

# Det gode idrætsmiljø for unge

## Forskningsansøgning

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Kohorteundersøgelse af forhold i danske  
idrætsforeninger som fremmer unges  
trivsel i og fortsættelse med idræt



# Ansøger

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## Medansøger 1

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## Praksispartnere





## Projektets formål og relevans

Deltagelse i foreningsidræt har positiv betydning for livskvalitet, fysisk og psykisk helbred (Eime et al., 2013; Wikman et al., 2017) samt for social integration og involvering i foreningsdemokrati (Ibsen et al., 2018; Østerlund & Seippel, 2013).

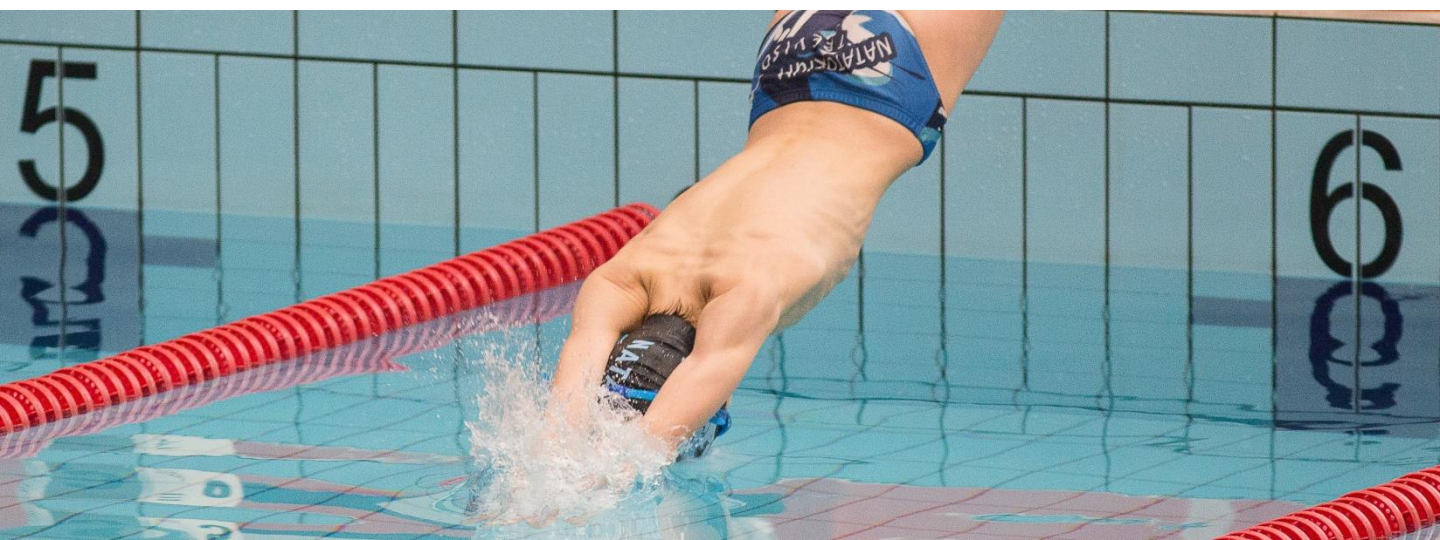
Mange medlemmer af danske idrætsforeninger udmeldes imidlertid i løbet af deres teenageår (Rask, 2017). Denne tendens er generel for alle idrætsgrene, men nogle idrætsgrene har dog sværere ved at fastholde unge medlemmer end andre (DIF, 2017). Eksempelvis stopper ca. halvdelen af alle fodboldspillere i ungdomsårene 13-18 år (svarende til ca. 3000 om året) (DBU, 2007). Dette frafald er problematisk, da det betyder, at idrætsforeningerne ikke formår at oprette hold på ungdoms- og seniorårgange (Fester & Gottlieb, 2018), og fordi mange af disse udøveres ungdoms- og voksenliv bliver inaktivt (Ottesen & Skjerk, 2006). Der er derfor behov for kvalificerede initiativer til at forhindre dette frafald.

Forskning viser, at den motivation som aktiviteten skaber, den indre motivation, har vist at være den væsentligste faktor for fortsættelse i idræt (Biddle et al. 2015; Owen et al. 2014; Pelletier et al. 2001). Forskning viser også, at det, som skaber en indre motiverende aktivitet er, at deltagerne oplever positive sociale relationer, autonomi og kompetence (Deci & Ryan, 2000; Duda, 2013). Her peger internationale studier på, at det er afgørende, i hvilken grad det trænerskabte miljø er karakteriseret ved mestrings- og resultatfokus (Appleton & Duda, 2016). I en dansk kontekst er dette dog ikke undersøgt videnskabeligt (DBU, 2007; Østergaard, 2007). Desuden har den internationale forskning på området ikke undersøgt samspillet mellem resultat- og mestringsfokus. Der er derfor behov for videnskabelige studier af høj kvalitet om forhold af betydning for unges motivation i danske idrætsforeninger.

*Formålet med dette projekt er at identificere faktorer, som er afgørende for unges fortsættelse i idræt og bidrage til idrætsforeningernes og forbundenes arbejde med at mindske frafaldet blandt unge.*

Dette gøres gennem to trin:

1. At identificere faktorer på især holdplan som er særligt vigtige for unges trivsel, motivation og fortsættelse i foreningsidræt.
2. At udvikle forskningsbaserede anbefalinger til, hvordan foreningsidrætten kan fremme unges trivsel i og fortsættelse med idræt.



## Teoretisk og forskningsmæssigt udgangspunkt

*Self-Determination Theory* (SDT) (Deci & Ryan 2000) er den mest anvendte motivationsteori i idrætspsykologisk forskning. I SDT-baseret forskning har *Indre motivation*, som er en lystbåret motivation til aktiviteten for aktivitetens egen skyld, vist sig at have stor betydning for unges fortsættelse i idræt (Owen et al., 2014). Centralt i SDTs beskrivelse af indre motivation er, at individer i en specifik aktivitet skal have følelsen af kompetence, sociale relationer og autonomi, og i jo højere grad, disse følelser er til stede, desto mere vil individet trives i og dermed være indre motiveret for at deltage i aktiviteten (Ryan et al., 2000). Dermed øges chancen for fastholdelse over længere tid (Biddle et al., 2015; Owen et al., 2014).

*Achievement Goal Theory* (AGT) er en anden idrætspsykologisk teori, som er relevant for at forstå motivation, særligt oplevelsen af at føle sig kompetent. I AGT skelnes mellem mestrings- og resultatfokus. Forskning peger på, at særligt mestringsfokuserede miljøer har en positiv effekt på individers indre motivation (Curran et al., 2015; Ommundsen et al., 2010). Det har det, fordi der skabes flere muligheder for at opleve kompetence, og fordi det skaber mindre rivalisering og dermed bedre sociale relationer på holdet (Reinboth et al., 2004; Sarrazin et al., 2002). Modsat medfører resultatfokuserede miljøer et øget pres på udøverne, hvilket har en negativ effekt på trivsel og indre motivation (Duda, 2013; Sarrazin et al., 2002). Det gør det, fordi det går ud over relationerne på holdet samt spillernes oplevelse af kompetence og selvbestemmelse (Bartholomew et al., 2011; Ommundsen et al., 2010).

Forskning på området viser, at træneren ofte er omdrejningspunktet for det motivationelle miljø på holdet (Curran et al., 2015; Ntoumanis & Biddle, 1999). Empowering Coaching er et forskningsbaseret trænerudviklingsprogram med udgangspunkt i SDT og AGT (Duda, 2013). Programmet identificerer fem aspekter af træneradfærd, som er afgørende for det motivationelle miljø på et idrætshold. De første tre aspekter er mestringsfokus (fra AGT) samt autonomistøttende og socialtstøttende adfærd (inspireret af SDT). Disse kaldes empowering, fordi de fremmer muligheden for, at deltagerne i miljøet oplever kompetence, positive relationer og selvbestemmelse (Appleton et al., 2016). De sidste to aspekter, resultatfokus (AGT) og kontrollerende adfærd (SDT), kaldes disempowering, fordi de har vist sig at skabe mistrivsel og fald i motivation (Appleton & Duda, 2016).



Ovennævnte forskning omkring holdmiljø, motivation og fortsættelse blandt unge idrætsudøvere er i overvejende grad fra andre vestlige lande. Forklaringskraften af de fem aspekter af træneradfærd som er identificeret i *empowering coaching*, er endnu ikke undersøgt i longitudinelle studier af fortsættelse. Ligeledes er interaktionen mellem mestrings- og resultatfokus ikke undersøgt, hvilket i dette projekt muliggøres ved at bruge strukturelle ligningsmodeller. Årsager til frafaldet blandt unge i det særlige foreningsliv i Danmark er i meget lille grad undersøgt videnskabeligt, og der er ikke anvendt en motivationspsykologisk tilgang, som ellers i andre lande har kunnet forklare frafald. Derfor er der behov for at undersøge, hvordan det trænerskabte motivationelle miljø, influerer på unge udøveres motivation og fortsættelse på sigt, samt hvilke aspekter det er vigtigst, at trænere fokuserer på i skabelsen af et motiverende miljø i dansk ungdomsidræt.

