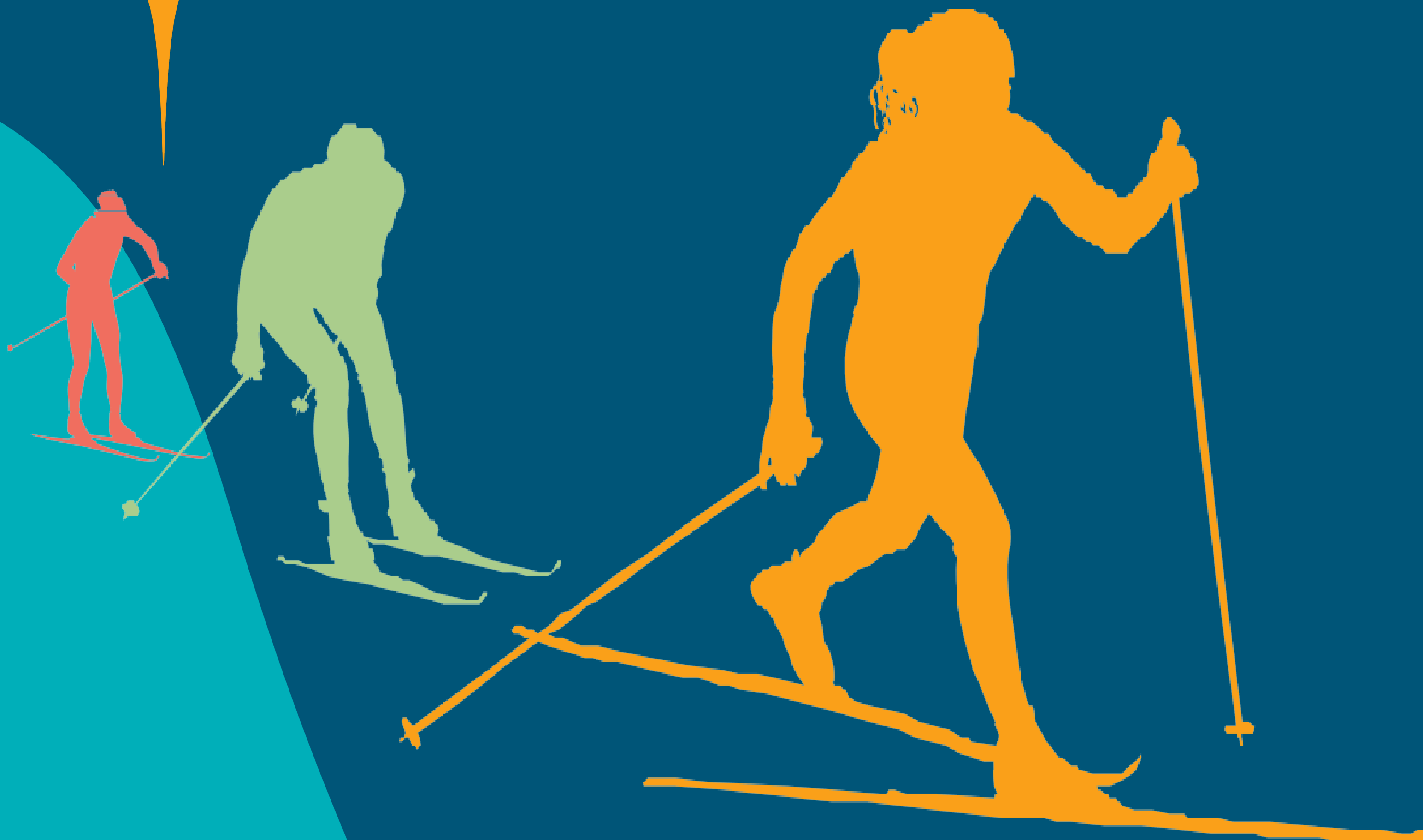


Nord Univeristy in Meråker

Your Path to Elite Sports and Academic Success

- A Tailored Combination of Elite Sports and Education



NORD
universitet

FLU

Fakultet for lærerutdanning
og kunst- og kulturfag

Nord University in Meråker

Sports Education
+ World Class Performance



Even Northug
8 World Cup
podiums



**Jan Thomas
Jensen**
5 World Cup
podiums



Tora Berger
2 Olympic Gold
8 WCS Gold



Emil Iversen
Olympic Medal
WCS Gold



**Marthe
Kristoffersen**
8 World Cup
podiums



Finn-Hågen Krogh
3 WSC podiums
13 World Cup
podiums



**Martin Johnsrud
Sundby**
2 Olympic Gold
4 WSC gull



Ida Waldal
Wolrd Cup racer
SkiMo



Kathrine Harsem
WC podium
6 NCS Golds



**Thomas Maloney
Westgård**
World Cup racer
XC-skiing



Lotte Lie
World Cup racer
Biathlon



**Niklas
Dyrhaug**
2 WSC Gold
1 WSC Bronze

Nord University in Meråker

Sports Education
= A Career Path



Foreleser & trener
Ove Erik Tronvoll
Landslagstrener i
randonee



Trener
Stig Rune Kveen
Tidligere
landslagstrener og
trener for
Team Northug



Foreleser
Guro Strøm Solli
Førsteamanuensis
Nord universitet,
Meråker



Foreleser & trener
Per-Øyvind Torvik
Førsteamanuensis
Nord universitet,
Meråker



Tidligere student
Øyvind Sandbakk
Professor UiT
og sportsdirektør
ved NTG



Tidligere student
Øystein Pettersen
OL Gull,
foredragsholder
og programleder



Tidligere student
Selina Gasparin
OL sølv og
skiskyttetrener i
Svetis



Student
Ida Waldal
Landslagsutøver i
randonee



Masterstudent
**Katharina
Brudermann**
Landslagsutøver i
langrenn for
