual meetings and communication with Nordplus.

The Network Group (NG) consists of the participating institutions. NG has, supported by NM, the responsibility to transform overall goals and annual priorities into measurable indicators of progress and, on the basis of this process, to monitor network development and, if necessary, to enhance and focus network performances.

Network Focus Groups (NFG) consists of staff members of the cooperating institutions taking part in particular NIN fields of expertise. Current fields are: Coaching in relation to sports and physical education; Nordic outdoor life and active living; Apparatus gymnastics and human movement studies; Ball games and Dance. The NFG´s are committed to self-evaluate the development and quality of their activities in relation to the stated network goals and objectives. Apart from the running dialogue within the network core, the NFG´s forward annual reports to NM and NG on activities and results.

As stated in Annual priority 6, NIN will in 2010/11 make special efforts to facilitate both innovative and stable ICT solutions to support the use of web- and computer based tools and features in connection with:

- Interaction between students, staff and other partners
- Curriculum development
- Providing a virtual archive for key documents and information on specific network activities or joint program plans
- Student assessment and evaluation via, for example, portfolio appraisals.

## Resultater

### **Forventet utbytte (vennligst beskriv forventet resultat av prosjektet, hvem vil bli berørt og hvordan, direkte og/eller indirekte)**

Renewal of the network with a greater focus on collaborative development and testing of activities and approaches in relation to sports science and physical education (annual priority 1) Recruitment of new members from the Baltic States (annual priority 2) Continuous monitoring and periodic, standardized goal-based evaluation of general network performance and specific outputs and outcomes (annual priority 3 and notes on NM). Monitoring and evaluation results will be published in short reports accessible for its intended readers. Conducting a feasibility study and drafting an outline for a joint study program within the area of health enhancing physical activity (annual priority 4) Ensuring both continued overall engagement and adequate technical cooperation between internal and external network partners. A prime target is to secure the shared awareness of networks goals, and how these goals can be reached (annual priority 5). Highlighting the added value of NIN in and among the participating institutions and other network partners. By using information technology, with a focus on web communication, the expected outcome is a further appreciation of how the competencies, learning outcomes and international dimensions of NIN-activities and programs can support individuals (students and staff) and organizations (from higher education, the NGO-sector or business) in their achievement of particular goals and ambitions (annual priority 6).

### **Spredning av resultater (Vennligst fokuser på deling av resultater med individer, organisasjoner eller grupper som ikke er partnere i dette prosjektet)**

NG and NFG´s will reach different audiences through a number of dissemination strategies.

- Local, national and international decision makers will be informed and influenced via e.g. newsletters and face-to-face meetings and the website of NIN.
- Peers (teachers, lecturers and scientists) will be involved via e.g. seminars and scientific publications (as paper and/or net publication).
- Other organizations and parties will be reached via e.g. networking and personal contacts

### **I hvilken grad vil du si at prosjektet har møtt målene som var satt for det?**

As already stated NM, NG and NFG´s all have responsibilities as regards both process and impact evaluation of network activities. The starting point for the various assessments is the overall network goals and specified annual priorities.

In general focus will be on monitoring to what degree predetermined goals and priorities have been realized in practice. Key monitoring/evaluation findings are published in the annual reports (cf. Description of partnership), discussed in connection with NG-meetings and reported to relevant parties – including Nordplus.

