The importance of NTNU in the development of elite sport.

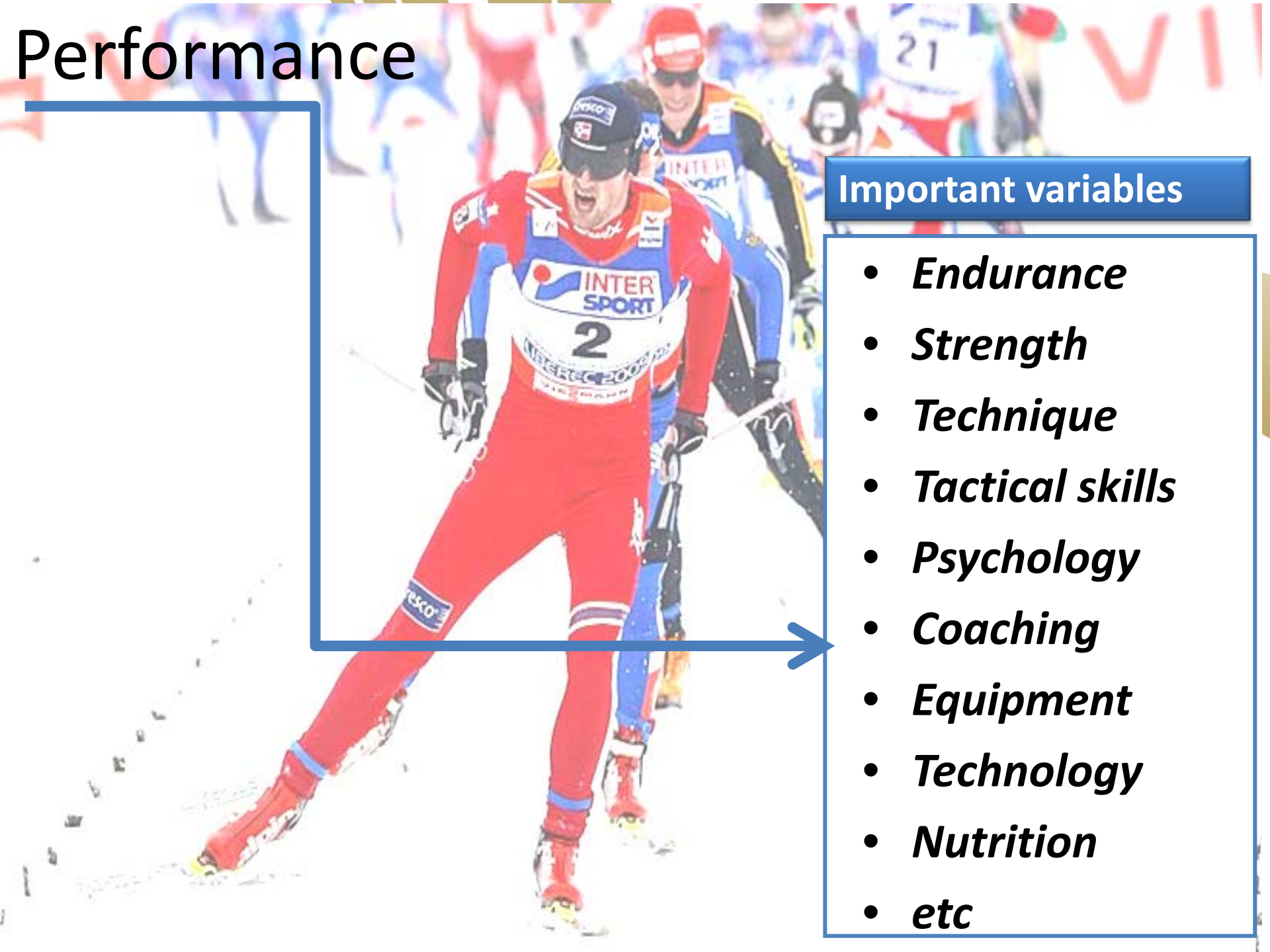
European Athlete as Student

Frode Moen Olympiatoppen Midt-Norge



Athletes from Trøndelag

Performance



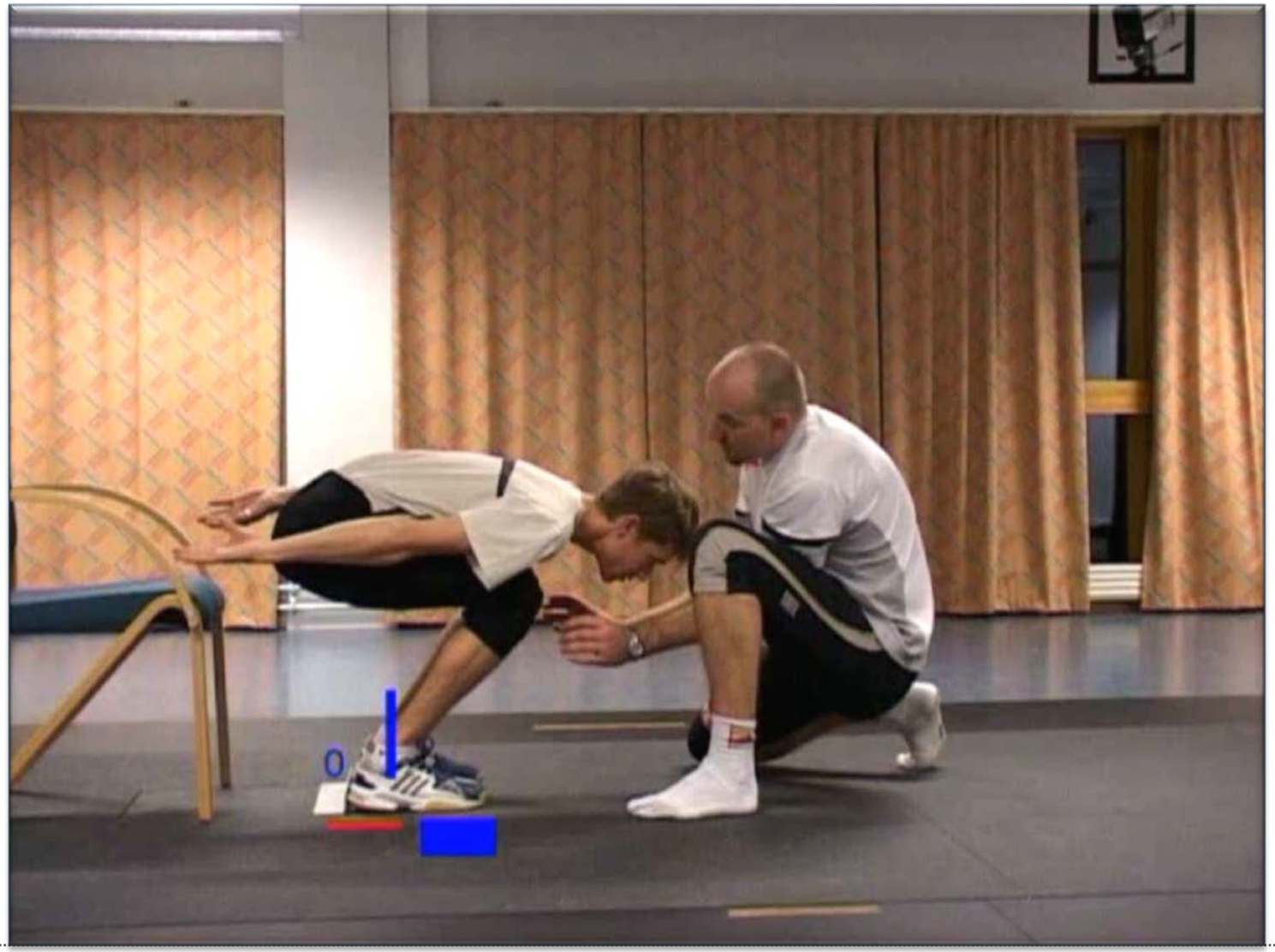
Important variables

- ***Endurance***
- ***Strength***
- ***Technique***
- ***Tactical skills***
- ***Psychology***
- ***Coaching***
- ***Equipment***
- ***Technology***
- ***Nutrition***
- ***etc***

The most important variable in sport: self-confidence.

- A judgment of an athlete's own ability to perform a specific task within his or her sport.

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Systematic approach in the work to develop elite athletes.

- The athlete needs to thrust the strategy.
- The athlete needs to recieve quality feedback on his or her actions and performances.
- Quality tests are a necessity to achieve this.

