

Study in Oslo in English

- Study at the Norwegian School of Sports Sciences in Oslo (Norway)
- Aimed at 3rd year students in the School of Human Kinetics
- Six month exchange
 - Fall semester –August - December
- International office will help with the application procedure:
<http://www.international.uottawa.ca/>
- Start planning your exchange ASAP, it is a long process
- **DEADLINE:**

Must declare intent to apply by the end of February see:

<http://www.international.uottawa.ca/en/exchanges/deadlines.html>



Why Go On Exchange?

- Personal growth
- Visit a foreign country
- Experience new cultures first-hand
- Develop an international perspective on physical activity, sport and leisure
- Gain international experience
- Establish new international friendships
- A unique learning and life experience
- Once in a lifetime opportunity



About Norway

- Norway is a constitutional monarchy
- Population of approximately 4,7 million people
- One of the world's highest standards of living
- Currency is the Norwegian Krone
- Oslo is the capital city, and the location of the Norwegian School of Sport Sciences (NSSS)
- Official Language is Norwegian
English is commonly taught as a 2nd language
- Neighbors Sweden, Finland and Russia



Oslo and Ottawa

- Both National Capitals
- Population:
Oslo – 568,809 / Ottawa – 1,168,788
- Both Diverse:
25% of Oslo's and 22% of Ottawa's population is foreign born
- Weather:
Despite being further North than Ottawa, Oslo has a more temperate climate with slightly warmer winters and slightly cooler summers





NORWEGIAN SCHOOL OF SPORT SCIENCES

Oslo, Norway



Norwegian School of Sport Sciences (NSSS)

www.nih.no

- The central institution for sport and physical education studies in Norway
- Offers an intimate learning environment with only 1400 students
- Situated in beautiful surroundings in Oslo



Organization

Divided into 5 different departments:

- 1) Department of Sport medicine
- 2) Department of Culture and Social Studies
- 3) Department of Physical Performance
- 4) Department of Physical Education
- 5) Department of Coaching and Psychology



One-year studies:

- Adapted Physical Activity (practical-pedagogical education)
- Sport, Culture and Development Cooperation
- Sport and Society



Bachelor Programs:

- Physical Activity and Health
- Coaching
- Physical education – teacher education
- Sport Biology
- Sport Management



E.g. Sport Management

- **1 BA:**

General sport subjects, activities, and theories.

- **2 SPM:**

Organizational Theory, Economy, Marketing, Leadership, Project Planning, Qualitative and Quantitative Research Methods, and Sport Politics.

- **3 SPM:**

Sport Law, Economy of Sports, Bachelor Thesis, International Sport Organizations, and Sport Journalism.

Last semester students have the freedom to choose subjects offered at NIH (e.g., sociology, group psychology, history) or abroad (regionally, nationally, internationally)



Master-programs



- The two years of the Master-programs are divided:

1st year is general with courses on statistics, research methods and science, special subject (sport management + another seminar after own choice)

2nd year is dedicated to your thesis writing

Courses taught in English in 2012-13

At Bachelor's level (Fall session):

- **Sport Management** package (equivalent to 5 U of O courses):
 - A) Organization of international sports
 - B) Volunteering in sport
 - C) Sporting events
- **Outdoor Education** package (**Friluftsliv**) (equivalent to 5 U of O courses):
 - 1) Comparative Research Project
 - 2) Experiential Learning in 'Natural' Landscapes
 - 3) Philosophy and Practice

For copy of course outlines, please email christine.dallaire@uottawa.ca
- Course in **Sport Psychology**: Motivational processes in sport and physical activity (equivalent to 5 credits at the U of O)
- Course in **Physical Activity and the Elderly** (equivalent to 5 credits at the U of O)
- Course in **Personal Trainer** (equivalent to 5 credits at the U of O)

Please note: Students can combine one of the last three courses with the Sport Management package, but the Outdoor Education package may not be combined with other courses.