Prosjektperiode

**Startdato**

2010-09-01 (YYYY-MM-DD)

**Varighet**

12 (i måneder)

## medsøkere

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**Unit Navn**

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## Mobilitet

### Mobilitet

#### Aktivitet

Studentmobilitet (måneder)

Reisekategori	Total, kost og losji	Antall tur-retur reiser	Totalsum reise/opphold €
Grønland	0	0	
Færøyene og Island	36	34	29640
Skandinavia og Baltikum	204	52	57960
Innenlands > 500 km	0	0	

Fifty six students are asking grants for their exchange to other Nordic institution. Two of these are from the new institution in NIN, The Lithuanian Academy of PE. The joint program, Nordic Outdoor Life (NOL), has existed for 7 years. It is involving 30 students from Denmark, Iceland, Sweden and Norway every year and also this year (the maximum number of students which can be enrolled). In the program, the students are staying in the 4 different Nordic countries for 4 weeks, making an exchange of 3 month all together (30 students in 3 month - 90 month). Since they are travelling between the countries (3 return trips), we are asking for two return travels (60 return travels for this program), 30 of them to Iceland. The study program is very popular even though there is high living and travelling costs and more than 30 student has asked for participation the last two years.

#### Aktiviteten i detalj

The other trips are related to normal exchange between members of NIN, where the students follows an exchange program in another Nordic University or University College. There will be 24 students going for one semester (18 students for 5 months) or 2 semesters (6 students for 10 month), 150 months all together. Only 4 members of NIN are not asking support for student exchange this year.

#### Aktivitet

Lærermobilitet (uker)

Reisekategori	Total, kost og losji	Antall tur-retur reiser	Totalsum reise/opphold €
Færøyene og Island	8	6	6800
Skandinavia og Baltikum	41	35	26105

There are 41 teachers asking for exchange. Five teachers are going to Iceland, two of them from the joint program in Nordic 'Friluftsliv'. One teacher from Iceland is going for a normal one week exchange to Denmark. Six teachers from the Lithuanian Academy are asking for exchange to Denmark, Norway, Sweden and Iceland (one). Since the Academy is a new partner and from the Baltic States, we would like to support this very much. The other 29 teachers are going for an exchange related to both the NFG's activities, to the Nordic 'Friluftsliv' and to normal exchange. Fifteen out of the 18 members of NIN is asking for teacher exchange. It means all the members are involved in either student or teacher exchange.

#### Aktiviteten i detalj

## Mobilitetsreiser faktiske

### Mobilitetsreiser planer for Studentmobilitet

	AX	DK	EE	FO	FI	GL	IS	LV	LT	NO	SE
Åland (AX)											
Danmark (DK)							16			11	12
Estland (EE)											
Færøyene (FO)											
Finland (FI)		1								1	
Grønland (GL)											
Island (IS)		3								1	1
Latvia (LV)											
Litauen (LT)		1									1
Norge (NO)		3			1		4				3
Sverige (SE)		8			1		11			7	

### Mobilitetsreiser planer for Lærermobilitet

	AX	DK	EE	FO	FI	GL	IS	LV	LT	NO	SE
Åland (AX)											
Danmark (DK)							2			5	6
Estland (EE)											
Færøyene (FO)											
Finland (FI)											
Grønland (GL)											
Island (IS)		1									
Latvia (LV)											
Litauen (LT)		2					1			2	1
Norge (NO)		5					1				3
Sverige (SE)		4			1		1			6	

## Nettverksprosjekt

Nettverksprosjekt

### Aktivitet

Nettverksaktiviteter

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
5250	5950	7500	Administration of the NIN (about 5 % of total accepted budget)	18700

### Vennligst beskriv aktiviteten i detalj

Annual meeting in NIN. In order to achieve the stated annual priorities the network will intensify its quality assessment of activities by comparing the actual outputs and outcomes with predetermined objectives. Synergies and relations between all partners of the network will be supported by further upgrades and development of the network website and the information on this. To be able to follow and evaluate this, a two days network meeting with all the participating institutions will be carried through in May 2011 at the University of Southern Denmark. It includes travel and board & lodging for 17 persons. At the same time The University of Southern Denmark are asking for 5 % administrative support for running the network Nordplus Idrott.