NTNU
Senter for toppidrettsforskning

OLYMPIATOPPEN
Midt-Norge

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Olympiatoppen and NTNU located together



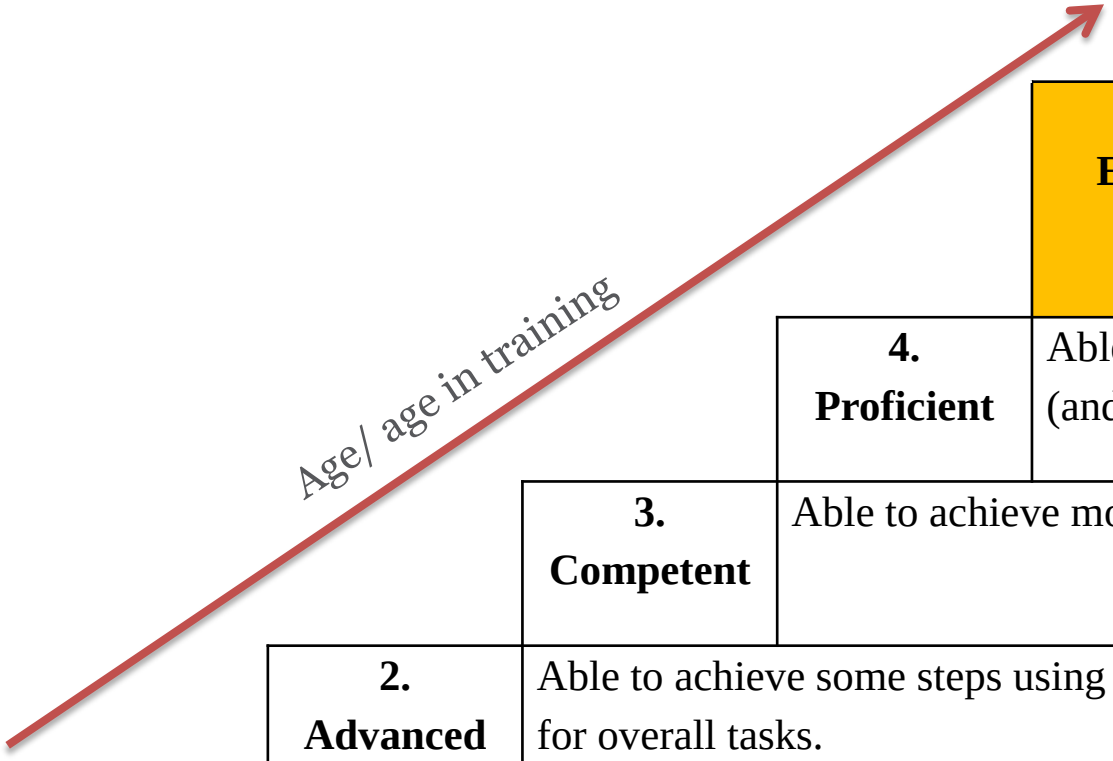






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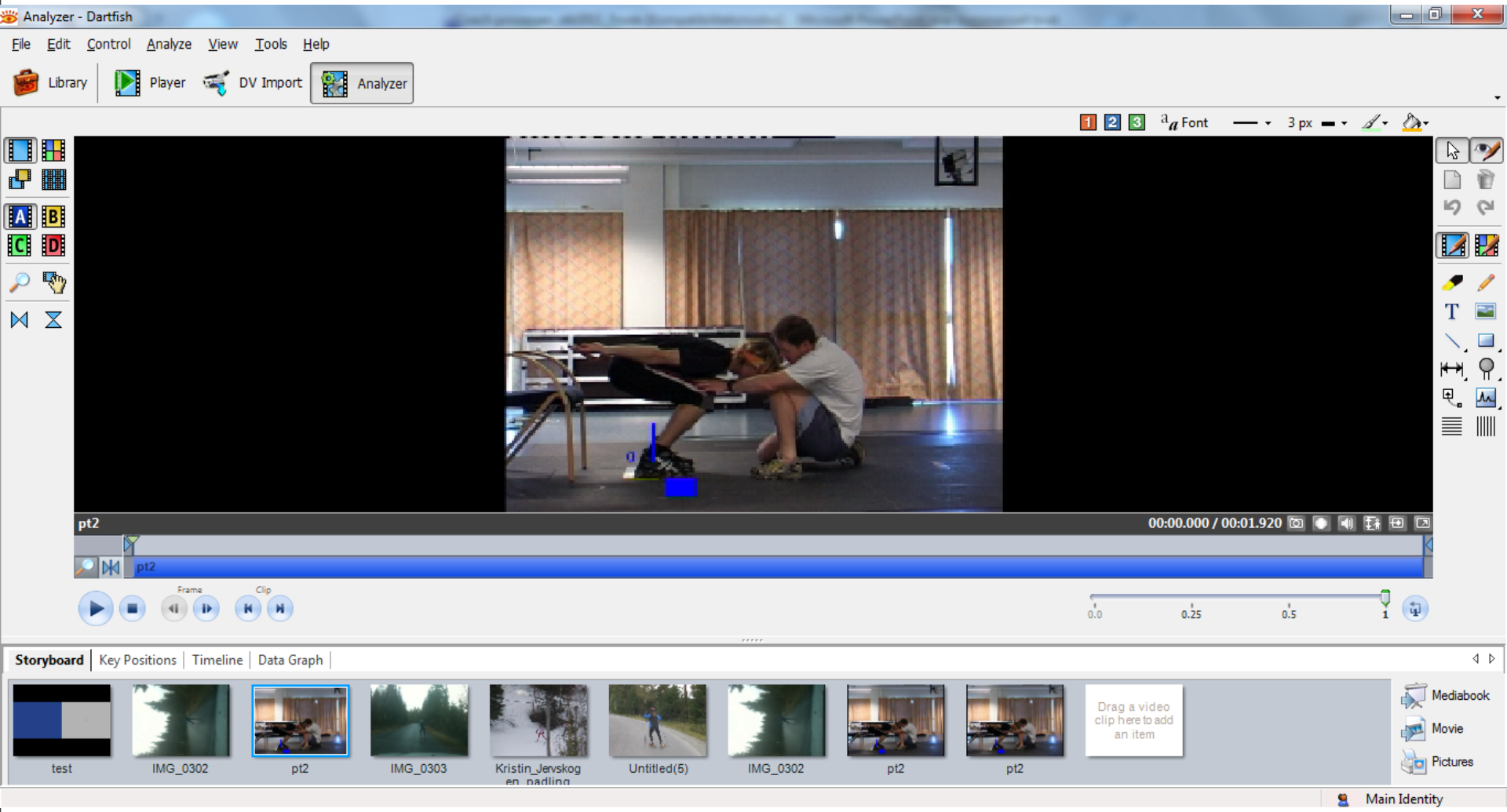
The development of skills and competencies.



		5. Expert — Able to take responsibility for going beyond existing standards and creating own interpretations.
