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## University of Iceland

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The University of Iceland was founded in 1911. It is a state university, situated in the heart of the capital Reykjavík









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## The University of Iceland

- Is a modern, diversified and rapidly developing institution, that offers opportunities for study and research in almost 400 programmes spanning most fields of science and scholarship:
  - Social Sciences,
  - Health Sciences,
  - Humanities,
  - Education,
  - Natural Sciences and Engineering







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## The University of Iceland

- It is a progressive educational and scientific institution
- That places great emphasis on international cooperation
- Today it is renowned in the global scientific community for its research
  - In fields such as sustainable energy and environmental research







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## The University of Iceland

- Has set itself the long-term goal of being ranked among the 100 best universities in the world
- To employ internationally recognized quality standards in all appraisal of its work
- Today we rank as one of the 300 best universities in the World
  - According to Times Higher Education World University Rankings







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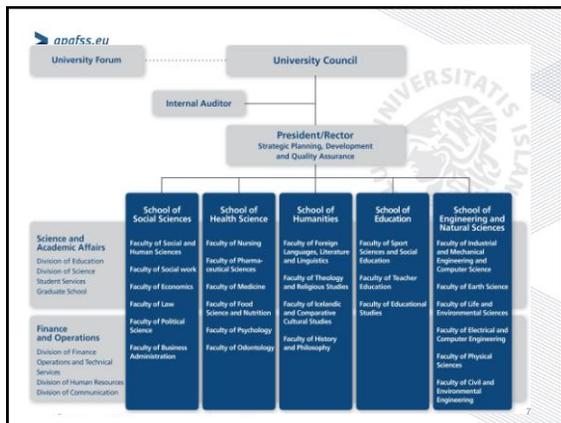
## The University of Iceland

- Has a stringent requirements for teachers, administrators and other employees
- Students must also fulfil rigorous requirements
- As we want to ensure that a degree from the University of Iceland carries the stamp of quality and is trusted throughout the world
- The University is one of the largest employers in the country
  - In addition to having 14.000 students enrolled,
  - the university employs around 1.300 permanent staff and
  - around 2.000 external lecturers and temporary staff









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## The School of Education

- Educates teachers
  - for preschools, primary schools and upper secondary schools, sports and health scenes, social educators, and leisure professionals
- All academic programs at the School are strongly linked to the workplaces of those professions the school educates
  - such as schools and other societal institutions
- The School of Education is divided into three faculties:
  - the faculty of Education Studies,
  - the faculty of Teacher Education and
  - the faculty of Sport, Leisure Studies and Social Education.

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## The School of Education

- Is the principal institution in the fields of education and training in Iceland
- In the year 2013, there were 1.970 students enrolled in the School of Education
  - 1.154 students in undergraduate programs,
  - 744 master's student doing their training
  - 72 doctoral students and
- With 140 academic staff and
- 30 people in support service
  - for teaching, studying and research

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## At the School of Education

- Diverse research is carried out in the field of education, pedagogy and training
  - for the purpose of creating new knowledge for the benefit of society
- Our faculty come from diverse scholarly and vocational disciplines
  - providing a truly interdisciplinary training and research in the field of education
- Research collaboration is common
  - both domestically and internationally



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## The Center for Health and Sport Sciences

- In the year 2013-2014
- There were 198 student enrolled
  - 102 in BS program
  - 19 in Health education postgraduate diploma
    - Master's level program
  - 71 in master's program
  - 6 in the Ph.D. program
  - With 15 people as an academic staff

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## Ongoing research projects

- Lifestyle of 9 and 15 year old Icelandic children
  - Started 2003
- Physical attainment, social factors and mental health of adolescents and young adults
  - Started 2011
  - Longitudinal changes in body composition, PA and fitness as well as mental and social well-being in two age groups
    - (17 year-old) and
    - young adults (23 years-old)



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## Ongoing research projects

- *Health promotion in high-school*
  - Started 2009
  - The aim is to explore the effects of health promoting project in high-schools in collaboration with the Institute of Public Health in Iceland
- *Physical activity, fitness, body composition and metabolic health of intellectually disabled Icelandic children*
  - Started 2010
  - The aim is to investigate the difference between children with and without intellectual disability in PA, fitness and body composition



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## The center for Health and Sport Science

- **Intervention studies**
- Study I
  - Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet
  - 2005 – 2013
- Study II
  - Multimodal training intervention in older adults
  - 2008 – 2014



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## The Center for Health and Sport Sciences

- **Intervention studies**
- Study III
  - Lifestyle intervention at sea changes body composition, metabolic profile and fitness (2008 – 2012)
- Study IV
  - Effect of a multidisciplinary, behavioral obesity program on weight management, physical improvements and health-related quality of life in women (2009-2012)
- Study V
  - PA therapy or intervention for young people (ages 15 -17) with schizophrenia (2013 – 2014)



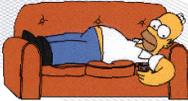
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## Intervention studies

- Large number of different intervention studies
  - Varied in program format, structure, content, and participants.
  - Varied in outcome measure, results and study design quality
- To get overview is very difficult and hopeless!







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## Technology and Innovation in Educating Swimming coaches

- **The main objective was to:**
  - Improving the quality and cost effectiveness of Scandinavian swimming teacher/coaches education
  - using advanced on-line and audio-visual technologies
- The project was based on the well recognized knowledge and technical possibilities
  - that University of Edinburgh had built
- The Swimming association of Iceland has through the years struggled in hosting coaching educational clinics, both because of high cost and time consumption



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## The Educational Research Institute

- Is an academic and research institute, housed in the School of Education
- The main role of the Institute is to strengthen and support research within the School
- 21 research centres operate under the Institute
- The Institute supports research units and individual researchers by providing assistance to researchers

## The Educational Research Institute

- A wide range of research projects are carried out in the fields of education, pedagogy and training with in the Institute,
  - for the purpose of creating new knowledge for the benefit of Icelandic society.
- Our aim is to promote research and seek to ensure that the structure and development of the Icelandic education sector is based on the best available knowledge at any given time.

# Thanks