

CV – ANNETT VICTORIA STORNÆS

PERSONALIA

Nationality: Norwegian
Birth Date: 04.07.1976
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Work Experience

- 1/4-2017 -** PhD student, Norwegian School of Sport Sciences, the Department of Sports Medicine, Oslo
The PhD project concerns adolescence in lower secondary schools. Both specialized sports schools, pupils attending specialized classes/groups for talents in classical ballet and music, and ordinary lower secondary schools are included in the study, where mental health (i.e anxiety and depression symptoms, body dissatisfaction, self-perception, resilience) related to perfectionism are studied. Title: *Too perfect to be healthy?* (Norwegian title: "Så flink at en blir syk?")
- 1/4-2015 - 31/3-2017** Project work, planning and implementing a research project.
Research interest/field: Adolescence, youth athletes, performance groups, perfectionism, body image, mental health.
Responsibilities: Planning the PhD project and conducting data collection (phase 1 – spring 2016).
- 1/1-2014 - 31/12-2015** MSc, Research assistant for Professor Jorunn Sundgot-Borgen, Norwegian School of Sport Sciences, the Department of Sports Medicine, Oslo
Research interest/ field: Adolescence, youth athletes, eating disorders, body image, perfectionism, psychology, and physical activity & health.
Primary responsibilities/tasks: Assisting in ongoing projects and research projects in the initial phase, assisting in various application processes including project proposals for funding, assisting bachelor students with written assignments (especially in methodology and statistics / SPSS introduction), as well as assisting with administrative tasks (hourly contract).
- 1/7-2013 - 31/3-2015** Researcher/Project Officer (MSc/Captain) at the Norwegian School of Sport Sciences, Defence institute, Oslo
Managing, planning and conducting research in connection to the project "Revision of the Physical Test Battery in the NoAF"
- 2010 - 2013** Researcher/Project Officer (MSc/Captain) at the Norwegian Defence University College, Norwegian School of Sport Sciences, Defence institute, Oslo
Managing, planning and conducting research concerning the project; "Research on age cohorts" which was led by The Norwegian Defence Research Establishment (FFI). The work concerns recruitment and selection processes in the Norwegian Armed Forces. During this period I also had a special responsibility to coordinate and plan the Armed Forces Women`s Conference held in 2012.
- 2008 - 2010** Study coordinator (MSc/Lieutenant) at the Norwegian School of Sport Sciences/Defence institute, Oslo
Planning and coordinating courses and research projects.
- 2006** Annett V. Stornæs Kurs & Kompetanse
Courses in self-defence, personal training or group-training in martial arts.

- 2004 - 2005** Platoon Leader/ Lieutenant, His Majesty the Kings Guard, Oslo.
Primary responsibilities: Teaching, military and physical training and daily follow-up of the 50 soldiers in the platoon.
- 2002 - 2003** Sports Officer (Lieutenant) at The Norwegian Armed Forces, Terningmoen
- 1999 - 2000** Officer (Lieutenant), the Armed Forces Headquarters, Oslo.
- 1/7-1996 - 1/7-1998** Instructor at the Armed Forces, Officer Candidate School/Course (HVUB and Skolekompaniet Oppland Regiment), Kongsvinger and Elverum.
Teaching, supervising and evaluation of the students.

EDUCATION

- 2006 - 2008** Norwegian School of Sport Sciences, the Department of Sports Medicine, Oslo
Master of Science (MSc) in Sport Science
Physical activity and health, sports psychology, research methods, quantitative methods, statistics, and master thesis.
The master thesis is a review of the literature on sports that have weight rules for competitions. In the thesis, I discuss weight rules in connection to athletes' weight reduction/fluctuation during the season/off season, and how weight reduction methods can affect the athletes' sports performance and health in a short and long-term perspective.
- 2003 - 2004** Norwegian School of Sport Sciences, Bachelor, Physical Activity and Health studies II
- 2003 (Spring)** The Norwegian Army Academy, Oslo
- 2001 - 2002** Norwegian School of Sport Sciences, Physical Activity and Health studies I
- 2000 - 2001** Norwegian School of Sport Sciences, Undergraduate level, basic level - sports studies
- 2000 - 2002** Norwegian School of Sport Sciences/Defence Institute, Physical Fostering in the Armed Forces - 30 ECTS
- 1998 - 1999** The Royal Norwegian Air Force Academy, Trondheim
- 1996** Officer Candidate School/Course, Heimevernets Utskrevne Befalskurs (HVUB).