	4. Proficient	Able to take full responsibility for own work (and that of others where applicable).
3. Competent	Able to achieve most tasks using own judgment.	
2. Advanced beginner	Able to achieve some steps using own judgments, but supervision needed for overall tasks.	
1. Novice	Needs close supervision or instructions to be successful with tasks.	

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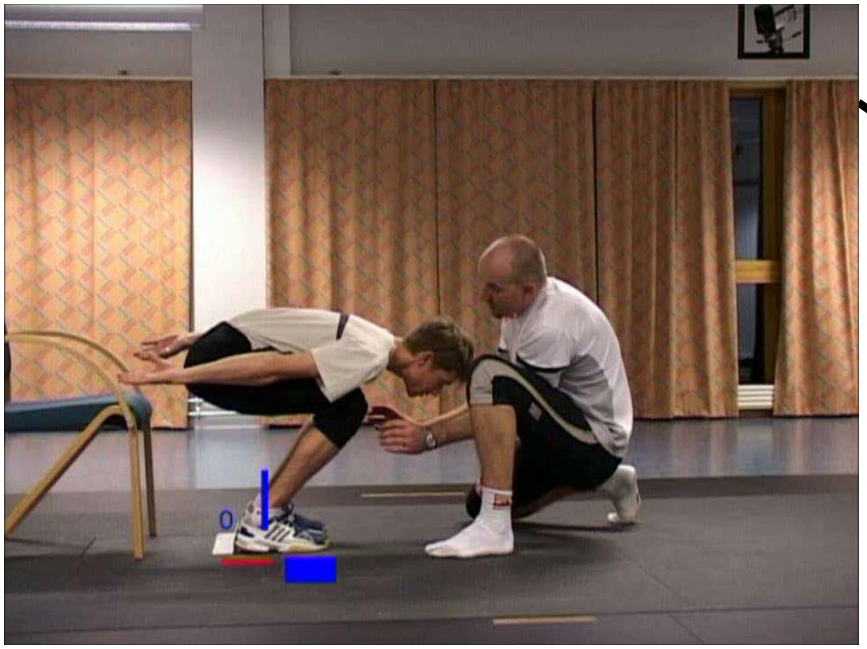
Understanding expert performers .

