



Multiplier Sport Event 6th of December 2022



With Establishment of national Care and development centers we support elite Athletes in balancing their sports and education/employment Results 613465-EPP-1-2019-1-HR-SPO-SCP

English Below

AÐ SAMÞÆTTA NÁM OG AFREKSÍÞRÓTTIR - HVERNIG UNDIRBÚUM VIÐ AFREKSFÓLK FYRIR FRAMTÍÐINA?

Multiplier Sport Event – WE_CARE_project

Dags: Þriðjudagurinn 6. Desember 2022

Staðsetning: Háskólinn í Reykjavík, stofa M101

Skipuleggjendur: Physical Activity, Physical Education, Sport and Health Research Centre (PAPESH), Íþróttafraeðideild, Samfélagssvið, Háskólinn í Reykjavík

Tungumál: Fyrirlestrar verða í íslensku, glærur á ensku

Tímasetning	
15.45-16.00	Skráning
16.00-16.15	Kynning á verkefninu
16.15-16.45	Gæða staðlar í tvíþættu námi, lærdómur frá Mennaskólanum í Kópavogi - Daði Rafnsson , MSc in Sport Science, PhD Student. Reykjavik University
16.45-17.15	Innleiðing vinnu Alþjóðaólympíunefndarinnar á tvíþættum ferli og velferð afreksíþróttafólks. Áskoranir og tækifæri í afreksíþróttum á Íslandi - Kristín Birna Ólafsdóttir , MSc in Sport Psychology. Icelandic Olympic Committee. Íþrótt og Ólympíusamband Íslands
17.15-17.30	Kaffihlé
17.30-18.00	Mismunandi tímabil í aðlögun íslenskra atvinnumann í handbolta að menningu Danmerkur á meðan á atvinnumennsku stendur - Magnus Karl Magnusson , MSc in Sport Psychology, Valur team
18.30-19.00	Hvað lærdóm er hægt að draga af þróun tvíþætts náms í Borgarholtsskóla og framtíðarmöguleikum - Sveinn Þorgeirsson , MSc in Sport Science, PhD Student. Reykjavik University
19.00-19.10	Afhending skírteina
19.15	Léttar veitingar Ólympus



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IS IT POSSIBLE TO HELP STUDENTS BECOME ELITE ATHLETES AND HELP THEM SUCCEED IN PROFESSIONAL LIFE AFTER RETIREMENT?

Multiplier Sport Event – WE_CARE_project

Day: Tuesday, 6th of December 2022

Location: Reykjavik University (Room M101)

Organizer: Physical Activity, Physical Education, Sport and Health (PAPESH) Research Centre, Sports Science Department, School of Social Sciences, Reykjavik University

Language: Talks will be in Icelandic and the slideshow in English.

Time	
15.45-16.00	Registration
16.00-16.15	WE_CARE project presentation
16.15-16.45	Quality standards in dual career programs. Lessons from Menntaskólinn í Kópavogi - Daði Rafnsson , MSc in Sport Science, Ph.D. Student. Reykjavik University
16.45-17.15	Implementing the work of the IOC when it comes to dual career and overall well-being of elite athletes. Challenges and opportunities in elite sport in Iceland - Kristín Birna Ólafsdóttir , MSc in Sport Psychology. Icelandic Olympic Committee. Íþróttá og Ólympíusamband Íslands
17.15-17.30	Coffee break
17.30-18.00	Phases in the cultural transition process of Icelandic professional handball players moved to Denmark - Magnus Karl Magnusson , MSc in Sport Psychology, Valur team
18.30-19.00	Lessons learned in developing a dual career program in Borgarholtsskóli and future directions - Sveinn Þorgeirsson , MSc in Sport Science, PhD Student. Reykjavik University
19.00-19.10	Diplomas accreditation
19.15	Light refreshments (Olympus)



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Speaker: Daði Rafnsson, MSc in Sport Science, PhD Student. Reykjavik University

Title: Quality standards in dual career programs. Lessons from Menntaskólinn í Kópavogi.

Abstract: In 2019, Menntaskólinn í Kópavogi started a Dual Career program with three of the largest sports clubs in Iceland. The school operates under ISO quality standards but there are no quality standards or guidelines available regarding dual careers from either the ministry of education or the National Olympic and Sports Association of Iceland. This talk explains how MK built its program and why quality standards are needed.

Speaker: Kristín Birna Ólafsdóttir, MSc in Sport Psychology. Icelandic Olympic Committee. Íþróttta og Ólympíusamband Íslands

Title: Implementing the work of the IOC when it comes to dual career and overall well-being of elite athletes. Challenges and opportunities in elite sport in Iceland

Abstract: Athlete 365 is a digital platform created by the International Olympic Committee (IOC), for Olympians and elite athletes. The platform supports athletes in their journey as elite athlete and their life after. It offers a variety of educational programs and workshops that are available to anyone to sign up for. In this lecture, we explore the opportunity that Athlete 365 presents and how we can implement that in Iceland, what the National Olympic and Sports Association of Iceland is doing to support elite athletes, and what can be done to improve the environment of elite athletes in Iceland, what are the challenges and where are the opportunities?

Speaker: Magnus Karl Magnusson, MSc in Sport Psychology, Valur team

Title: Phases in the cultural transition process of Icelandic professional handball players moved to Denmark

Abstract: Many Icelandic handball players today migrate abroad to play handball. Why is that? Studies have shown that many athletes move across national borders to pursue increased sports opportunities, while others cross borders in order to fulfil their athletic dreams. The author has a background as a former player in Iceland (top division) and has seen many excellent players migrate to play handball abroad only to return to Iceland much earlier than intended. This talk explains how Icelandic professional handball players experienced the cultural transition to Denmark in terms of demands, resources, barriers, and coping strategies throughout the three phases of the transition process.

Speaker: Sveinn Þorgeirsson, MSc in Sport Science, PhD Student. Reykjavik University

Title: Lessons learned in developing a dual career program in Borgarholtsskóli and future directions.

Abstract: Since 2008, students in Borgarholtsskóli secondary school have been able to combine their studies and pursue sport excellence in a specifically designed program. Many factors must be considered for a program to succeed academically and in sports. Late adolescence is a critical developmental phase filled with challenges. The school system can play a vital role, - but how? This talk will explore some of the mistakes and successes made in the last decade.



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