Courses taught in English

At Masters level(Winter session):

- **Biomechanics and analysis of movement** (equivalent to 6 MSc credits at U of O) :
 - kinematic and kinetic analysis, inverse dynamics
 - muscle activation and force exertion/measurement in static and dynamic contractions
 - energy characteristics during human movement
 - mechanical properties of force transmitting tissues

For details see: <http://nih.wst.no/PortalPublisher/Studietilbud2011-12.target?page=c373e92fa0ceabb7050b505054503030&structureid=c373e927fcobcb864061505054503030&structureitem=c373e927fb815c3b3e4e505054503030>

In general :

- Grades go from scale A (excellent) to F (Fail) (see http://www.nih.no/templates/Page_____3703.aspx)

Details for the sport management package

Organization of International Sports

OBJECTIVES

- Understand the key aspects of globalization
- Explain how international organizations such as the IOC, WADA and international sporting federations operate
- Conduct an analysis of how the Olympic system (IOC, international federations and national Olympic societies) works.
- Understand the Nordic sports systems and how they affect the elite sports system.
- Explain how the national and international sports area is influenced by governmental institutions such as the EU, the Council of Europe and UNESCO.

Volunteering in sport

OBJECTIVES:

- Understand the Norwegian tradition of “dugnad” as the key to the contemporary field of volunteerism
- Understand how sport organizations at various levels are based on volunteering
- Understand how sport events are based on volunteering
- Understand the social stratification of sport volunteers, in sport organizations and at sport events
- Analyze the motivation for people to be sport volunteers, in sport organizations and at sport events
- Analyze the recruitment process of volunteers to sport organizations and sports events

Sporting events

OBJECTIVES:

- Understand the key aspects of sports events - both mega, major and small scale events.
- Understand the development of the Olympic Games since 1896.
- Explain the relation between international federations and the local (national) organizers (organizing committees).
- Be able to analyze the bidding processes of mega and major events.
- Make assessments the role of public authorities
- Understand the concept of "risk management"
- Understand the concept of Youth Olympic Games

Organization of the courses

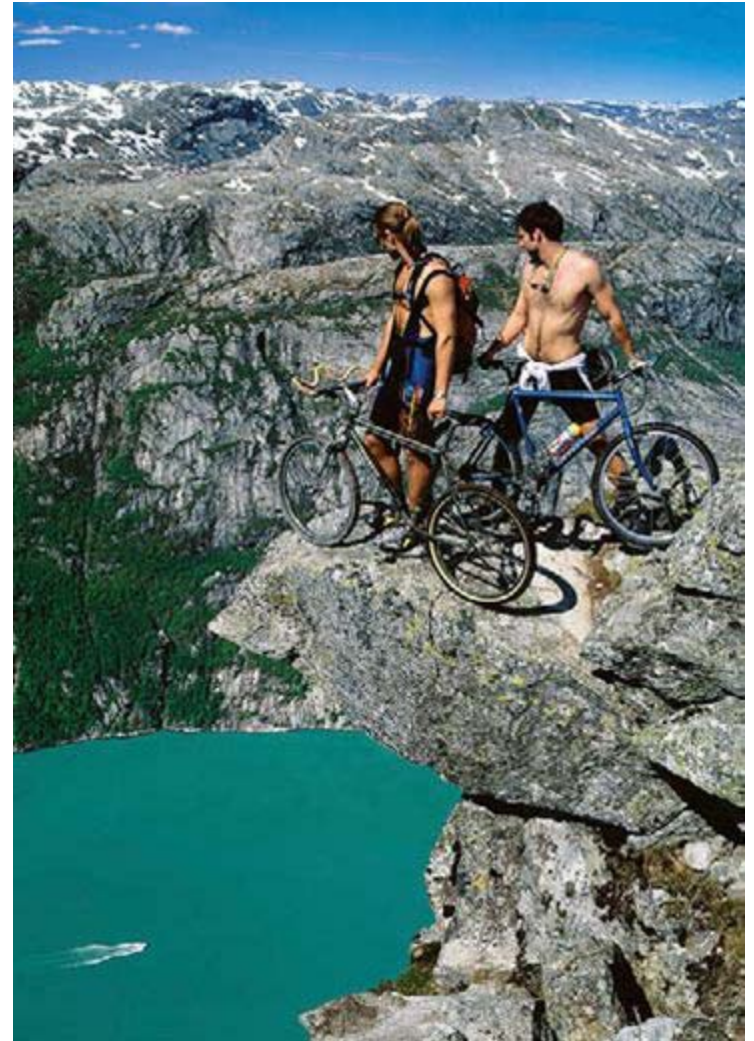
- All courses will be held in parallel, starting at the end of August.
- The courses will be taught in workshops, lectures and discussions. A number of case studies will be included.
- In “Sporting event”, the students will take part in Oslo Marathon as volunteers (one weekend in September).