Dette leder op til følgende overordnede hypotese for den motivationspsykologiske del af forskningsprojektet:

*Det trænerskabte motivationelle miljø har betydning for, hvorvidt danske idrætsudøvere i alderen 13-19 år motiveres af og fortsætter med foreningsidræt.*

Mere specifikt er hypoteserne, at:

- jo højere grad af mestringsfokus, autonomi og social støtte, jo højere grad af indre motivation og fortsættelse efter et år.
- jo højere grad af resultatfokus og kontrollerende adfærd, jo lavere grad af indre motivation og fortsættelse efter et år.
- den negative effekt af resultatfokus på motivation og fortsættelse kan forklares med, at det er forbundet med lavere mestringsfokus.
- sammenhængene mellem det motivationelle miljø og fortsættelse med idræt kan forklares med, at de tre psykologiske behov, som er afgørende for indre motivation, i højere grad opfyldes i idrætsmiljøer, der er empowering, og svækkes i idrætsmiljøer, der er disempowering.







## Målinger

Ved baseline måles følgende konstrukter via validerede spørgeskemainstrumenter, som vi har oversat og genvalideret på dansk på 1.762 unge fodboldspillere i DBU Sjælland og 548 unge idrætsudøvere på Oure Idræthøjskole (Elsborg et al., in prep.).

Konstrukt	Spørgeskemainstrument	Reference
Trivsel, og motivation i idrætten	Behavioural Regulation in Exercise Questionnaire	Markland & Tobin, 2004; Wilson et al., 2006
	The Basic Psychological Needs in Exercise Scale	Vlachopoulou et al., 2013; Markland et al., 2013
Intentioner om at fortsætte	Intention to Continue in sport	Qusted et al., 2013
Holdets motivationelle miljø	Coach-created Empowering and Disempowering Motivational Climate Questionnaire	Appleton et al., 2015

Desuden indsamles data om deltagernes alder, køn og niveau.

Et år senere udsendes et kort follow-up spørgeskema til deltagerne. Her indsamles data om, hvorvidt deltagerne stadig er aktive indenfor idrætten, om de har skiftet til anden klub, og om de har skiftet idræt (herunder også kommerciel og selvorganiseret idræt), samt begrundelser for at de evt. er stoppet/skiftet.

## Statistiske analyser

På baggrund af vores pilotprojekter, hvor vi anvendte forbundenes medlemsregistre til at rundsende elektroniske spørgeskemaer til unge idrætsudøvere, regner vi med en besvarelsesprocent på ca. 50 % ved første dataindsamling ( $N=ca. 175.000$ ) og heraf igen 75 % ved followup et år efter ( $N=ca. 131.000$ ) fordelt på ca. 2.000 foreninger. Da  $R^2$  for de centrale forklarende variable er mellem 10 % og 40 % i lignende udenlandske undersøgelser (f.eks. Appleton et al., 2015; Owen et al., 2014) vil projektet have rigeligt statistisk power til at påvise de sammenhænge, som er af relevant betydning i praksis.

Repræsentativiteten af stikprøverne i undersøgelsen undersøges via en frafaldsanalyse, som sammenligner undersøgelsens respondenter med hele populationen af unge udøvere i forbundenes og foreningernes registre angående alder, køn og niveau. Sker der frafald af hele foreninger, sammenlignes disse foreninger med de deltagende angående karakteristika som størrelse og niveau.

Validiteten af de psykometriske målinger undersøges ved konfirmatorisk faktoranalyse (CFA) og pålideligheden undersøges ved at udregne Cronbachs alfa værdier. Sammenhænge mellem faktorer i idrætsmiljøet, udøvernes oplevelser og trivsel samt udøvernes frafald efter et år undersøges i stiganalyse (path and mediation analysis) i multilevel strukturelle ligningsmodeller (multilevel SEM). SEM modeller og CFA validering udføres i R package lavaan (Rosseel, 2012), mens cronbachs alpha værdier udregnes i R Package Psy (Falissard, 2012).

## Etiske overvejelser

Deltagelse i projektet er frivillig, og alle vil kunne trække sig når som helst. Alle data vil blive anonymiseret ved at bruge ID-koder i datasættene. Nøglefiler, som forbinder ID koder med navne og e-mails, vil under projektet blive opbevaret i et separat sikret drev på Institut for Idræt og Ernæring. Der vil i spørgeskemaerne ikke spørges til følsomme emner som f.eks. religion eller seksualitet. Inden projektets opstart ansøges videnskabsetisk komite og datastyrelsen om godkendelse.

## Formidling og praktisk forankring

Projektet vil skabe viden, som er relevant for mange af de nuværende og eventuelt nye indsatsrettede mod at mindske frafaldet fra idræt blandt unge (f.eks. DGI's Unge-Taskforce og DIF's Idrætsmiljø for Unge).

Resultaterne vil blive anvendt til udvikling af træneruddannelser i forbundene, som med den nye viden i højere grad kan beskrive, hvad der kendetegner et idrætsmiljø og træneradfærd, som fremmer unges trivsel, motivation og fortsættelse, samt ikke mindst hvordan man opnår dette.

Resultaterne fra undersøgelsen, samt anbefalinger til praksis som kan udledes af disse, vil blive formidlet i DIF's og DGI's medlemsblade og hjemmesider samt i de involverede specialforbunds medlemsblade og hjemmesider. Der vil i samarbejde med DIF og DGI udgives en populærformidlende pjece, som beskriver undersøgelsens resultater, og de tiltag og praksisser som undersøgelsen viser, kan skabe et mere motiverende trivselsfremmende idrætsmiljø for unge. Der udgives fire videnskabelige artikler omhandlende projektets metoder og resultater.

Ved projektets afslutning afholdes der i samarbejde med DIF og DGI et et-dags seminar på Sjælland og et i Jylland for foreningsidrættens trænere, ledere og politikere, hvor projektets resultater formidles efterfulgt af workshops omhandlende, hvordan deltagerne anvender dem i deres egen forening, og der afsluttes med diskussion af, hvordan anbefalingerne forankres i organisationerne og foreningerne, ikke mindst i de forbund og foreninger som ikke deltager i projektet i første omgang.





# Projektets realiserbarhed og organisation

Projektet ledes af lektor Glen Nielsen, som har tidligere erfaring med at lede lignende store forskningsprojekter og er ekspert i sammenhængen mellem børn og unges hverdagsliv og deres idrætsvaner. Projektet ligger i spændingsfeltet mellem idrætspsykologi og sundhedsfremme, og derfor trækkes på ekspert i statistik og anvendt idrætspsykologi Andreas Ivarsson fra Halmstads Universitet og Prof. Peter Bentsens ekspertise i sundhedsfremme, interventions og implementeringsforskning.

Forskergruppen, lektor Glen Nielsen, postdoc Peter Elsborg og lektor Johan Wikman, som skal gennemføre projektet, har tidligere arbejdet sammen om at anvende teoretiske begreber og psykometriske instrumenter fra idræts- og motivationspsykologien til at undersøge og forklare, hvad der fremmer befolkningens motivation og deltagelse i idræt og motion (se f.eks. Elsborg et al., 2017, Nielsen et al., 2014, Wikman et al., 2018). Derudover har de to forskere, som skal udføre det primære forsknings- og formidlingsarbejde, praktisk erfaring med at fremme trivsel og motivation på idrætshold gennem deres tidligere virke som praktiserende idrætspsykologiske konsulenter.

Projektet støttes af otte af de største idrætsforbund i Danmark – Dansk Boldspil Union, Dansk Svømmeunion, Danmarks Gymnastik Forbund, Badminton Danmark, Dansk Håndbold Forbund, Dansk Tennis Forbund og Dansk Ride Forbund (se uploadede støtteskrivelser). Deres rolle er primært at bistå rekrutteringen af foreninger og dermed deltagere til projektet. I projektets nationale advisory board sidder de to paraplyorganisationer for dansk foreningsidræt, Danmarks Idrætsforbund (DIF) og Danske Gymnastik og Idrætsforeninger (DGI). Deres rolle er især at bidrage til formidling af projektets resultater på to seminarer og gennem praktiske anbefalinger til trænerkurser og på deres hjemmesider.

Nedenstående figur illustrerer forskernes, forskerinstitutionernes og de involverede forbunds kombinerede ekspertiseområde, som sammen sikrer projektets realiserbarhed og formidlingsmæssige kvalitet.



