





Norwegian School of Sport Sciences

Norwegian School of Sport Sciences (NSSS) is a specialized university with a national responsibility for research and higher education focused on exercise and sport sciences.

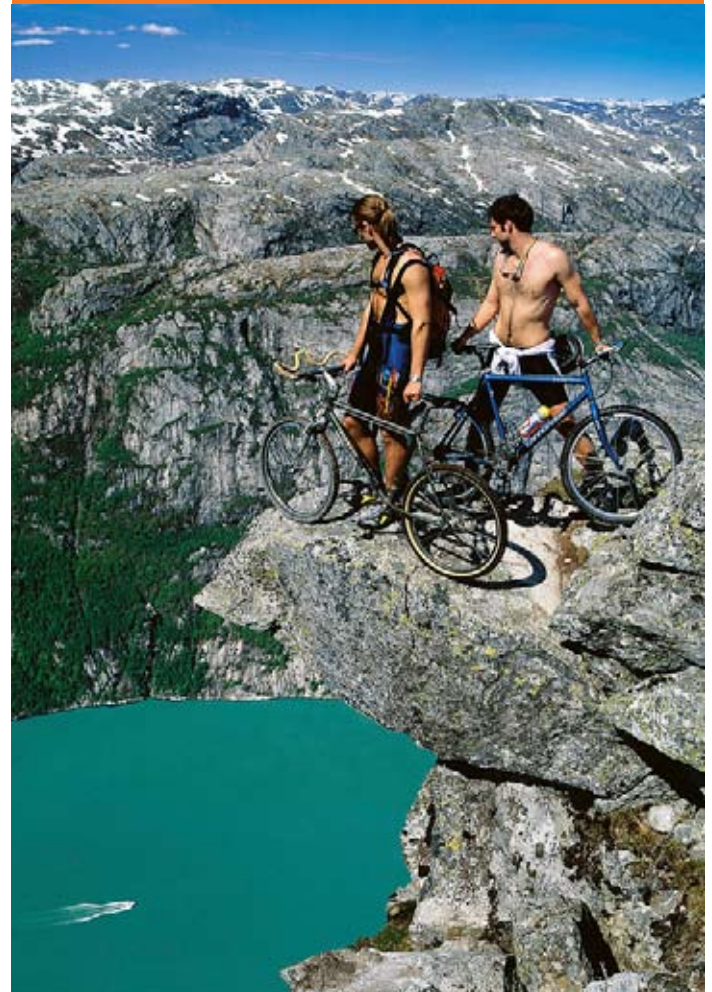
The School was established in 1968 and is today an internationally recognized research and teaching institution across the range of sport sciences. NSSS has 1400 students enrolled in bachelor, master, PhD and part-time studies and more than 200 employees.

At NSSS sport is taken to encompass different forms of human movement including organised sports, physical education, outdoor recreation, games, dance, exercise and training. The School conducts research in a highly active and vibrant research milieu based on a broad spectrum of disciplines, subjects and activities. NSSS' research provides a basis for courses of study that cover society's need for expertise in the field of sport. The study programmes educate students to work in schools, health care and government agencies, and in research. The education also prepares the students to work within sport management and coaching within organised sport.

The School has an idyllic setting beside the Sognsvann Lake in Oslo and in the immediate vicinity of an area of outstanding natural beauty. It is within a short bicycle ride to the city centre of Oslo. The surroundings create an excellent setting for physical activities and sport.

Vision

Norwegian School of Sport Sciences is a leading international institution for research and education in exercise and sport sciences.



Organisational structure



Organisational structure

The School is governed by a Board that is led by the Rector. The Rector is the academic head of the School. He/she is elected for four years and can be re-elected for four years more. The management of the School is divided between the Rector who is responsible for the academic activities and the Director who is responsible for the administration. In addition to the Rector, the Board consists of four external members, four elected representatives for the employees and two student representatives.



Research and Education

NSSS academic activities are divided between five departments and one centre:

• Department of Physical Performance

The department's area of academic expertise involves the factors affecting physical performance and the effect of training. The department has responsibility for teaching and research in subjects based on physics, biomechanics, biochemistry, cell biology, anatomy and physiology together with the sports of skiing, swimming, orienteering and gymnastics. The department has a special responsibility for one of NSSS' priority areas within activities research: physical training and kinetics with emphasis on ski sports.