Evaluation criteria

- Individual oral exams (courses A and B)
- Essays (A, B and C)
- Written exam (C)

Friluftsliv

- Pronounced: frí-loofts-live
- Translates to “open air living”
- Tradition of living close to nature
- Norwegian way of outdoor recreation
- Important part of Norwegian Culture



Learning Friluftsliv

- NSSS offers numerous courses in Friluftsliv
- Courses cover theoretical and practical aspects of Friluftsliv
- The wilderness is your classroom
- Most courses involve multiday fieldtrips
- Previous courses offered include:
 - the Philosophy of Friluftsliv
 - Friluftsliv in a International Perspective
 - Friluftsliv in Forests and Water
 - Friluftsliv in the Mountains
 - Friluftsliv in the Coastal area



Sport Facilities

- Swimming pool
 - Acrobatic gymnasium
 - Aerobic and Dance studio
 - Spinning studio
 - Ice rink
 - Beach volleyball courts
 - Tennis, Table Tennis and Badminton courts
 - Volleyball, Handball and Basket courts
 - Newly renovated fitness space
 - Climbing wall
 - Inline skating court
 - Several wardrobes & saunas
 - Great outdoor location for cross-country skiing, running & orienteering
 - Soccer-fields (both natural & artificial)
- Track-and-field court
 - Shooting courts
 - Fencing courts
 - Kulestøt



Toppidrettssenteret

- Toppidrettssenteret is the **elite training centre** for Norway's top athletes
- Located beside NSSS
- Gives the students of NSSS the opportunity to interact and learn from top athletes, trainers and coaches
- Students have access to the facilities for a fee
- Operated by Olympiatoppen which is part of the Norwegian Olympic Committee.



Campus Life

Yearly ski & surfing trips
and other activities
arranged by 'GiGass' (the
student organization)

'Høydehuset', the
student-driven pub



Housing



- A student welfare group called the SiO offers the most affordable student housing in Oslo
- The three SiO student villages closest to NSSS are:
 - [Kringsjå Student Village](#)
 - [Fjellbirkeland Student Village](#)
 - [Sogn Student Village](#)
- Rent for single occupancy rooms including energy costs for winter 2009 ranged from \$375 to \$705 in equivalent Canadian dollars
- For a complete breakdown of SiO's housing costs:
<http://nexus.sio.no/files/info/bolig/Vedlegg%201%202009/Prisliste%202009%20ENG.pdf>
* Note all prices are listed in Norwegian Kroner

Sights in Oslo

- Akershus Castle and Fortress
- Oslo City Hall
 - The Nobel Peace Prize is awarded here
- The Munch Museum
 - Home of the famous painting “The Scream”
- the Royal Palace of Norway
- the Storting
 - Norwegian Parliament
- the Vigeland Sculpture Park
- the Viking Ship Museum



What to expect at NSSS?

- Small campus and easy access!
- High academic standard!
- Active and sporty students!
- Great location – in Oslo, but still close to nature!
- Very good training facilities!
- Excellent student environment!