

STRATEGY
2016-2020



MOVING KNOWLEDGE FORWARD

NIH NORWEGIAN SCHOOL
OF SPORT SCIENCES

nih.no

Core values:

INTEGRITY

The Norwegian School of Sport Sciences is an independent and specialized university where education and research are part of an excellent academic tradition. Our credibility is based on independent research and academic pursuits of the highest standard. This to ensure that our competence and qualifications are up-to-date and reliable.

COMMITMENT

Our students and employees are committed and passionate about studying and researching physical activity and sport science. We remain curious and work together to be innovative in our education and research. Our shared identity creates a welcoming environment and allows us to further develop the Norwegian School of Sport Sciences as an important voice in our society.

OPENNESS

We enjoy an inclusive learning environment and encourage an open dialogue between students and staff. Everyone should be treated with respect and understanding. We follow the developments in our field of study closely and always look to cooperate with others, both nationally and internationally.

Mission

The Norwegian School of Sport Sciences was founded in 1968 as a specialized university and serves as the premier education and research institution of sport science in Norway. Our mission is to educate, investigate and present a broad range of topics within theoretical and practical sport science. This includes recreational sports, physical education in schools, outdoor life and other forms of organized and individually based physical activity. The NSSS employs an interdisciplinary approach to the education and the research of physical activity in humans; including children, youth, adults, seniors and individuals with physical disabilities.

Relevance

Our education and research programs aims to be of great relevance to our society. With an interdisciplinary approach to sports and physical activity, we contribute to the development of knowledge demonstrating the importance of physical activity for personal growth, learning and development. Physical activity can be a source of enjoyment, providing a feeling of accomplishment and a sense of being included at school, work and during leisure time. People are increasingly more aware of the importance of physical activity for health and its impact on quality of life. This scientifically-based knowledge offers an important base for developing good health policies. Research-based knowledge on performance development is the foundation for safe and successful elite-level sports. Studying sports as a part of our culture, offers a deeper understanding of our diverse society.

The Norwegian School of Sport Sciences aims during the 2016 – 2020 period:

- To be the leading national institution for the education, the research and the dissemination of sport science knowledge.
- To educate highly qualified and competent candidates who will contribute to the advancement of our society with their passion and knowledge of sport science.
- To conduct research in sport science of high international merit of great significance for our society.
- To be the most important contributor of sport science knowledge in Norway.
- To have an administrative and organizational structure supporting and facilitating the achievement of our education and research goals.
- The NSSS is committed to constantly improving the quality of its organization, characterized by openness, credibility and passion.



Education and learning environment – moving forward

The NSSS aims to deliver the best education within sport science in Norway. The NSSS offers cutting-edge and updated continuing education in sport science for teachers, administrators, coaches and researchers. The school's study catalogue includes both full-time studies and continuing studies in sport science. The study programs are research-based, challenging and relevant to the job market. Our candidates are competent and are key actors within physical education, sports, outdoor life and physical activity. Our candidates contribute to the importance and value of physical education, sports, outdoor life and physical activity within our society. Teachers and students demonstrate excellent work ethics. The university staff is committed to continually develop their academic

and pedagogical qualifications. NSSS invests in international collaborations to further develop our education and research programs. NSSS is characterized by academic staffs and students that are curious, inquisitive, structured and critical in their thinking.

Main objective: The Norwegian School of Sport Sciences aims to educate highly qualified and attractive candidates contributing to society with their passion and knowledge of sport sciences.

Secondary objectives:

1. To use effective education methods, excellent teachers and inspirational learning environments to recruit and educate highly qualified and motivated students.
2. To develop a study catalogue of high academic standard corresponding to qualifications sought after by society.
3. Our study programs are research-based and have a practical focus.