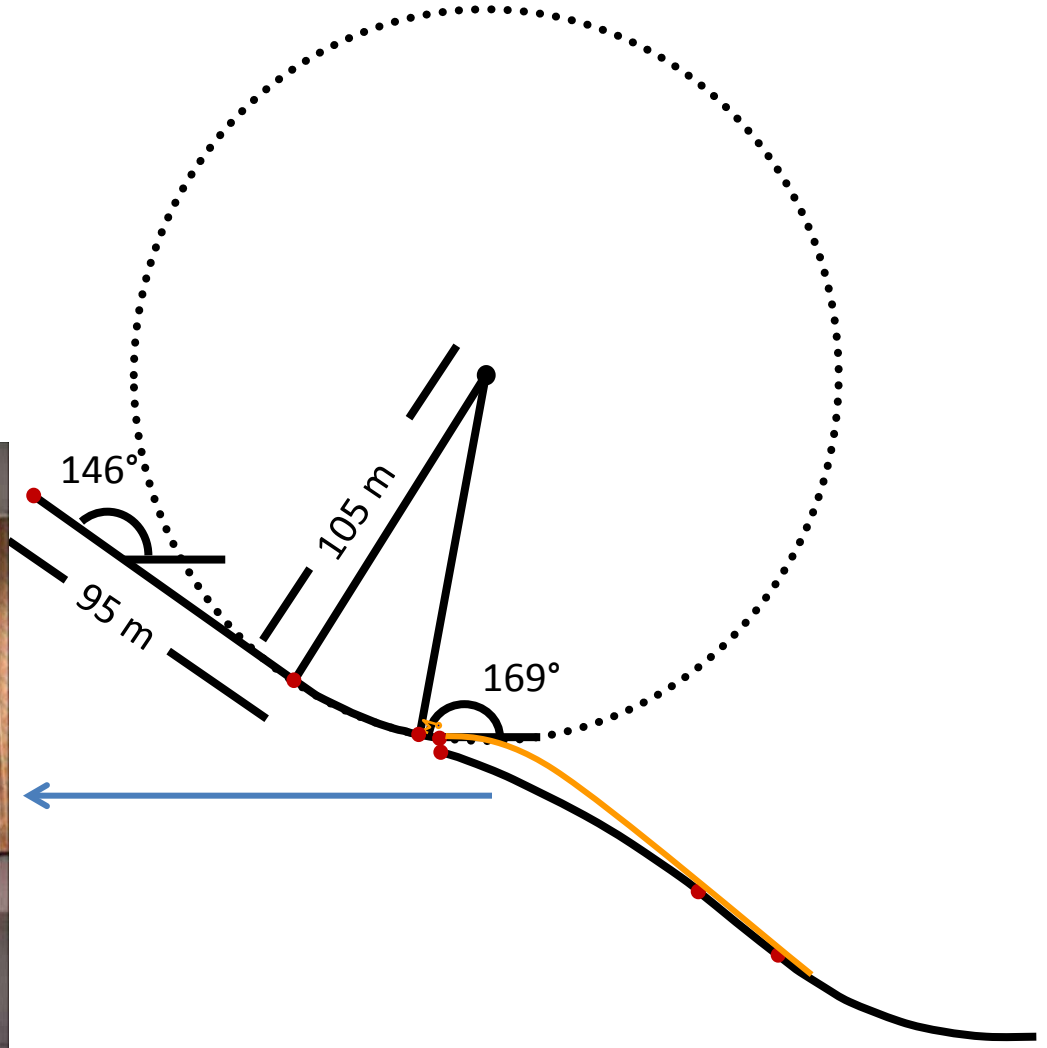


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Understanding expert performers .

Roar Ljøkelsøy.





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Understanding expert performers .

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Power pr. stroke and frequency.



Eldar Rønning.