• Department of Coaching and Psychology

The department's area of academic expertise are coaching and sport psychology. Sport psychology activities are centered around both sport psychology, health and exercise psychology. The primary research areas are with the motivational determinants of sport participation and exercise adherence, the impact of the sport experience on children, applying psychology to elite performance, and the mental (or psychological) benefits of exercise and physical activity. Studies and research in coaching are based on pedagogy and psychology. The department seeks to integrate competence in activities such as ball games and athletics with relevant sport science knowledge, and has a special responsibility for one of NSSS' priority areas within activities research: coaching of ball sports.

• Department of Physical Education

The department is responsible for the subjects of physical education, adapted physical education and outdoor education. Teacher and instructor education in physical and outdoor education are the main areas of curricular provision. Studies in adapted physical education is organized in cooperation with Beitostølen Health Sports Centre. The department's educational research and development activities include projects within all these areas. A particular emphasis is put on various understanding of the learning in practise, and on the construction of identity and gender in physical and outdoor education.





- **Department of Sports Medicine**

The department is responsible for education and research in sports medicine, which includes addressing the health benefits of exercise and regular physical activity, as well as potential negative consequences of exercise and sports participation, e.g. injuries, asthma, and eating disorders.

The primary research areas within the department are; exercise and health related to women; physical activity and health; monitoring of physical activity and physical fitness in the population; sports injury prevention, and active rehabilitation of musculoskeletal disorders. The department includes two research centers, the Oslo Sports Trauma Research Center and the Norwegian Center for Active Rehabilitation.

- **Department of Cultural and Social Studies**

The department's areas of academic competence are sport sociology, history of sport, philosophy of sport, sport management and social aspects of physical activity and the disabled. The department conducts teaching in sport management, in sport from the perspectives of the social sciences and humanities, and in adapted physical activity.

Research emphasis is put on sport, organisations and politics; sport, identity and values; and sport, gender and culture. Methodological approaches include both the study of social and insitutional structures, as much as of individual experience and actions.

- **Centre of Applied Research**

Through the Centre of Applied Research, NSSS meets external needs and interests in our field by offering expertise, practical competence and knowledgebased services.



Programmes

The Norwegian School of Sport Sciences offers courses of study at the Bachelor, Masters and Doctoral level. Every level of education is of high international quality and develops the competence of students that is relevant for vocational, social and academic achievement. The requirements for admission to the first year are basic entrance requirements for admission to Norwegian universities together with a successful physical skills entrance test. The first year involves common studies for all the Bachelor courses. Subsequently, seven Bachelor programmes build upon the first year:

- Coaching
- Outdoor Education
- Physical Activity and Health
- Physical Education – Teacher Education
- Sport Biology
- Sport, Individual and Society
- Sport Management

The School also offers one year studies at the bachelor level. Academic preparation can be further developed at the Masters level where students have a range of different study modules from which to choose.

The PhD programme is typically of three year duration and builds upon a Masters degree in sport science or other relevant Master programmes of study.

About half of the students at NSSS are part-time students. The Part-time courses consist of modules within Outdoor Life, Physical Education and Fitness. A series of short courses and seminars are also arranged, often in association with other research environments or with sports foundations or sporting organisations.

Internationalization

International student exchange is an important aspect of academic life at The Norwegian School of Sport Sciences. Norwegian students are encouraged to study abroad and opportunities are easy available for international students to spend a semester or two at NSSS. International programmes such as Nordplus or Erasmus simplify the arrangements for student exchange.

The School has Erasmus agreements with Universities in the Nordic countries, Belgium, France, Greece, The Netherlands, Slovenia, Great Britain, Switzerland, Germany, Spain and the Czech Republic. NSSS students also have the opportunity to study in Canada and USA. NSSS has entered into a collaboration agreement with the University of California, Berkeley, that facilitates research visits for its doctoral students and faculty. NSSS is also a member of a consortium which offers an Erasmus Mundus Master in Adapted Physical Activity. The programme is a one year course which leads to a joint Masters degree. The school offers English courses at the Bachelor level in outdoor education.

NSSS Faculty members collaborate in diverse international research projects and are active contributors to international sport research through numerous scientific articles, books and papers at scientific congresses.

In 2009, the school will arrange one of the largest annual sport science conferences in the world (European College of Sport Science).



Norges idrettshøgskole

The Norwegian School of Sport Sciences
P.O Box 4014 Ullevål Stadion
Sognsv.220 NO – 0806 Oslo
Tel (+47) 23 26 20 00
postmottak@nih.no
www.nih.no