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# **Bilag 1**

## **CV og publikationslister for projektgruppen**

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## Relevant Employment Positions

2016 - (present): Associate Professor, Department of Nutrition, Exercise and Sport, University of Copenhagen. Head of the research cluster: Physical activities during school and leisure, in the Section Sport, Individual and Society.  
2012 - 2016: Assistant Professor, Department of Nutrition, Exercise and Sport, University of Copenhagen. Head of the research cluster: Physical activities during school and leisure, in the Section Sport, Individual and Society.  
2011 - 2012: Research Fellow, Department of Exercise and Sport Sciences, University of Copenhagen.  
2009 - 2011: Part-Time Research Assistant, Department of Exercise and Sport Sciences, University of Copenhagen.  
2007 - 2011: PhD Candidate, Department of Exercise and Sport Sciences, University of Copenhagen. Researched children's daily physical activity using accelerometer and questionnaire data, as well as qualitative observation, sociological theory and statistical modelling.  
2006 - 2007: Project Manager for "Move@School", Folkesundhed København.  
2006 - 2007: Part-Time High-School Teacher, Psychology, Brøndby Gymnasium.  
2004 - 2006: Research Assistant for the APPLE Study, University of Otago, New Zealand.  
2004 - 2004: Part-Time School Teacher, Danish-Moroccan School, Copenhagen.  
2000 - 2004: Part-Time Physical Education Teacher, Danish Police Academy, Copenhagen.

## Selected research areas and professional tasks

- Head of research cluster: Daily physical activities among children and youth, in the Section Sport, Individual and Society at NEXS, KU.
- Current research projects:  
ASFALT: Programme and effect evaluation of street sports activities led by youth peer leaders in less advantaged neighbourhoods.  
DAPL. Investigating and measuring physical literacy and its health-related correlates in Danish children.
- Previous research projects:  
'TEACHOUT' (TrygFonden) - Research into the influence of udeskole (Education outside the classroom) on children's physical activity, social interaction, wellbeing, motivation and learning using interdisciplinary perspectives.  
Copenhagen Centre for Team Sport and Health (Nordeafonden) - Research on the effects of team sports and games on motivation, and wellbeing for different public health target groups. (2009-2014) Evaluation of the project "Klar, Parat – Husum.
- Supervisor & examiner: Teaching and supervising of university students at all levels (Bachelor, Masters and PhD).
- Professional Memberships: International Physical Activity and the Environment Network. Active Living Technologies. Dansk Sociologiforening. Vidensråd for forebyggelse, Arbejdsgruppe om børns fysiske aktivitet.

### Publications in peer-reviewed journals (2015-2019)

- Otte, C. R., Bølling, M., Elsborg, P., **Nielsen, G.**, & Bentsen, P. (2019). Teaching maths outside the classroom: does it make a difference? *Educational Research*, 61(1), 38-52. <https://doi.org/10.1080/00131881.2019.1567270>
- Bølling, M., Niclasen, J., Bentsen, P., & **Nielsen, G.** (2019). Association of education outside the classroom and pupils' psychosocial well-being: Results from a school year implementation. *Journal of School Health*, 89(3), 210-218. <https://doi.org/10.1111/josh.12730>
- Nielsen, S. F., **Nielsen, G.**, Ottesen, L., & Thing, L. F. (2018). No structure without culture? A survey study of 15-19 year olds' practices, preferences and perceptions of physical activity in a Danish upper secondary school. *Young*, 26(5), 444-464. <https://doi.org/10.1177/1103308817734456>
- Bølling, M., Otte, C.R., Elsborg, P., **Nielsen, G.**, & Bentsen, P. (2018). The Association between education outside the classroom and students' School Motivation: Results from a one-school-year quasi-experiment. *The International Journal of Educational Research*, 89, 22-35. DOI: 10.1016/j.ijer.2018.03.004
- Wikman, J. M., Elsborg, P., **Nielsen, G.**, Seidelin, K., Nyberg, M. P., Bangsbo, J., ... Elbe, A-M. (2018). Are team sport games more motivating than individual exercise for middle-aged women? A comparison of levels of motivation associated with participating in floorball and spinning. *Kinesiology*, 50(1), 34-42. [6391].
- Schneller, M. B., Duncan, S., Schipperijn, J., **Nielsen, G.**, Mygind, E., & Bentsen, P. (2017). Are children participating in a quasi-experimental education outside the classroom intervention more physically active? *B M C Public Health*, 17, [523]. DOI: 10.1186/s12889-017-4430-5
- Elsborg, P., Wikman, J. M., **Nielsen, G.**, Tolver, A., & Elbe, A-M. (2017). Development and initial validation of the volition in exercise questionnaire (VEQ). *Measurement in Physical Education and Exercise Science*, 21(2), 57-68.
- Elbe, A-M., Wikman, J. M., Zheng, M., Larsen, M. N., **Nielsen, G.**, & Krstrup, P. (2017). The importance of cohesion and enjoyment for the fitness improvement of 8-10 year old children participating in a team and individual sport school-based physical activity intervention. *European Journal of Sport Science*, 17(3), 343-350. <https://doi.org/10.1080/17461391.2016.1260641>
- Elsborg, P., Wikman, J. M., **Nielsen, G.**, Tolver, A., & Elbe, A-M. (2017). Development and initial validation of the volition in exercise questionnaire (VEQ). *Measurement in Physical Education and Exercise Science*, 21(2), 57-68. DOI: 10.1080/1091367X.2016.1251436
- Schneller, M. B., Schipperijn, J., **Nielsen, G.**, & Bentsen, P. (2017). Children's physical activity during a segmented school week: results from a quasi-experimental education outside the classroom intervention. *International Journal of Behavioral Nutrition and Physical Activity*, 14, [80]. <https://doi.org/10.1186/s12966-017-0534-7>
- Schneller, M. B., Bentsen, P., **Nielsen, G.**, Brønd, J. C., Ried-Larsen, M., Mygind, E., & Schipperijn, J. (2017). Measuring children's physical activity: Compliance using skin-taped accelerometers. *Medicine and Science in Sports and Exercise*, 49(6), 1261-1269. <https://doi.org/10.1249/MSS.0000000000001222>
- Nielsen, G.**, Mygind, E; Bølling, M; Schneller, M.B; Otte, C R; Schipperijn, J; Ejbye-Ernst, N; Bentsen, P. (2016). A quasi- experimental cross-disciplinary evaluation of the impacts of education outside the classroom on pupils' physical activity, well-being and learning: the TEACHOUT study protocol. *BMC Public Health*, 16, [1117]. DOI: 10.1186/s12889-016-3780-8



Bangsbo, J, Krstrup, P, Duda, J, Hillman, C, Andersen, LB, Weiss, M, Williams, CA, Lintunen, T, Green, K, Hansen, PR, Naylor, P-J, Ericsson, I, **Nielsen, G**, Froberg, K, Bugge, A, Lundbye-Jensen, J, Schipperijn, J, Dagkas, S, Agergaard, S, von Seelen, J, Østergaard, C, Skovgaard, T, Busch, H & Elbe, A-M (2016). 'The Copenhagen Consensus Conference 2016: Children, youth, and physical activity in schools and during leisure time', *British Journal of Sports Medicine*, bind 50, nr. 19, s. 1177-1178.  
<https://doi.org/10.1136/bjsports-2016-096325>

Elbe, A-M., Rasmussen, C. P., **Nielsen, G.**, & Nordsborg, N. B. (2016). High intensity and reduced volume training attenuates stress and recovery levels in elite swimmers. *European Journal of Sport Science*, 16(3), 344-349. <https://doi.org/10.1080/17461391.2015.1028466>

Nielsen, G., Bugge, A., & Andersen, L. B. (2016). The influence of club football on children's daily physical activity. *Soccer and Society*, 17(2), 246-258. <https://doi.org/10.1080/14660970.2015.1082754>

### **Non peer-reviewed publications (book chapters and reports)**

Pedersen B.K., Andersen L.B., Bugge A., **Nielsen G.**, Overgaard, K., Roos E., von Seelen J. (2016). Fysisk aktivitet læring, trivsel og sundhed i folkeskolen. København: Vidensråd for Forebyggelse. 1-124.

Bugge, A, Elbe, A-M, Hillman, C, Østergaard, C, Williams, CA, **Nielsen, G**, Busch, H, Ericsson, I, Schipperijn, J, Bangsbo, J, Lundbye-Jensen, J, von Seelen, J, Duda, J, Froberg, K, Green, K, Andersen, LB, Weiss, M, Naylor, P-J, Krstrup, P, Hansen, PR, Agergaard, S, Dagkas, S, Lintunen, T & Skovgaard, T 2016, Børn, Unge og Fysisk Aktivitet: en Konsensuskonference. Center for Holdspil og Sundhed, Institut for Idræt og Ernæring, Københavns Universitet, København.

**Nielsen, G.** (2016). At sætte tal på idræt som socialt fænomen - introduktion til kvantitativ metode. I L. F. Thing, & U. Wagner (red.), *Grundbog i Idrætssociologi* (2. udg., s. 229-238). København: Munksgaard.

**Nielsen, G.**, & Wagner, U. (2016). Giddens' strukturteori og idrætten i moderniteten. I L. F. Thing, & U. Wagner (red.), *Grundbog i Idrætssociologi* (2. udg., s. 71-85). København: Munksgaard.

**Nielsen, G.**, & Schipperijn, J. (2015). Accelerometermåling af fysisk aktivitet. In L.F. Thing, & L. Ottesen (eds.), *Metoder i Idræts- og Fysioterapiforskning* (2. ed., pp. 272-289). Chapter 16. Copenhagen: Munksgaard.