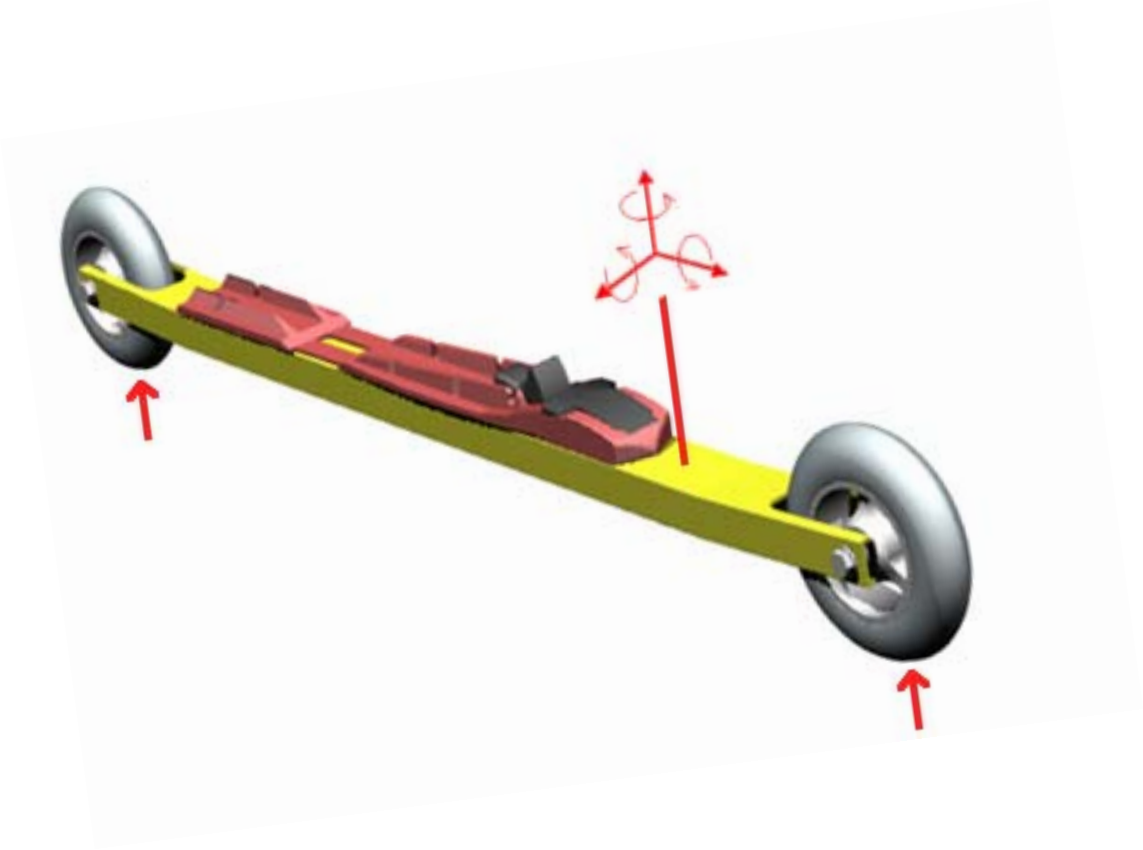
Ola Vigen Hattestad.

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Understanding expert performers .

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Developing equipment to measure forces.





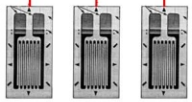
Data med nødvendig software



ARM- overføringsenhet



Gyroskop m/ akselerometer



Strekklapper

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Understanding expert performers .

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Working positions and air drag.



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Efficiency in cycling.





Thor Hushovd.

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Edvald Boasson Hagen.