### Aktivitet

Utviklingsprosjekt

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
1060	2100			3160

### Vennligst beskriv aktiviteten i detalj

Annual development meeting in the Sport Coach Group. The group, consisting of persons from Aarhus University, University of Agder, Norway, Linné University, Sweden and The Norwegian School of Sports Science

(NIH), Oslo, is working on already collected material on coach education, which is the prerequisite for the development of a joint Nordic Curriculum in Sports Coaching. A 2 days meeting is planned in Oslo in October 2010. Four institutions will take part including 2 persons from each institution.

**Aktivitet**

Utviklingsprosjekt

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
5040	6300			11340

**Vennligst beskriv aktiviteten i detalj**

Annual development meeting in The Apparatus Gymnastics group.

The cooperation is established between the following 10 institutions: GIH in Stockholm, Linné University, Örebro University, the Norwegian School of Sports Science, Oslo, Aarhus University, University of Copenhagen, Iceland University of Education, Malmö University, Gothenburg University and University of Southern Denmark, but remains open to other interested partners. A 2 days workshop for 2 persons from each of the members of the group will take place in the Norwegian School of Sports Science in Oslo in the autumn 2010.

**Aktivitet**

Felles studieprogram

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
8920	10500			19420

**Vennligst beskriv aktiviteten i detalj**

Two meetings in the Nordic Outdoor Life Group (NOL). The main effort of NOL is still the development of courses in Nordic outdoor life. A common bachelor program has been developed, and has been

running the last 6 years with an increasing numbers of students and institutions taking part. The last course has had 30 students from 7 different institutions, but the intension is to incorporate more institutions every year, and hopefully also new institutions from the Baltic States, as well as developing a master's program in English language. This make s it necessary to have two meetings; one in Odense, Denmark in the autumn 2010, and one in Gothenburg in the spring 2011. Active institutions are University of Southern Denmark, University of Copenhagen, Iceland Pedagogical University, Gothenburg University, University College in Telemark and GIH-Stockholm. University of Örebro and Aarhus University are cooperating but not full partners and Lithuanian Academy of Physical Education would like to take part in the next study year being represented by one person at the meetings. Two persons from each institution will take part, and one person from the Lithuanian Academy of PE will be invited to the meetings.

#### Aktivitet

Utviklingsprosjekt

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
5710	5950			11660

#### Vennligst beskriv aktiviteten i detalj

The first annual meeting in the Nordic Ball Game group. This group including 8 members of NIN has been active, but as a closed group for the last 8 years. It has developed teaching material, has had seminars and produced an anthology related to teaching in ball games. Now they want to open up the group for other participants in NIN. They would like to start

with a smaller seminar for interested teachers from NIN, which shall be held in Stockholm in autumn 2010. One member of each of the NIN institutions should be invited to take part in the 2 days meeting.

#### Aktivitet

Utviklingsprosjekt

Reise €	Kost og losji €	Annet €	Beskrivelse av andre kostnader	Totalt €
4790	5950			10740

#### Vennligst beskriv aktiviteten i detalj

Second meeting in the Nordic Dance Group. This group is relatively new, even though they met for the first time in 2006. The Nordic Dance group has primarily focused on mutual inspiration, discussions and networking with subsequent development within the discipline. The group has planned a meeting in Malmö in spring 2011, inviting colleagues from the members of NIN, especially making presentations on potential development projects. There will also be technical discussions in workshops about the core of dance, research in dance, and an excursion to professional dance performances and / or samples. In this way, the meeting will focus on the future work in the group, to extend the cooperation between NIN members. One person from each member of NIN should be invited for the 2 days meeting.