**Nielsen, G.** (2015). Deskriptiv statistik. In L.F. Thing, & L. Ottesen (eds.), *Metoder i Idræts- og Fysioterapiforskning* (2. ed., pp. 356-369). Chapter 21. Copenhagen: Munksgaard.

**Nielsen, G.** (2015). Statistisk analyse af sammenhænge. In L.F. Thing, & L. Ottesen (eds.), *Metoder i Idræts- og Fysioterapiforskning* (2. ed., pp. 370-388). Chapter 22. Copenhagen: Munksgaard

Østergaard, C., & **Nielsen, G.** (2015). Anvendelse af peer-feedback i kurset "Idræt, Individ og Samfund". I L. Ulriksen, & J. Sølberg (red.), *Improving University Science Teaching and Learning: Pedagogical Projects 2014* (s. 245-260). Copenhagen: Department of Science Education, University of Copenhagen. *Improving University Science Teaching and Learning - Pedagogical Projects*, Nr. 1-2, Bind. 7

# Peter Bentsen

## Personal details

Date of birth: 31.03.75  
Work place: Steno Health Promotion Research, Steno Diabetes Center Copenhagen, the Capital Region of Denmark  
Title: Senior Researcher, Team Leader, Affiliated Professor  
Tel.: +45 30 91 28 71  
E-mail: peter.bocz.bentsen@regionh.dk

## Academic qualifications

2010: PhD in Education, Health Promotion and Landscape Management, University of Copenhagen, Danish Centre for Forest, Landscape and Planning, and Department of Exercise and Sport Sciences.  
2004: MSc in Exercise and Sport Sciences and Psychology, University of Copenhagen, Department of Exercise and Sport Sciences.

## Selected positions held

2018 - present: Affiliated Professor, University of Copenhagen.  
2016 - present: Team Leader, Children and Schools, Prevention Research Group, Health Promotion Research, Steno Diabetes Center Copenhagen.  
2012 - present: Senior Researcher, Health Promotion Research, Steno Diabetes Center Copenhagen.  
2012: Postdoctoral Research Fellow, Steno Health Promotion, Steno Diabetes Center Copenhagen.  
2011 - 2012: Assistant Professor (tenure track), University of Copenhagen, Danish Centre for Forest, Landscape and Planning.  
2010 - 2011: Postdoctoral Research Fellow, University of Copenhagen, Danish Centre for Forest, Landscape and Planning.  
2006 - 2010: PhD Fellow, University of Copenhagen, Danish Centre for Forest, Landscape and Planning. Education, Health Promotion, and Landscape Management.  
2004 - 2006: Teaching Assistant Professor / Lecturer, University of Copenhagen, Department of Exercise and Sport Sciences.

## Selected research areas and professional tasks

Peter's research and development projects are quite broad and cross-disciplinary, but has generally focused on 'people, places, and pedagogies' in relation to health and education issues in the interface between the health, social and human sciences. Currently, Peter's main research areas are health promotion and education with a primarily focus on prevention and reduction of obesity and non-communicable diseases in a life course and settings perspective, and development and evaluation of 'real-world' complex interventions. At present, the various strands of Peter's research have come together in related multiannual cross-disciplinary research projects and intervention studies, which he head as PI or co-PI; TEACHOUT, Nature Families, Danish Assesment of Physical Literacy and ASPHALT. Peter is mentor for four postdocs, supervisor for three PhD students, and supervisor for several master thesis students from Danish universities.

### Publications in peer-reviewed journals (2015-2019)

- Stevenson, M.P., Dewhurst, R., Schilhab T., & **Bentsen, P.** (2019). Cognitive restoration in children following exposure to nature: Evidence from the Attention Network Task and mobile eye tracking [accepted in *Frontiers in Psychology*, section Environmental Psychology].
- Passy, R., **Bentsen, P.**, Ho, S., & Gray, T. (2019). Integrating outdoor learning into the curriculum: an exploration of work in four nations. *Curriculum Perspectives*, 39(1), 73-78.
- Mygind, L., Kryger, T.B, Sidenius, G., Schipperijn, J., & **Bentsen, P.** (2019). A school excursion to a museum can promote physical activity behaviors in children by integrating movement in curricular activities. *European Physical Education Review*, 25(19), 35-47.
- Bentsen, P.**, Bonde, A.H., Schneller, M.B., Danielsen, D., Bruselius-Jensen, M., & Aagaard-Hansen, J. (2018). Danish 'add'-in school-based health promotion: integrating health in curriculum time [accepted in *Health Promotion International*].
- Christensen, J.H., Møller, S.R., Sjøgaard, C.P., Bloch, P., Klinker, C.D., Aagaard-Hansen, J., & **Bentsen, P.** (2019). Health in All local Policies: lessons learned on intersectoral collaboration in a community-based health promotion network in Denmark. *International Journal of Health Planning and Management*, 34(1), 216-231.
- Otte, C.R., Bølling, M., Nielsen, G., & **Bentsen, P.** (2019). Teaching maths outside the classroom: does it make a difference? *Educational Research*, 61(1), 38-52.
- Otte, C.R., Bølling, M., Stevenson, M.P., Ejbye-Ernst, N., Nielsen, G., & **Bentsen, P.** (2018). Education outside the classroom increases children's reading competencies: results from a one-year quasi-experimental study [accepted in *International Journal of Educational Research*].
- Stevenson, M.P., Schilhab, T. & **Bentsen, P.** (2018). Attention Restoration Theory II: A Systematic Review to Clarify Attention Processes Affected by Exposure to Natural Environments. *Journal of Toxicology and Environmental Health: Part B: Critical Reviews*, 21(4), 227-268.
- Barfod, K. & **Bentsen, P.** (2018). Don't ask how outdoor education can be integrated into the school curriculum; ask how the school curriculum can be taught outside the classroom. *Curriculum Perspectives*, 38(2), 151-156.
- Mygind, L., Stevenson, M.P., Liebst, L., Konvalinka, I., & **Bentsen, P.** (2018). Stress response and cognitive performance modulation in classroom versus natural environments: A quasi-experimental pilot study with children. *International Journal of Environmental Research and Public Health*, 15(6), 1098.
- Schilhab, T., Stevenson, M.P., & **Bentsen, P.** (2018). Contrasting screen-time and green-time: A case for using smart technology and nature to optimize learning processes [accepted in *Frontiers in Psychology*, section Educational Psychology, 9, 773].
- Bølling, M., Niclasen, J., **Bentsen, P.**, & Nielsen, G. (2019). Association of Education Outside the Classroom and Pupils' Psychosocial Well-being: Results From a School Year Implementation. *Journal of School Health*, 89(3), 210-218.
- Bølling, M., Otte, C.R., Elsborg, P., Nielsen, G., & **Bentsen, P.** (2018). The association between education outside the classroom and students' school motivation: Results from a one-school-year quasi-experiment. *International Journal of Educational Research*, 89, 22-35.
- Bølling, M., Otte, C.R., Elsborg, P., Nielsen, G., & **Bentsen, P.** (2018). The effectiveness of a one year education outside the classroom intervention on pupils' school motivation. *International Journal of Educational Research* [accepted].