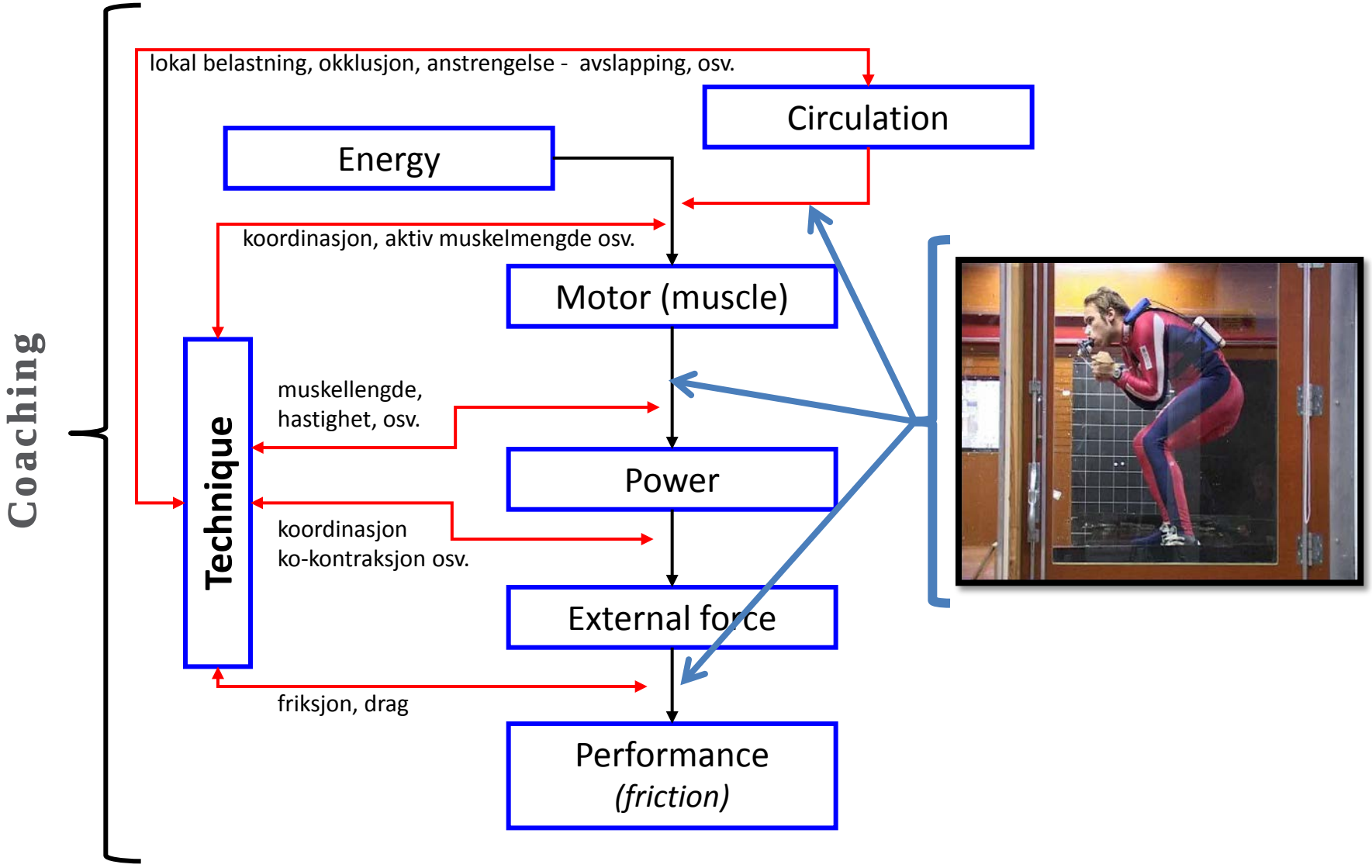
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Understanding expert performers .



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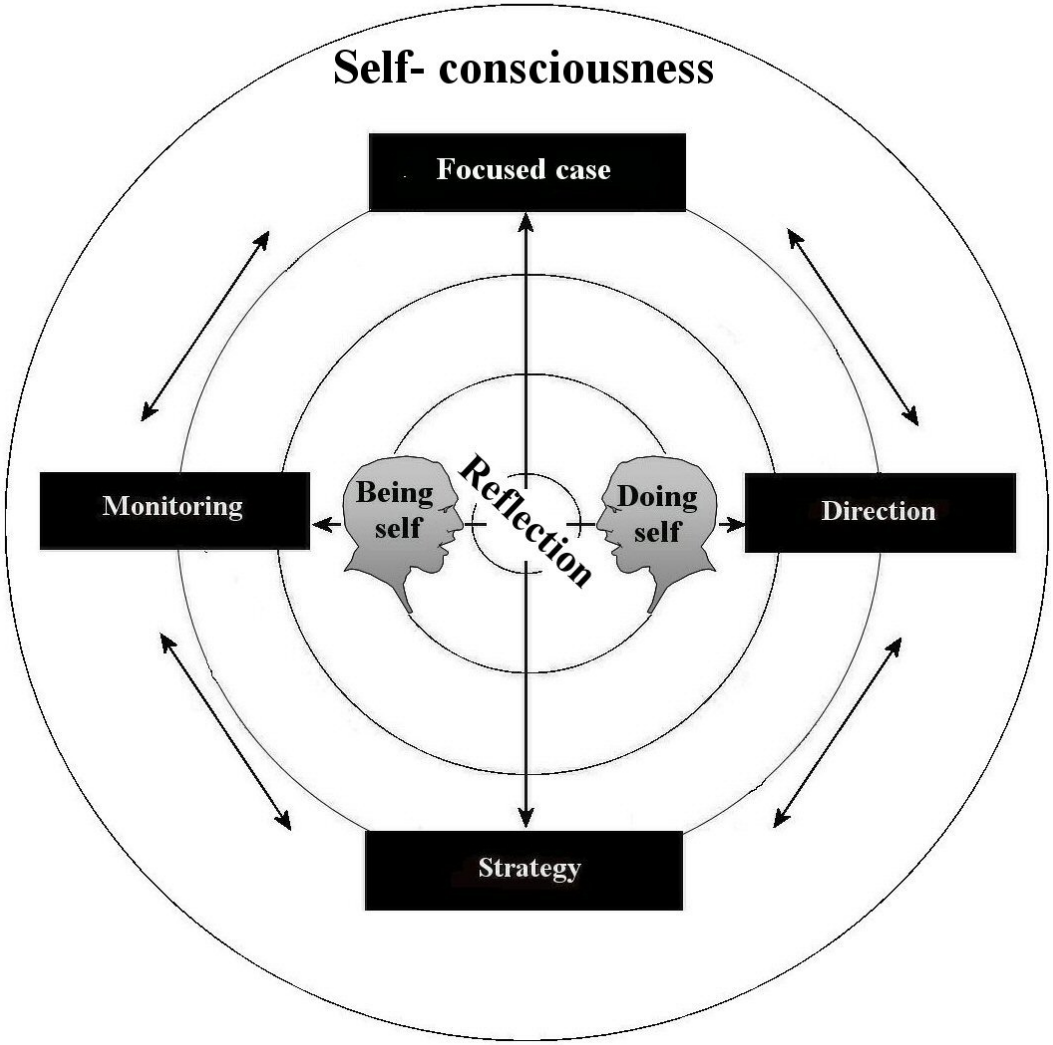
Understanding expert performers .