Østerrike



**Tidligere Ph.d
student**
Rune Talsnes
Sport scientist &
performance coach
INEOS
Greandiers

What are you looking for as a young, ambitious athlete?

Time to Focus on Your Sport:

- Training adapted to your daily life, with a focus on your development and performance.
- Five organized sessions per week, technique follow-up, and access to top training facilities.

Flexibility to Combine Sports and Education:

- Study breaks during the competition season.
- Flexible study plans, including on-campus, online, and session-based solutions.

Personalized Support:

- Close collaboration with your highly qualified coach.
- Individual training plans and lab testing (lactate profile and VO2max)

Inspiration from Former Students:

- Several of our students have reached the world elite level
- Many have exciting careers in sports as coaches or experts

What does this mean for you?

✓ Join a community that understands you:

Meråker is a development centre for dedicated athletes in cross-country skiing, biathlon, and ski mountaineering.

✓ Achieve your goals:

Here, you get the tools, knowledge, and mindset to master the balance between elite sports, studies, and social life.

✓ Build your future:

From average to exceptional skills, from bachelor's to master's – the path is open for you.

ARE YOU READY FOR THE NEXT STEP?

Application deadline: April 15, 2025.

Contact us for more information:

- Per Øyvind Torvik: per.o.torvik@nord.no / +47 97 43 44 37
- Guro Strøm Solli: guro.s.solli@nord.no / +47 97 66 04 30

THIS IS YOUR OPPORTUNITY – TAKE IT!