- Bølling, M., Niclasen, J., **Bentsen, P.**, & Nielsen, G. (2018). The Association of Education Outside the Classroom and Pupils' Psychosocial Well-being: Results From a One School Year Implementation. *Journal of School Health* [accepted].
- Bølling, M., Hartmeyer, R. & **Bentsen, P.** (2017). Seven place-conscious methods to stimulate interest in science learning outside the classroom. *Education 3-13* [accepted].
- Hartmeyer, R., Stevenson, M. & **Bentsen, P.** (2017). A systematic review of concept mapping-based formative assessment processes in primary and secondary science education. *Assessment in Education: Principles, Policy & Practice* [accepted].
- Mygind, L. & **Bentsen, P.** (2017). Reviewing automated sensor-based visitor tracking studies: beyond traditional observational methods? *Visitor Studies*, 20(2), 202-217.
- Mygind, L., Kryger, T.B, Sidenius, G., Schipperijn, J., & **Bentsen, P.** (2017). A school excursion to a museum can promote physical activity behaviors in children by integrating movement in curricular activities. *European Physical Education Review* [accepted].
- Hartmeyer, R., Bølling, M. & **Bentsen, P.** (2017). Approaching multidimensional forms of knowledge through Personal Meaning Mapping in science integrating teaching outside the classroom. *Instructional Science*, 45(6), 737-750.
- Schneller, M.B., Schipperijn, J., Nielsen, G., & **Bentsen, P.** (2017). Children's physical activity during a segmented school week: results from a quasi-experimental education outside the classroom intervention. *International Journal of Behavioral Nutrition and Physical Activity*, 14: 80.
- Schneller, M.B., Duncan, S., Schipperijn, J., Nielsen, G., & Mygind, E., & **Bentsen, P.** (2017). Are children participating in a quasi-experimental education outside the classroom intervention more physically active? *BMC Public Health*, 17, 523.
- Schneller, M.B., **Bentsen, P.**, Nielsen, G., Brønd, J.C., Ried-Larsen, M., Mygind, E., & Schipperijn, J. (2017). Measuring Children's Physical Activity: Compliance Using Skin-taped Accelerometers. *Medicine & Science in Sports & Exercise*, 49(6), 1261-1269.
- Stevenson, M., Hartmeyer, R., & **Bentsen, P.** (2017). Systematically reviewing the potential of concept mapping technologies to promote self-regulated learning in primary and secondary science education *Educational Research Review*, 21, 1-16.
- Hartmeyer, R., Stevenson, M. & **Bentsen, P.** (2016). Evaluating design-based formative assessment practices in outdoor science teaching. *Educational Research*, 58(4), 420-441.
- Jourdan, D., Christensen, J.H., Darlington, E., Bonde, A.H., Bloch, P., & **Bentsen, P.** (2016). The involvement of young people in school- and community-based noncommunicable disease prevention interventions: a scoping review of designs and outcomes. *BMC Public Health*, 16, 1123.
- Nielsen, G., Mygind, E., Bølling, M., Otte, C.R., Schneller, M.B., Ejbye-Ernst, N., Schipperijn, J., & **Bentsen, P.** (2016). A quasi-experimental cross-disciplinary evaluation of the impacts of Education Outside the Classroom on pupils' physical activity, well-being and learning: The TEACHOUT study protocol. *BMC Public Health*, 16, 1117.
- Barfod, K., Ejbye-Ernst, N., Mygind, L. & **Bentsen, P.** (2016). Increased provision of udeskole in Danish schools: an updated national population survey. *Urban Forestry & Urban Greening*, 20(1), 277-281.
- Mygind, L., **Bentsen, P.**, Badland, H., Edwards, N., Hooper, P., & Villanueva, K (2016). Public open space desktop auditing tool – Establishing appropriateness for use in regional and urban settings. *Urban Forestry & Urban Greening*, 20(1), 65-70.
- Waite, S., Bølling, M. & **Bentsen, P.** (2015). Comparing apples and pears?: a conceptual framework for understanding forms of outdoor learning through comparison of English Forest Schools and Danish udeskole. *Environmental Education Research* , 22(6), 868-892.

- Christensen, J.H., Bønnelycke, J., Mygind, L., & **Bentsen, P.** (2016). Museums and science centres for health: from scientific literacy to health promotion. *Museum Management and Curatorship*, 31(1), 17-47.
- Mygind, L. Hällman, A.K. & **Bentsen, P.** (2015). Bridging gaps between intentions and realities: a review of participatory exhibition development in museums. *Museum Management and Curatorship*, 30(2), 117-137.
- Christensen, J.H., Mygind, L. & **Bentsen, P.** (2015). Conceptions of place: approaching space, children and physical activity. *Childrens Geographies*, 13(5), 589-603.
- Axelsen, L.V., Mygind, L. & **Bentsen, P.** (2015). Designing with Children: A Participatory Design Framework for Developing Interactive Exhibitions. *Journal of the Inclusive Museum*, 7(1), 1-16.
- Bentsen, P.**, Grabowski, D. & Joensen, L.E. (2015). Et positivt syn på sundhed [A positive view on health]. In: Jensen, B.B., Willaing, I. & Andersen, J. (Eds.). Når sundheden skal frem. Fem principper, der sætter kursen for Sundhedsfremmeforskningen på Steno Diabetes Center [Principled Promotion of Health: five guiding principles for Health Promotion Research at Steno Diabetes Center]. *Steno Diabetes Center A/S*, 18-33.

### Book chapters (2015-2019)

- Bentsen, P.**, Grabowski, D. & Joensen, L.E. (2015). A positive view on health. In: Jensen, B.B., Willaing, I. & Andersen, J. (Eds.). *Principled Promotion of Health: five guiding principles for Health Promotion Research at Steno Diabetes Center*. *Steno Diabetes Center A/S*, 18-33.
- Bentsen, P.** (2016). "Udeskole" in Dänemark. Von einer „Bottom-up-“ zu einer „Top-Down-Bewegung“. In: von Au, J. & Gade, U. (Eds.). *Raus aus dem Klassenzimmer. Outdoor Education als Unterrichtskonzept*. Weinheim: Beltz Verlagsgruppe, 50-64.
- Bentsen, P.**, Ho, S., Gray, T., & Waite, S. (2017). Chapter 4: A global view of learning outside the classroom. In: Waite, S. (Ed.). *Children learning outside the classroom. From birth to eleven*. London: Sage, 53-66.
- Bentsen, P.** & Stevenson, M.P. (2017). Udeskole: education outside the classroom in a Danish context. In: Huang, M.T. & Ho, C.J. (Eds.). *The Budding and Blooming of Outdoor Education in Diverse Global Contexts* [translated and published in Mandarin]. New Taipei City: National Academy for Educational Research, 63-90.
- Ejbye-Ernst, N. & **Bentsen, P.** (2017). Pædagogiske værdier [Pedagogical values]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). *Udeskoledidaktik – for lærere og pædagoger* [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, 15-35.
- Ejbye-Ernst, N. & **Bentsen, P.** (2017). Udeskole og læring [Udeskole and learning]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). *Udeskoledidaktik – for lærere og pædagoger* [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, 35-61.
- Ejbye-Ernst, N. & **Bentsen, P.** (2017). Teorier om videnformer og hukommelse – Erkendelsesmæssige overvejelser rettet mod udeskole [Theories about forms of knowledge and memory: epistemological considerations in relations to udeskole]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). *Udeskoledidaktik – for lærere og pædagoger* [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, p. 61-73.
- Barfod, K., Ejbye-Ernst, N. & **Bentsen, P.** (2017). Didaktik [Didactics]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). *Udeskoledidaktik – for lærere og pædagoger* [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, p. 73-105.

- Ejbye-Ernst, N. & **Bentsen, P.** (2017). Udeskole-slogans i et begejstret felt – Fem ideer om udeskole i den danske udeskoled debat [Udeskole slogans in an excited field: five ideas about udeskole in the Danish udeskole debate]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). Udeskoledidaktik – for lærere og pædagoger [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, p. 105-113.
- Bentsen, P.** & Ejbye-Ernst, N. (2017). Forskning i udeskole [Research on udeskole]. In: Ejbye-Ernst, N., Barfod, K., Bentsen, P. (2017). Udeskoledidaktik – for lærere og pædagoger [Udeskole didactics – for teachers and pedagogues]. Copenhagen: Hans Reitzels Forlag. Copenhagen: Hans Reitzels Forlag, p. 113-135.
- Bentsen, P.**, Bølling, M., Mygind, L., Stevenson, M.P., & Mygind, E. (2018). Greening education: outdoor learning in natural settings as a school-based health promotion approach for children and young people. In: MacIntyre, T. & Donnely, A.A. (Eds.). Physical Activity in Natural Settings: Green Exercise and Blue Mind [submitted for publication September 2018]. Routledge.
- Bentsen, P.**, Mygind, E., Barfod, K., & Stevenson, M.P. (2018). Udeskole: education outside the classroom in a Danish context. In: Huang, M.T. & Ho, Y.C.J. (Eds). The Budding and Blooming of Outdoor Education in Diverse Global Contexts [will published in September 2018]. New Taipei City: National Academy for Educational Research, 82-114.

# Andreas Ivarsson

## Personal details

Name: Carl Åke Andreas Ivarsson  
Date of birth: 04.01.84  
Work place: School of Health and Welfare, Halmstad University and Norwegian School of Sport Sciences  
Title: Associate Professor (Docent) in Psychology  
Tel.: +46 735-452172  
E-mail: [Andreas.Ivarsson@hh.se](mailto:Andreas.Ivarsson@hh.se)

## Academic qualifications

2015 PhD in Psychology from the Department of Psychology, Linnaeus University, Sweden  
2008 M.Sc. Psychology, School of Health and Welfare, Halmstad University  
2007 B.Sc. Psychology, School of Health and Welfare, Halmstad University

## Selected positions held

2017 – present: Statistical consultant (part time, temporary), Norwegian School of Sport Sciences  
2015 – present: Senior Lecturer in Psychology, School of Health and Welfare, Halmstad University  
2011 – 2015: PhD student, School of Health and Welfare, Halmstad University  
2010 – 2011: Lecturer, School of Health and Welfare, Halmstad University  
2010: Research assistant, School of Health and Welfare, Halmstad University  
2009 – 2010: Lecturer (temporary), School of Health and Welfare, Halmstad University  
2009 – 2010: Responsible for the Psychology laboratory, School of Health and Welfare, Halmstad University