Understanding expert performers .

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The coaching process

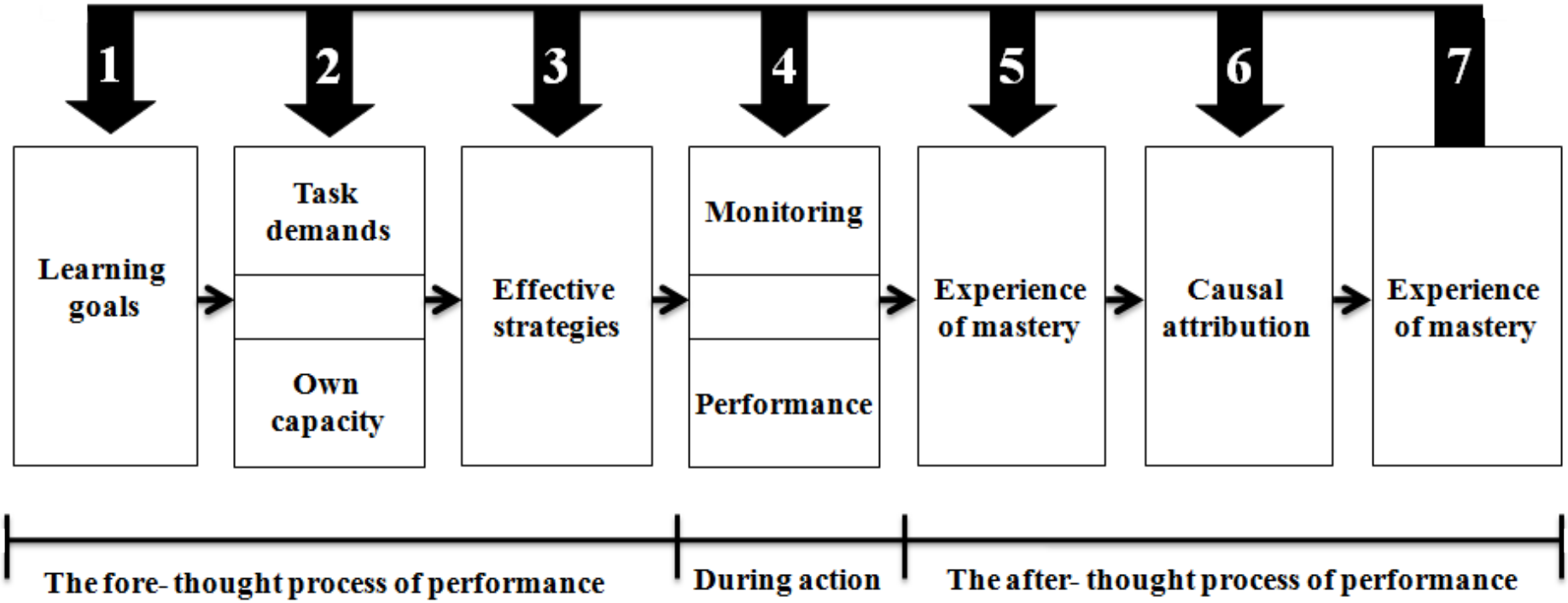


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Understanding expert performers .

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The coaching process and the effects on mental skills.



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Research at the elite level in sport.

Thank you for your attention!

Frode Moen Okt 2011