PUBLICATIONS

- Steder, FB., **Stornæs, AV.**, & Stubberud, K. (2015). Military Women – The Achilles Heel in Defence Politics? In: F.B Steder (ed). *Military Women – The Achilles Heel in Defence Politics?* (Chapter 1). Oslo: Abstrakt forlag AS., ISBN-10: 8279353704, ISBN-13: 978-8279353706
- Stornæs, AV** & Fasting, K. (2015). Are we on the right track in our selection of women and men for Officer Candidate School? In: F.B Steder (ed). *Military Women – The Achilles Heel in Defence Politics?* (Chapter 4). Oslo: Abstrakt forlag AS., ISBN-10: 8279353704, ISBN-13: 978-8279353706
- Kirknes, J. Aandstad, A., & **Stornæs, AV.** (2014). *"Innstilling. Revidert fysisk testordning for Forsvaret."* Rapport, Forsvarets høgskole - Norges idrettshøgskole/Forsvarets institutt. Oslo.
- Stornæs, A.V.**, Aandstad, A & Kirknes J. (2014). *"Fysiske tester og fysiske arbeidskrav i Forsvaret - hva mener Forsvarets ansatte? Delrapport"*. Rapport, Forsvarets høgskole - Norges idrettshøgskole/ Forsvarets institutt. Oslo.
- Johnsen, BH., Bartone, P., Sandvik, AM., Gjeldnes, R., Morken, AM., Hystad, SW., & **Stornæs, AV.** (2013). Psychological Hardiness Predicts Success in a Norwegian Armed Forces Border Patrol Selection Course. *International Journal of Selection and Assessment*, **21**(4), 368-375.
- Steder, FB., **Stornæs, AV.**, & Stubberud, K (2013). Militære kvinner – Forsvarets akilleshæl? I: F. Steder (red). *Militære kvinner – Forsvarets akilleshæl?* (s.15-52). Oslo: Abstrakt Forlag.

Stornæs, AV & Fasting, K. (2013). Er vi på rett vei i seleksjonen til befalsutdanning? I: F. Steder (red). *Militære kvinner – Forsvarets akilleshæl?* (s.101-131). Oslo: Abstrakt Forlag.

Strand, KR & **Stornæs, AV.** (2012). *Like barn leker best? En kvantitativ studie av motivasjon og mangfold blant kvinner og menn som tar befalsutdanning.* FFI-rapport 2012/01442. Kjeller: Forsvarets Forskningsinstitutt.

Stornæs, AV & Fasting, K. (2011). *Befalsskolestudien - Felles Opptak og Seleksjon 2010 - En spørreundersøkelse blant kvinnelige og mannlige kandidater under seleksjonsperioden.* OSLO: Forsvarets høyskole, Norges idrettshøgskole/Forsvarets institutt, 2011 (86 s).

Stornæs, AV. (2008). *Vektreglement, vektreduksjon, prestasjon og idrettsutøveres helse - En litteraturstudie på vektreduksjon og vektreduksjonsmetoder blant utøvere i vektregelidrett, og en gjennomgang av vektregelverk.* (English title: *Weight rules, weight reduction, performance and athlete's health. - A review of the literature.*) Master thesis. Oslo: Norges idrettshøgskole.

Link to publications:

ResearchGate: https://www.researchgate.net/profile/Annett_Stornaes

Cristin: <http://www.cristin.no/as/WebObjects/cristin.woa/wa/personVis?type=PERSON&pnr=59533&la=no&instnr=1627>

CONFERENCE PAPERS/PRESENTATIONS

Stornæs, AV., Sookermany, A McD., & Sundgot-Borgen, J. (2015). *Do drive for muscularity, body esteem, self-efficacy and physical activity level differ between selected and non-selected male and female candidates to Officer Candidate Schools?* Congress, European College of Sports Science, 26. juni 2015, Malmø.

Stornæs, AV., Aandstad, A., & Kirknes, Jon (2014). *Self-reported physical work demands and physical exercise in the Norwegian Armed Forces.* Poster presentation at the 3rd International Congress on Soldiers' Physical Performance (Boston, USA), 21 august 2014. <http://icspp2014.com/program/presenters>.

Stornæs, AV., & Fasting, K. (2011). *Selection of women and men into The Norwegian Officer Candidate Schools - Barriers and boosts.* The Inter-University Seminar on Armed Forces and Society. Chicago.

Sand, TS., Fasting, K. & **Stornæs, AV.** (2011). *Women's and men's reasons for enrolment to the Norwegian officer candidate schools.* The International Biennial Conference of the Inter-University Seminar on Armed Forces and Society. Chicago.

Stornæs, AV., & Fasting, K. (2011). *Recruiting Women into the Norwegian Armed Forces Officer Candidate Schools.* Ninth Conference on Women in the Military (2011). Women in the Military at the Crossroads. Arrangør: The Women's Research and Education Institute and The Alliance for National Defense. Women In Military Service For America Memorial, Arlington VA (USA).

Stornæs, AV. (2009). *Weight rules, weight reduction, performance and athlete's health. - A review of the literature.* Abstract: (OP-SM04 Sports Medicine 4). Oslo, Norge.

Presentert ved the 14th annual Congress of the European College of Sports Science.

SPORTS EXPERIENCES:

I have always enjoyed sports, both outside and through organized sports clubs (i.e. figure skating, gymnastics, soccer, breakdance, alpine skiing). I started competing at a young age (figure skating and gymnastics) and gymnastics was the main sport as a child and early adolescent. I competed both at national and international competitions in gymnastics and represented Norway through the junior National Team. I signed up for Taekwon-Do (ITF) practice in 1992 and became a part of the Norwegian National team in 1997 (NTF). I have participated in seven European - and four World Championships. I achieved three gold medals at the European Championships (1998, 2002, and 2005) and several silver and bronze medals from both the World- and European Championships. I did also compete in Kickboxing where I achieved several medals at World Cups and participated in World (2005) and European Championships (2006).

In addition, I have been an instructor for Taekwon-Do students at Kolbotn Taekwon-Do klubb.