## Selected research areas and professional tasks

- Project: The entering into adulthood – occupational patterns and individual prerequisites for young adults with intellectual disability in Sweden.
- Swedish National Centre for Research in Sports, project: Psychological predictors of sport injuries in women's soccer
- The Education University of Hong Kong: Dean's Research Fund, Project: Basic psychological need satisfaction, stress responses, and sport injuries among university athletes: A pilot study
- Swedish National Centre for Research in Sports, Project: Mindfulness-based intervention for injury prevention in soccer
- Swedish Soccer Associations Medical Board, Project: Female elite soccer players' experiences of psychological states prior- and post-ACL injury
- Swedish Soccer Associations Medical Board, Project: Psychological predictors of sport injuries in women soccer
- Swedish National Centre for Research in Sports, project: Health and well-being in Swedish soccer academies
- Total grants: 10 648 030 SEK for 13 Projects



### Publications in peer-reviewed journals (2015-2019)

- Li, C., **Ivarsson, A.**, Lam, L. T., & Sun, J. (2019). Basic psychological needs satisfaction and frustration, stress, and sports injury among university athletes: A four-wave prospective survey. *Frontiers in Psychology*. Manuscript accepted for publication. doi: 10.3389/fpsyg.2019.00665
- Kristiansen, E., **Ivarsson, A.**, Solstad, B., & Roberts, G. (2019). Motivational processes affecting the perception of organizational and media stressors among professional football players: A longitudinal mixed methods research study. *Psychology of Sport and Exercise*, *43*, 172-182.
- Josefsson, T., **Ivarsson, A.**, Gustafsson, H., Stenling, A., Lindwall, M., Tornberg, R., & Böröy, J. (2019). Effects of Mindfulness-Acceptance-Commitment (MAC) on sport-specific dispositional mindfulness, emotion regulation, and self-rated athletic performance in multiple-sport population: an RCT study. *Mindfulness*. doi:10.1007/s12671-019-01098-7
- Josefsson, T., Tornberg, R., Gustafsson, H., & **Ivarsson, A.** (2018). Practitioners' reflections of working with the Mindfulness-Acceptance-Commitment (MAC) approach in team sport settings. *Journal of Sport Psychology in Action*. Manuscript accepted for publication.
- Jordalen, G., Lemyre, N., Solstad, B., & **Ivarsson, A.** (2018). The role of self-control and motivation on exhaustion in youth athletes: A longitudinal perspective. *Frontiers in Psychology*, *9*, 2449.
- Ivarsson, A.**, & Stenling, A. (2018). Prediction of injury risk in sports. *Wiley StatsRef: Statistics Reference Online*. Manuscript accepted for publication.
- Ivarsson, A.**, Johnson, U., Karlsson, J., Börjesson, M., Häggglund, M., Andersen, M. B., & Waldén, M. (2018). Elite Female Footballers' Stories of Sociocultural Factors, Emotions and Behaviours Prior to Anterior Cruciate Ligament Injury. *International Journal of Sport and Exercise Psychology*. Advance online publication.
- Stenling, A., **Ivarsson, A.**, Gucciardi, D., & Lindwall, M. (2018). Exploring longitudinal measurement invariance and the continuum hypothesis in the Swedish version of the Behavioral Regulation in Sport Questionnaire (BRSQ): An exploratory structural equation modeling approach. *Psychology of Sport and Exercise*, *36*, 187-196.
- Bean, C., Forneris, T., **Ivarsson, A.**, & Solstad, B. E. (2018). Longitudinal associations between perceived program quality, basic needs support and basic needs satisfaction: A person-centered approach. *International Journal of Sport and Exercise Psychology*. Advance online publication.
- Nylandsted Jensen, S., **Ivarsson, A.**, Fallby, J., Dankers, S., & Elbe, A-M. (2018). Depression in Danish and Swedish elite football players and its relation to perfectionism and anxiety. *Psychology of Sport and Exercise*. Advance online publication.
- Pensgaard, A-M., **Ivarsson, A.**, Nilstad, A., Solstad, B., & Steffen, K. (2018). Psychosocial stress factors and their influence on acute and overuse injury risk in elite female football. *BMJ Open Sport & Exercise Medicine*. Advance online publication.
- Nylandsted Jensen, S., **Ivarsson, A.**, Fallby, J., & Elbe, A-M. (2018). Gambling behaviours among Danish and Swedish elite football players. *Journal of Clinical Sport Psychology*. Advance online publication.
- Li, C., **Ivarsson, A.**, Stenling, A., & Wu, Y. (2018). The dynamic interplay between burnout and sleep among elite blind soccer players. *Psychology of Sport and Exercise*, *37*, 164-169. doi: 10.1016/j.psychsport.2017.08.008
- Blomqvist, M., **Ivarsson, A.**, Carlsson, I-M, Sandgren, A., & Jormfeldt, H. (2018). Health risks among people with severe mental illness in psychiatric outpatient settings. *Issues in Mental Health Nursing*, *39*, 585-591. doi:10.1080/01612840.2017.1422200

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- Clement, D., **Ivarsson, A.**, Tranaeus, U., Johnson, U., & Stenling, A. (2018). Investigating the influence of intra-individual changes in perceived stress symptoms on injury risk in soccer. *Scandinavian Journal of Medicine and Science in Sports*, 28, 1461- 1466. doi: 10.1111/sms.13048
- Solstad, B. E., **Ivarsson, A.**, Haug, E., & Ommundsen, Y. (2017). Providing empowering and disempowering coach behaviors to young athletes: Effects of coaches' late-season well-being. *International Sport Coaching Journal*. Advance online publication.
- Johnson, U., & **Ivarsson, A.** (2017). Allvarliga idrottsskador hos svenska manliga akademifotbollsspelare: Är uppkomsten av dessa relaterade till upplevda stresssymptom och samtalsklimatet med fotbollstränaren? *Trender i Skandinavisk Idrettspsykologisk forskning*. Advance online publication.
- Lundkvist, E., Gustafsson, H., Davis, P., Holmström, S., Lemyre, P-N., & **Ivarsson, A.** (2018). Temporal relations across burnout dimensions in athletes. *Scandinavian Journal of Medicine & Science in Sports*, 28, 1215-1226. doi: 10.1111/sms.13000
- Billsten, J., Fridell, M., Holmberg, R., & **Ivarsson, A.** (2018). Organizational readiness for change (ORC) test used in the implementation of assessment instruments and treatment methods in a Swedish National study. *Journal of Substance Abuse Treatment*, 84, 9-16. doi: 10.1016/j.jsat.2017.10.004
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- Stenling, A., **Ivarsson, A.**, Hassmén, P., & Lindwall, M. (2017). Longitudinal associations between athletes' controlled motivation, ill-being and perception of controlling coach behaviors: A Bayesian latent growth curve approach. *Psychology of Sport and Exercise*, 30, 205-214. doi: 10.1016/j.psychsport.2017.03.002
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- Lindwall, M., **Ivarsson, A.**, Weman-Josefsson, K., Jonsson, L., Ntoumanis, N., Patrick, H.,...Teixeira, P. (2017). Stirring the motivational soup: within-person latent profiles of motivation in exercise. *International Journal of Behavioral Nutrition and Physical Activity*, 14, 1-12. doi: 10.1186/s12966-017-0464-4
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- Stenling, A., **Ivarsson, A.**, Johnson, U., & Lindwall, M. (2015). Bayesian Structural Equation Modeling in Sport and Exercise Psychology. *Journal of Sport & Exercise Psychology*, 37, 410-420. doi:10.1123/jsep.2014-0330
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- Kristén, L., **Ivarsson, A.**, Parker, J., & Ziegert, K. (2015). Future challenges for intervention research in health and lifestyle research – A systematic meta-literature review. *International Journal of Qualitative Studies in Health and Well-being*, 10. doi:10.3402/qhw.v10.27326
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- Leo, F. M., Gonzalez-Ponce, I., Sanchez-Miguel, P. A., **Ivarsson, A.**, & Garcia-Calvo, T. (2015). Role ambiguity, role conflict, team conflict, cohesion and collective efficacy in sport teams: A multilevel analysis. *Psychology of Sport and Exercise*, 20, 60-66. doi: 10.1016/j.psychsport.2015.04.009
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**Ivarsson, A.**, Stenling, A., Fallby, J., Johnson, U., Borg, E., & Johansson, G. (2015). The predictive ability of the talent development environment on youth elite football players' well-being: A person-centered approach. *Psychology of Sport and Exercise*, *16*, 15-23. doi: 10.1016/j.psychsport.2014.09.006

### **Non-peer review publications 2015 - 2019**

**Ivarsson, A.**, & Johnson, U. (2019). Idrottsskada och rehabilitering. In: M. Lindwall, A. Stenling & K. Weman Josefsson. *Motivation inom träning, hälsa och idrott – Ett självbestämmande perspektiv* (pp. 337-354). Lund: Studentlitteratur.

Johnson, U., & **Ivarsson, A.** (2018). Managing injuries among young athletes. In: C. J. Knight, C. G. Harwood, & D. Gould (Eds.), *Sport psychology for young athletes* (pp. 174- 184). London: Routledge.

