



IBU RESEARCH GRANT PROGRAMME SUMMARY

2023/2024

University/Institution	Research title	Granted amount (€)	Status
AECC University College, Bournemouth, England	Understanding the Visual Requirements for Success in Biathlon and How They Withstand Fatigue and Mediate Shooting Performance	€10.000	Ongoing
Technical University Munich, Munich, Germany	Influence of Caffeine on Shooting Performance during and after a Simulated Biathlon Competition	€5.000	Ongoing
University of Alberta, Edmonton, Canada	Supporting Gender Equity in Biathlon: An Exploration of Biathletes' Experiences of Menstruation	€10.000	Ongoing
Northumbria University, Newcastle, United Kingdom	Pacing Behavior and Athlete Perceptions with and without Shooting in Highly Trained Biathletes	€10.000	Ongoing
University of Salzburg, Salzburg, Austria	Assessing the Impact of Trigger Control on Shooting Performance and the Feasibility of Recoil Simulation for Training in Biathlon	€15.000	Ongoing

[Reports and Results \(coming Fall 2024\)](#)



2022/2023

University/Institution	Research title	Granted amount (€)	Status
AECC University College, Bournemouth, England	Psychophysiological Interventions in Biathlon	€10.250	Completed
Swiss Federal Institute of Sport, Magglingen, Switzerland	Resting Metabolic Rate and Exercise Energy Expenditure in Swiss Elite Biathletes	€10.000	Completed
Mid Sweden University, Östersund, Sweden	The Application and Utility of Wearable Sensors for Athlete Monitoring in Biathlon	€9.250	Completed
Norwegian School of Sport Science, Oslo, Norway	High-Level Biathletes with a Fast-Start Pacing Pattern Improve Time-Trial Skiing Performance by Pacing More Evenly	€10.250	Completed
Nord University, Bodo, Norway	Long-Term Development of Training Characteristics in Elite Junior and Senior Biathlon Athletes	€10.250	Completed

[Reports and Results \(coming Winter 2023\)](#)



2021/2022

University/Institution	Research title	Granted amount (€)	Status
Academy of Physical Education, Katowice, Poland	The Influence of Balance Training and Mindfulness Training on Shooting Performance in Young Biathletes	€6.900	Completed
Faculty of Sport and Health Sciences, University of Jyväskylä, Finland	Validity of an Automated GNSS-IMU System in Temporal Biathlon Range Work Analysis	€19.955,89	Completed
Department of Health and Human Development, Montana State University, USA	Role of Core Stability and Dynamic Balance in Standing Shooting Performance	€9.092	Completed
Finnish Institute of High Performance Sport KIHU, Finland	Prevalence, Consequences, and Prevention of Relative Energy Deficiency in Sport in Finnish Elite Male Athletes (NO-REDS-STUDY)	€10.000	Completed

[Reports and Results](#)