### Totalt budsjett

Totalt budsjett

<b>Nettverk og prosjekt total</b>	75020
<b>Mobilitet total</b>	120505
<b>Totalsum aktivitet</b>	195525
<b>Nordplusstøtte nettverk/prosjekt</b>	37510
<b>Nordplusstøtte mobilitet</b>	120505
<b>Totalt tilskudd</b>	158015
<b>Egenfinansiering (Nordplus mindre prosjekt totalt)</b>	37510

Mottar dere finansiering fra andre kilder? No

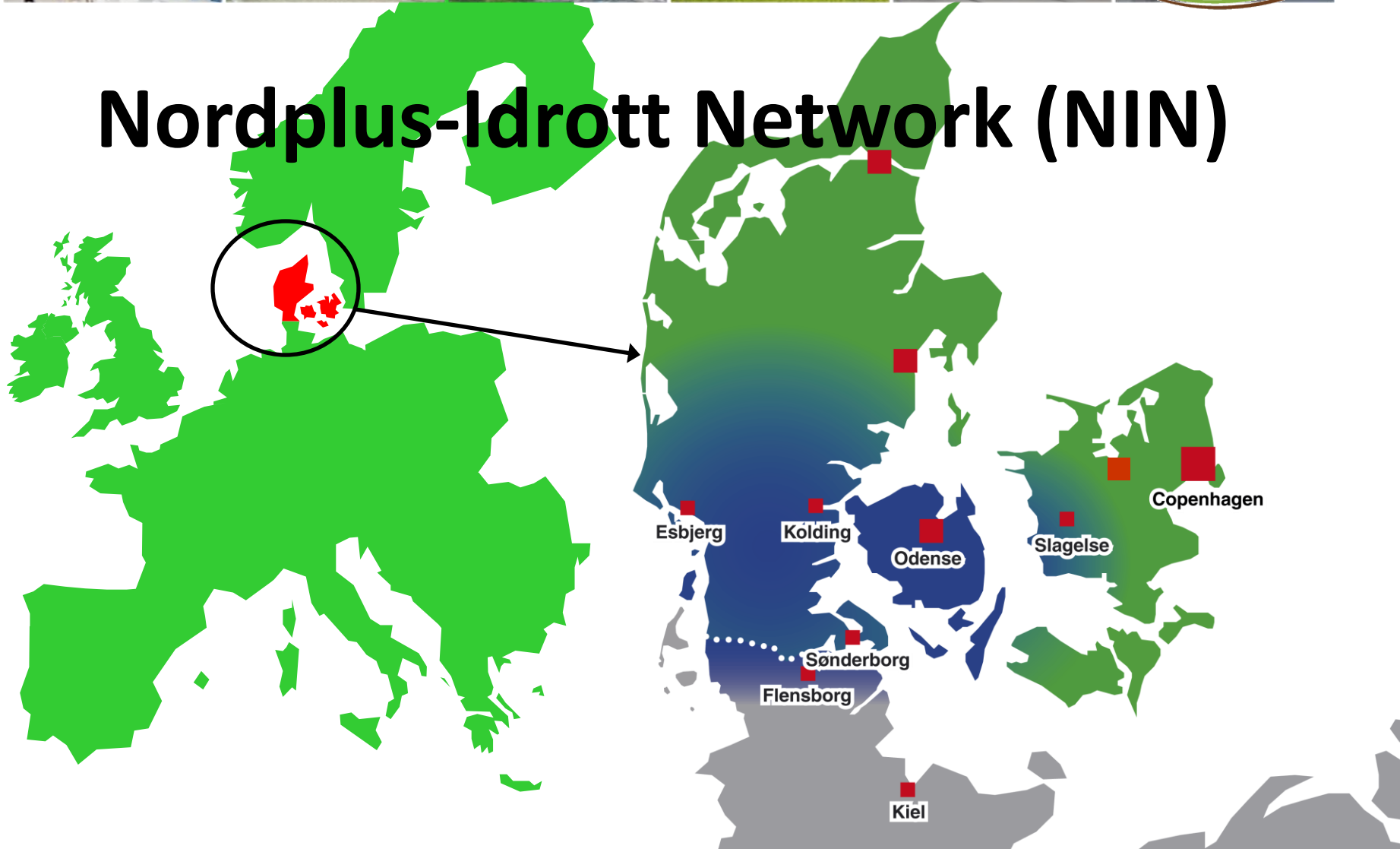
Beskrivelse av annen finansiering







# Nordplus-Idrott Network (NIN)



# NIN - Partners

Estimated student  
mobility 2010/11:  
86

Estimated staff  
mobility 2010/11:  
41

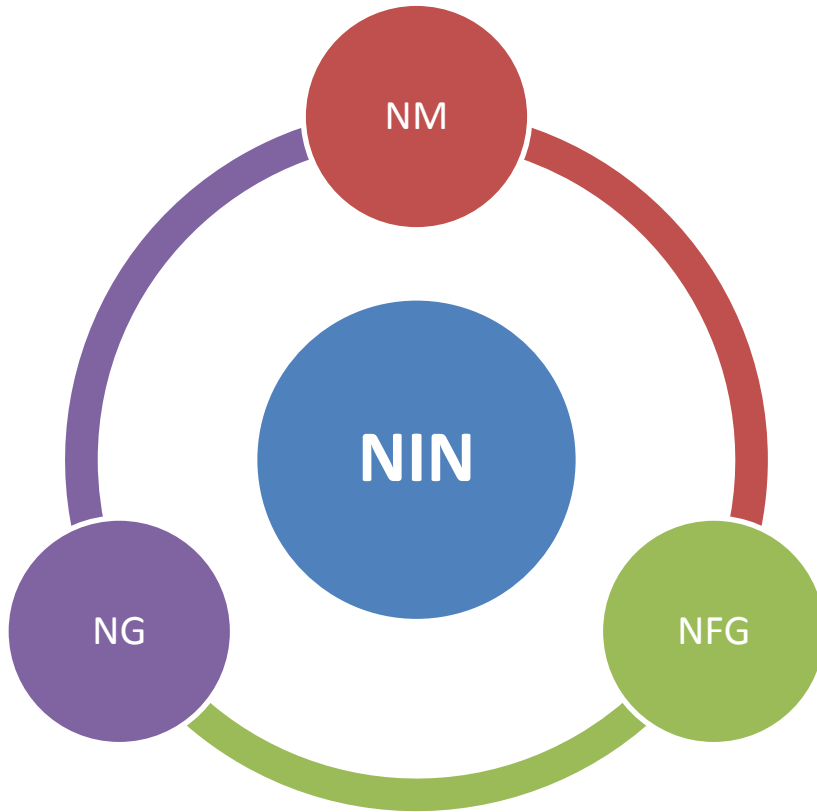


# Nordplus – the framework

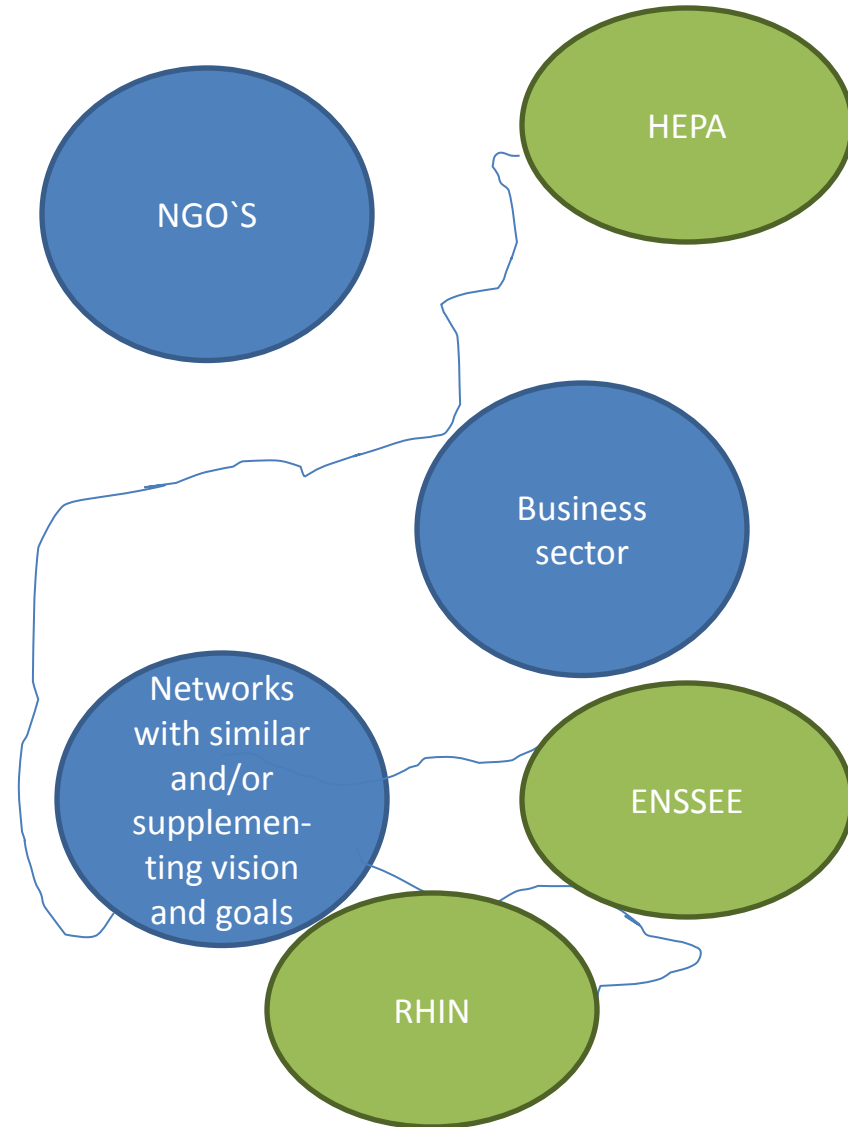
Resources	Main activities	Main outputs	Purpose
<p>Human and technical resources</p> <p><i>Network Management</i></p> <p><i>Network Group</i></p> <p><i>Network Focus Groups</i></p> <p><i>ICT-tools</i></p> <p>Funding