Tranaeus, U., **Ivarsson, A.**, & Johnson, U. (2017). Stress and injuries in elite sport. In: R. Fuchs & M. Gerber (Eds.), *Handbuch Stressregulation und Sport*. Berlin, Germany: Springer-Verlag. doi: 10.1007/978-3-662-49411-0\_22-1

**Ivarsson, A.**, & Andersen, M. B. (2017). The researcher in loving care: Inter-relatedness behind a mindfulness and sport injury prevention study. In: S. Zizzi & M. B. Andersen (Eds.), *Being Mindful in Sport and Exercise Psychology* (pp. 215-229). Morgantown, WV: Fitness Information Technology

Stenling, A., **Ivarsson, A.**, & Lindwall, M. (2016). Cross-lagged panel modelling and latent growth curve modelling. In: N. Myers & N. Ntoumanis (Eds.), *An introduction to intermediate and advanced statistical analyses for sport and exercise scientists* (pp. 131- 154). New York, NY: Wiley.

Johnson, U., & **Ivarsson, A.** (2013). Stressors as antecedents to sport injuries: A psychological perspective. In: A. M. Columbus (Ed.), *Psychology of Injuries: Risk factors, perspectives and long-term implications* (pp. 88-102). New York, NY: Nova Science Publishers



# Johan Wikman

## Personal details

Date of Birth: 06.10.79  
Work place: Halmstad University  
Title: Assistant professor  
Tel: +45 60 67 77 86  
E-mail: jmwikman@gmail.com

## Academic qualifications

2015: Ph.D. in sport psychology. Project entitled Development of a Sport Psychological Training Program for Young Elite Athletes, University of Copenhagen.  
2008: M. Sc. Sports with minor in psychology, University of Copenhagen.

## Selected positions held

2017 – present: Assistant professor, Halmstad University.  
2013 – 2017: Academic officer at the Centre for Team Sports and Health, University of Copenhagen.  
2011 - 2013: High school teacher in physical education and psychology, and generic courses, Brøndby high school.  
2008-2011: Ph.D.-scholar with the project entitled Development of a Sport Psychological Training Program for Young Elite Athletes, University of Copenhagen.

## Selected research areas and professional tasks

- Involved in 14 research projects at the Center for Team Sports and Health, University of Copenhagen.
- The research project 10-20-30, University of Copenhagen.
- The research project Fodbold og sundhed (Football and health), University of Copenhagen.
- The research project Effekter af fodbold på hjemløse mænd (Effects of football on homeless men), University of Copenhagen.
- The research project Coaching af unge idrætstalenter (Coaching for young sports talents), University of Copenhagen.
- The research project Talentudvikling (Talent development), University of Copenhagen.
- The research project Development of a Sport Psychological Training Program for Young Elite Athletes, University of Copenhagen.
- The research project Barriers for physical activity, University of Copenhagen.
- Research funding – three of Johan's research projects has been funded by Team Denmark (300.000 DKr; 590.965 DKr; 946.936 DKr).

### Publications in peer-reviewed journals (2015-2019)

- Wikman, J. M.,** Elsborg, P., Nielsen, G., Seidelin, K., Nyberg, M., Bangsbo, J., ... Elbe, A.-M. (2018). Are team sport games more motivating than individual exercise for middle-aged women? A comparison of levels of motivation associated with participating in floorball and spinning. *Kinesiology*, 50(1).
- Hornstrup, T., **Wikman, J. M.,** Fristrup, B., Póvoas, S., Helge, E. W., Nielsen, S. H., ... Krstrup, P. (2017). Fitness and health benefits of team handball training for young untrained women—A cross-disciplinary RCT on physiological adaptations and motivational aspects. *Journal of Sport and Health Science*. <https://doi.org/10.1016/j.jshs.2017.09.007>
- Pedersen, M., Vorup, J., Nistrup, A., **Wikman, J. M.,** Alstrøm, J., Melcher, P., Pfister, G., & Bangsbo, J. (2017). Effects of team sports and resistance training on physical function, quality of life and motivation of elderly. *Scandinavian Journal of Medicine and Science in Sport*. Advance online publication. doi: 10.1111/sms.12823
- Wikman, J. M.,** Nistrup, A., Petersen, J. V., Pedersen, M. T., Melcher, P. G. S., Bangsbo, J., & Pfister, G. U. (2017). The effects of floorball training on health status, psychological health and social capital in older men. *AIMS Public Health*, 4, 364-382. 10.3934/publichealth.2017.4.364.
- Wikman, J. M.,** Stelter, R., Petersen, N. K., & Elbe, A. M. (2017). Effects of a team building intervention on social cohesion in adolescent elite soccer players. *Swedish Journal of Sport Research*.
- Elbe, A.-M., **Wikman, J. M.,** Zheng, M., Larsen, M. N., Nielsen, G., & Krstrup, P. (2016). The importance of cohesion and enjoyment for the fitness improvement of 8-10 year old children participating in a team and individual sport school-based physical activity intervention. *European Journal of Sport Science*, 17, 343-350. doi: 10.1080/17461391.2016.1260641
- Elsborg, P., **Wikman, J. M.,** Nielsen, G., Tolver, A., & Elbe, A.-M. (2016). Development and initial validation of the Volition in Exercise Questionnaire (VEQ). *Measurement in Physical Education and Exercise Science*. Advance online publication. doi:10.1080/1091367X.2016.1251436
- Wikman, J. M.,** Ryom, K. E., Stelter, R., & Elbe, A.M. (2016). Effects of school-based relaxation intervention on recovery in young elite athletes in high school. *Sport Science Review*, 25(3-4), 321-344. doi: 10.1515/ssr-2016-0011

### Contributions to conferences, books, non-peer reviewed journals, and reports 2015-2019

- Wikman, J. M.,** Ivarsson, A., Elsborg, P., Moesch, K., Hauge, M.-L. T., & Elbe, A.-M. (April, 2018). Early or late specialization in elite sports – an investigation of Danish racket sports participants' road to the top. In U. Johnson, L. Kristén, & M. Kondric (eds.), *Book of Abstracts: The Science and Practice of Racket Sports for Improved Performance and Health*. Halmstad, Sweden: Halmstad University Press.
- Elbe, A.-M. & **Wikman, J. M.** (2017). Psychological factors in developing performance athletes. In J. Baker, S. Cobley, J. Schorer, & N. Wattie (eds.), *Routledge handbook of talent identification and development in sport*. London, England: Routledge.
- Wikman, J. M.,** Elsborg, P., & Ryom, K. (2017). Psychological benefits of team sport. In D. Parnell & P. Krstrup (eds.), *Sport and health: Exploring the current state of play*. London, England: Routledge.
- Wikman, J. M.** (2015). Development of an evidence-based sport psychological training program for young elite athletes. Ph.D.-dissertation. Copenhagen : Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen.

# Peter Elsborg

## Personal details

Date of birth: 07.08.1986  
Work place: Steno Health Promotion Research, Steno Diabetes Center Copenhagen, the Capital Region of Denmark  
Title: Postdoctoral Research Fellow  
Phone: +45 51 92 12 49  
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## Academic qualifications

2017: PhD in Social Science of Sport and Exercise, University of Copenhagen, Department of Nutrition Exercise and Sport Sciences  
2013: MSc in Sport Sciences and Psychology, University of Copenhagen, Department of Nutrition Exercise and Sport Sciences  
2010: BSc in Sport and exercise science with a minor in psychology, University of Copenhagen, Department of Nutrition Exercise and Sport Sciences

## Selected positions held

2017 - present: Postdoctoral Research Fellow, Steno Health Promotion Research, Steno Diabetes Center Copenhagen, the Capital Region of Denmark  
2017 - 2017: Research assistant at University of Copenhagen, Department of Nutrition Exercise and Sports focusing on health promotion through a coaching intervention following a physical activity intervention.  
2013 - 2017: PhD-student at University of Copenhagen, Department of Nutrition Exercise and Sports focusing on motivational and self-regulatory factors related to sport and exercise participation in different target groups.  
2015 - 2017: Individual sport psychological consulting in Copenhagen Performance Consulting.  
2011 - 2013: Student assistant in the research department of Humanities and Social Sport Sciences, University of Copenhagen  
2013 - 2013: Internship at GAME assisting various projects aiming to promote health and well being in at risk children through street sport and games.  
2012 - 2013: High school teacher in sports both on level B and C, Hvidovre gymnasium.  
2008 - 2010: Ball specialized corps who are hired to teach everything from students to businesses for team-building in ball games.

## Selected research areas and professional tasks

Peter is a dynamic and committed researcher, teacher and presenter, educated MSc, with six years of experience from the University of Copenhagen. He has specific experience with and competence in research in the field of sport and exercise psychology and health promotion based on both qualitative and quantitative methods. Furthermore, he has extensive experience and competencies in teaching at the university level as well as dissemination in respected scientific journals.