These objectives are operationalized through

- defining ambitious learning outcomes and providing for an excellent and positive study environment
- ensuring that all academic staff complete an advanced course on pedagogical skills for higher education, and rewarding excellence in teaching
- increasing the use of applied learning methods and cooperating with students to create an inclusive learning environment
- improving our collaboration with the key and relevant actors from the job market when developing study programs
- strengthening research and development at all educational levels
- developing relevant internships and improving the supervision offered to schools, sports organizations, health sector and public administration

Research and development – moving forward



The research conducted at NSSS includes the following

- training and the development of performance in recreational and elite-level sports
- physical activity and public health in a lifelong perspective
- physical education and physical activity in schools
- the social and cultural role of sports and outdoor life
- sport organization and management

The NSSS is at the forefront of all academic fields and contributes to the development of knowledge within all key areas of sports science research. The NSSS has the best researchers and PhD students in sport sciences. Quality and

relevance is assessed by articles in peer-reviewed journals, citations, international rankings and evaluations. Researchers and students produce critical and original work. Research at the NSS upholds high ethical and methodical standards. Education and research is combined to educate students about the importance of critical thinking when working on practical cases within their respective programs.

Main objective: Conduct research in sport sciences of high international standard that is highly relevant to society.

Secondary objectives:

1. To develop productive research environments characterized by an optimal motivational climate leading to excellent results.
2. Having a doctoral program following high international standards and recruiting the best research talents within the field of sports science.
3. Researchers at the Norwegian School of Sport Sciences seek national and international external funding agencies and develop strategic partnerships with leading international research institutions.

Current objectives will be accomplished by

- recruiting academic staff with excellent research qualifications
- rewarding researchers that are published in renowned scientific journals
- improving our supervision and management of academic staff
- inciting PhD students and researchers to present their work at international scientific conferences and supporting international research leaves
- having high standards for quality and scope of in doctoral theses
- strengthening our administrative support for researchers applying for external funding

Communication and public relations – moving forward

NSSS aims to use dissemination actively to promote research and education, contribute to a knowledge-based debate and create a foundation for implementing new knowledge. NSSS plays an independent and credible role in society while being present in the public discourse and political processes. NSSS represents the center of reference for any questions pertaining to the realm of sport sciences. The NSSS uses the necessary resources to ensure effective dissemination to the general population through all relevant channels. NSSS's is an important social actor through the participation of its staff in expert committees, boards and councils. NSSS stands out as a transparent, dynamic and accessible institution valuing excellent communication with collaborators, its stakeholders, and the job market.

Main objective: The Norwegian School of Sport Sciences aims to retain its role as the academic reference in sport science in Norway.

Secondary objectives:

1. To be recognized as the leading academic institution within sport science in Norway.
2. To play a significant role in society and be a sought after collaborator.
3. To be the source of reference and most cited academic institution within sport science in Norwegian media.

Objectives will be accomplished by

- improving communication with prospective, as well as existing and former students
- improving cooperation with potential employers and promoting our candidates' skills and qualifications
- presenting research results through appropriate channels, contributing and challenging public discourse
- improving communication and dissemination skills of staff members
- conducting extensive dissemination of knowledge
- promoting the relevance of our contribution to society through marketing and profiling campaigns





Organization and resources – moving forward

The NSSS aims to secure highly qualified staff and offer an optimal work environment characterized by openness and mutual respect across academic field and responsibilities. The collective environment of the NSSS is depicted by its sense of unity among co-workers, promoting interdisciplinary collaboration. The NSSS will actively promote gender equality and cultural diversity. Through its environmental policies and resource management systems, NSSS will provide a green campus and secure continuous growth and development. New and updated facilities will provide valuable modern technology, an optimal learning environment

and an excellent student community. The NSSS intends to be the library of reference on sport science in Norway. NSSS anticipates to develop lasting information and communication technology infrastructures. It will also systematically enforce HSE measures and emergency contingency plans.

Main objective: The Norwegian School of Sport Sciences aims to be a competent and effective organization supporting and strengthening its activities.

Minor objectives:

1. To have competent staff working in an environment promoting a sense of unity and development.
2. To have an effective organization designed to carry out our specific duties.
3. To have modern and functional infrastructures and Sport facilities in accordance with universal design

Objectives will be accomplished by

- recruiting competent and efficient staff and executives
- investing in the development of staff and executives
- promoting democratic processes, taking strategic decisions and implementing them
- improving internal communication, as well as knowledge and experience sharing
- continuously ensuring that the organizational structure and size of the NSSS are well adapted to its mission
- establishing a sustainable operating model and proactively upgrading infrastructures and buildings

The Norwegian School of Sport Sciences (NSSS)

Sognsveien 220, Oslo

Telephone: +47 23 26 20 00

nih.no