

## Gro Jordalen

Sognsveien 159, 0860 Oslo | [grojordalen@outlook.com](mailto:grojordalen@outlook.com) | +47 997 78 965 | Born: 13.03.1985

### Education

- 08.10 – 06.12 Norwegian school of sport sciences, NSSS; Master of Arts, Sport psychology. Research project on motivation in marathon runners, thesis submitted May 30 2012. Investigated associations between psychological need satisfaction, well-being, vitality, and burnout among marathon runners aiming to compete in national and international marathon and half marathon competitions, autumn 2011. Defence June 2012
- 08.08 – 06.10 Norwegian University of Science and Technology, NTNU; Bachelor of Arts, Sport and Exercise Science, Psychology
- 08.07 – 06.08 Norwegian University of Science and Technology, NTNU; Bachelor in physiotherapy, first year
- 08.06 – 06.07 Voss gymnas (high school); 2KJ (chemistry), 3KJ (chemistry), 2MX (mathematics), 2FY (physics)
- 08.05 – 06.06 Inland Norway University of Applied Sciences, Elverum campus; Sport and Exercise Science, one year program

### Work experience

- 04.19 – NSSS, Department of coaching and psychology, Postdoctoral Fellow
- 09.17 – 04.18 NSSS, Department of physical education, researcher
- 08.14 – 12.14 University of Ottawa, School of Human Kinetics. Exchange studies, collaboration with Prof. Natalie Durand-Bush and colleagues
- 03.13 – 04.17 NSSS, Department of coaching and psychology and The Norwegian Research Centre of children and youth sport, PhD student. Investigated associations between motivation, self-regulation, self-control, burnout, and exhaustion in youth high level athletes and elite athletes. Thesis submitted April 21 2017, defended August 18 2017
- 10.12 – 02.13 NSSS, The Norwegian Research Centre of children and youth sport, research assistant
- 09.07 – 05.13 Løplabbet, employee

### Additional competencies

- 05.03 – Driver license, (class B)
- 11.00 – 11.02 Board member, Youth County Council Hordaland
- 11.15 – Board member, Eierseksjonssameiet Sognsveien 159
- 11.16 – Board leader, Eierseksjonssameiet Sognsveien 159

### Other languages

- English: Oral skills good, Writing skills good

### IT-expertise

- Microsoft office programs; Experiences and excellent competencies, NSSS, NTNU
- The Predictive Analytics SoftWare (PASW) Statistics 24, *Mplus*, *Maxqda*, *Endnote*; Experiences and excellent competencies, NSSS, NTNU
- Audio recorder; Experiences and excellent competencies, NSSS

### **Scientific publications**

- Jordalen, G., & Lemyre, P.-N. (2015). A longitudinal study of motivation and well-being indices in marathon runners. *International Journal of Sport and Exercise Science*, 7(1), 1-11. Retrieved from <http://web.nchu.edu.tw/~biosimulation/journal/>
- Jordalen, G., Lemyre, P.-N., & Durand-Bush, N. (2016). Exhaustion experiences in junior athletes: The importance of motivation and self-control competencies. *Frontiers in Psychology*, 7(1867), 1-9. doi:10.3389/fpsyg.2016.01867
- Jordalen, G., Lemyre, P. N., Durand-Bush, N., & Ivarsson, A. (in press). The temporal ordering of motivation regulations and self-control competencies. *Journal of Sport & Exercise Psychology*
- Jordalen, G., Lemyre, P.-N., & Durand-Bush, N. (2019). Interplay of motivation and self-regulation throughout the development of elite athletes. *Qualitative Research in Sport, Exercise, and Health*, doi:10.1080/2159676X.2019.1585388
- Jordalen, G., Lemyre, P.-N., Solstad, B. E., & Ivarsson, A. (2018, November 19). The role of self-control and motivation on exhaustion in youth athletes: A longitudinal perspective. *Frontiers in Psychology*, doi:10.3389/fpsyg.2018.02449

### **Scientific presentations**

- Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) 2014: The influence of motivation on well-being indices in marathon runners
- Association for Applied Sport Psychology (AASP) 2015: Characteristics of young Norwegian elite athletes: The relative contribution of motivation and self-regulation in predicting burnout symptoms
- European College of Sport Science (ECSS) 2015: Development of excellence in young Norwegian athletes

### **Awards**

- ECSS Young Investigator Award (5. pl.) 2015, state-of-the-art research award

### **References**

- Given on request