### **Publications in peer-reviewed journals (2015-2019)**

- Elsborg, P.**, Bundgaard Nielsen, J., Pfister, G., Dümer, V., Jacobsen, A., Elbe, A.-M. (In press) How volition and motivation influence the difficult task of weight maintenance - A qualitative study. *Health Education*
- Bølling, M., Otte, C. R., **Elsborg, P.**, Nielsen, G., & Bentsen, P. (In press) The association of Education Outside the Classroom and Students' School Motivation: Results from a one year quasi-experiment. *International Journal of Educational Research*.
- Otte, C. R., Bølling, M., **Elsborg, P.**, Nielsen, G., & Bentsen, P. (2019). Teaching maths outside the classroom: does it make a difference?. *Educational Research*, 61(1), 38-52.
- Elbe, A.-M., **Elsborg, P.**, Dandanell, S. & Helge, J. W. (2019) Correlates and predictors of obesity specific quality of life of former participants of an Intensive Lifestyle Intervention. *Obesity Science & Practice*.
- Elsborg, P.** & Elbe A.-M. (2018) The importance of exercise specific volition and motivation for weight loss maintenance following an intensive lifestyle intervention. *Health Psychology*. 37(8), 759-766
- Wikman, J. M., **Elsborg, P.**, Nielsen, G., Seidelin, K., Nyberg, M., Bangsbo, J., Hellsten, Y., & Elbe, A.-M., (2018) Are team sport games more motivating than individual exercise for middle-aged women? A comparison of levels of motivation associated with participating in floorball and spinning. *Kinesiology*.
- Dandanell, S., Elbe, A.-M., Pfister, G., **Elsborg, P.**, & W, H. J. (2017). Relationship between volition, physical activity and weight loss maintenance: Study rationale, design, methods and baseline characteristics. *Scandinavian Journal of Public Health*
- Elbe, A.-M., Jensen, S. N., **Elsborg, P.**, Wetzke, M., Woldemariam, G. A., Huppertz, B., Ruprecht, K. Butch, A. W. (2016). The Urine Marker Test: An Alternative Approach to Supervised Urine Collection for Doping Control. *Sports Medicine*, 46(1), 15-22.
- Elsborg, P.**, Wikman, J. M., Nielsen, G., Tolver, A., & Elbe, A.-M. (2016). Development and Initial Validation of the Volition in Exercise Questionnaire (VEQ). *Measurement in Physical Education and Exercise Science*, 3, 1-12.
- Elsborg, P.**, Diment, G. M., & Elbe, A. M. (2015). Sport Psychology Consultants' Perceptions of Their Challenges at the London 2012 Olympic Games. *The Sport Psychologist*, 29(2), 183

### **Non peer-reviewed publications (book chapters and reports):**

- Wikman J. M., **Elsborg, P.**, & Ryom, K. (2017). Psychological Benefits of Team Sport. In Parnell, D. & Krustup, P. (eds.). *Sport and Health*.
- Diment, G., & **Elsborg, P.** (2015) Developing psychological skills on the football field. In N. Rossing, K. Ryom & K. Henriksen, K. (Eds.) *Talent development in sport: Reflexive organisations, good teams and strong athletes*. Aalborg, Denmark: Aalborg Universitetsforlag.



## **Bilag 2**

# **Hensigtserklæringer fra samarbejdspartnere**

## HENSIGSTERKLÆRING / DECLARATION OF INTENT

BRØNDBY, 5. APRIL 2019



Vi, Danmarks Idrætsforbund (DIF) bekræfter hermed at vi har interesse i og støtter op om forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DIF for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DIF's støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at facilitere formidlingen af projektets resultater gennem skriftligt og online materiale og oplæg ved relevante DIF-samlinger og kurser. Det er vores intention at interessen samt opbakning vil vare til projektets afslutning.

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We, Sports Confederation of Denmark (SCD), hereby confirm our interest in and support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to SCD in order to be able to create better conditions for and lessen the dropout among our young members.

The support of SCD will consist of feed-back and ideas concerning the purpose and expected output of the project as well as dissemination of the project results through written and online material and presentations at relevant SCD-gatherings and courses. We expect that this interest as well as support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Lise Toffi-Jørgensen  
Analytiker  
Danmarks Idrætsforbund

PROTEKTOR  
HENDES MAJESTÆT DRONNINGEN

## Hensigsterklæring / declaration of intent

Vi, DGI bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DGI for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DGI's støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at facilitere formidlingen af projektets resultater gennem skriftligt og online materiale og oplæg ved relevante DGI-samlinger og kurser. Denne interesse samt formelle støtte vil vare til projektets afslutning.

Angående finansiering er det DGI oplyst, at projektgruppen søger Kulturministeriets Forskningspulje. DGI ønsker løbende at blive orienteret om hvilke fonde eller finansieringskilder, som projektgruppen ansøger for at sikre koordinering i forhold til DGI's andre fundraising tiltag.

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We, DGI, hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

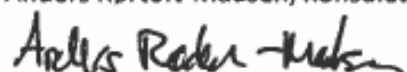
We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to DGI in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DGI will consist of feed-back and ideas concerning the purpose and expected output of the project as well as dissemination of the project results through written and online material and presentations at relevant DGI-gatherings and courses. We expect that this interest as well as formal support will run until the project is concluded.

Regarding financing, DGI stated that the project group is looking for the Ministry of Culture's Research Pool. DGI continuously wants to be informed about which funds or sources of funding the project group applies to ensure coordination in relation to DGI's other fundraising initiatives.

Med venlig hilsen / with kind regards,

Anders Rørtoft-Madsen, Konsulet, DGI Forening



## Hensigsterklæring / declaration of intent

Vi, DBU København (DBUK), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DBUK for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DBUKs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af DBUKs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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We, the DBU København (DBUK) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DBUK in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DBUK will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DBUK's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,

På vegne af DBU Københavns administrationschef, Jan Kristensen

Kristian Koefoed



Brøndby 2019.03.28

#### Hensigtserklæring / declaration of intent.

Research project: Continuation and dropout in youth sport – a study of psychological factors.

Badminton Danmark (BD) bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for BD for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

BD's støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af BD's medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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Badminton Denmark (BD) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the BD in order to be able to create better conditions for and lessen the dropout among our young members.

The support of BD will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of BD's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Bo Jensen

CEO, Badminton Denmark



## Hensigsterklæring / declaration of intent

Vi, Dansk Håndbold Forbund (DHF), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DHF for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DHFs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af DHFs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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We, the Danish Handball Association (DHA) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DHA in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DHA will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DHA's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Steen Rydal Jørgensen  
Udviklingschef  
Dansk Håndbold Forbund

## Danmarks Basketball-Forbund

Idrættens Hus – Brøndby Stadion 20 – 2605 Brøndby  
Tlf. +45 43 26 24 20 – Mail: info@dbbf.dk - www.basket.dk



Brøndby, 29. marts 2019

### Hensigsterklæring / declaration of intent

Vi, Danmarks Basketball Forbund (DBBF), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DBBF for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DBBFs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af DBBFs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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We, the Danish Basketball Federation (DBBF) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DBBF in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DBBF will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DBBF's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,

Thomas Johansen  
Head Of Development

A handwritten signature in blue ink, appearing to read 'Thomas Johansen', is written over the typed name and title.



## Hensigsterklæring / declaration of intent

Vi, Dansk Svømmeunion (SVØM), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for SVØM for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

SVØMs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af SVØMs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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We, the Danish Swim Association (DSA) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DSA in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DSA will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DSA's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Pia Holmen, Direktør

## Hensigtserklæring / declaration of intent

Vi, Dansk Gymnastik Forbund (DGF), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DGF for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DGFs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af DGFs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

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We, the Danish Gymnastics Association (DGA) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DGA in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DGA will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DGA's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Ditte Okholm-Naut, Direktør/Secretary General



## Hensigsterklæring / declaration of intent

Vi, Dansk Ride Forbund (DRF), bekræfter hermed vores interesse i og formelle støtte til forskningsprojektet "Fastholdelse og frafald i ungdomsidræt – et studie af psykologiske faktorer", ledet af Glen Nielsen, Københavns Universitet.

Vi er blevet præsenteret for projektets hovedtræk og finder det ønskværdigt at projektet gennemføres. Viden om årsagerne til unges frafald fra idræt er vigtig for DRF for at kunne skabe bedre forhold for og mindske frafaldet blandt vores unge medlemmer.

DRFs støtte til projekt vil bestå i sparring omkring forskningsprojektets formål og forventede produkt samt at formidle kontakt til de af DRFs medlemmer, som skal deltage i projektet. Denne interesse samt formelle støtte vil vare til projektets afslutning.

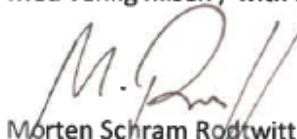
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We, the Danish Riding Association (DRA) hereby confirm our interest in and formal support to the research project "Continuation and dropout in youth sport – a study of psychological factors", led by Glen Nielsen, University of Copenhagen.

We have been presented for the main features of the project and find it desirable that the project is conducted. Knowledge about the reasons for youth dropout is important to the DRA in order to be able to create better conditions for and lessen the dropout among our young members.

The support of DRA will consist of feed-back and ideas concerning the purpose and expected output of the project as well as establishing contact to those of DRA's members that will be a part of the project. We expect that this interest as well as formal support will run until the project is concluded.

Med venlig hilsen / with kind regards,



Morten Schram Rodtwitt  
Generalsekretær