from: Nordplus + network partners</p>	<p>Building on overall network goals, work may (not) continue in the following fields of expertise</p> <ul style="list-style-type: none"> <li>•Sport Coaching</li> <li>•Gymnastics</li> <li>•Nordic Outdoor Life</li> <li>•Ball Games</li> <li>•Dance</li> </ul> <p><u>Other focus points</u></p> <ul style="list-style-type: none"> <li>•Network meeting</li> <li>•Upgrading ICT-capacity</li> </ul>	<ol style="list-style-type: none"> <li>1. Exchange programs for students and staff</li> <li>2. Joint study programs</li> <li>3. Networking with relevant NGO's</li> <li>4. Promoting the network and its possibilities in order to recruit further institutional members</li> </ol>	<p>Exchange of:</p> <ul style="list-style-type: none"> <li>•Students</li> <li>•Staff</li> <li>•Ideas</li> </ul> <p>Within the area of:</p> <ul style="list-style-type: none"> <li>•Sport Science</li> <li>•Physical Education</li> </ul>



## The network core



## Examples: Relevant Partners



# Focusing the NIN-effort 2010/11

## Annual priorities 1-6

Greater focus on collaborative development of activities

Recruitment of new members from the Baltic States

Outlining a joint study program (e.g. within the area of health enhancing physical activity)

Highlighting the added value of NIN

Ensuring the shared awareness of networks goals, and how these goals can be reached

Continuous monitoring of general network performance and specific outputs and outcomes

# So what?



Discussion in  
groups of three  
(10 minutes)

- How can **NIN** promote its activities?
- How do **NIN** collaborate with other partners in order to stimulate discussion and mutual action on prioritized goals and opportunities?
- Where do you think **NIN** can make a difference?
- Where should **NIN** focus its resources?



Never ever give up!