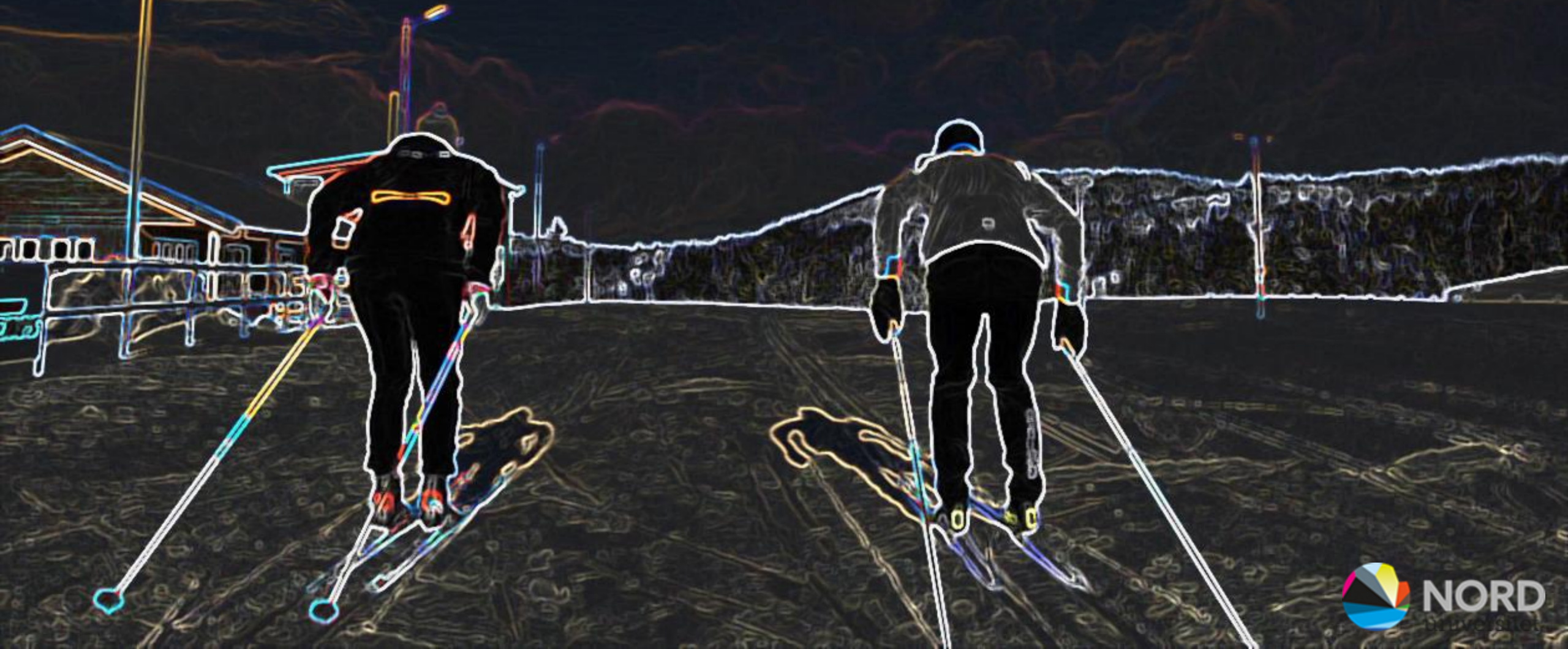
**Welcome as a student at
Nord University!**

A light blue map of Norway is shown against a dark blue background with diagonal lines. Several location pins are placed along the coast: two red pins and five black pins. An orange arrow points from the word 'Meråker' to one of the red pins on the western coast.

Meråker



Dual Carrier - Combine education with a focus on an elite sports career in Meråker





General information

- Established in 1998
- A specialized sports program for athletes in cross-country skiing, biathlon, and ski mountaineering (Skimo)
- The program is unique and is structured around the daily training schedule
- Classes are concentrated in the fall and spring, with no classes during the competition season."

Study Progression

First year

One-year unit in Sports Science (60 credits) + Skill and Performance Development (30 credits)

- Sport Science in Society
- Training Theory and Physiology
- Practical Sport 1
- Learning and Development
- Movement Science and Anatomy
- Practical Sport 2

Second Year

Possible extension



Third Year

Bachelor Specialization (30 credits)

Subjects:

- Research Methods and Statistics 15 credits
- Bachelor's Thesis 15 credits

Possible Specialization Subjects (30 credits)

- Sport, Physical Activity, and Health 15 credits
- Measurement of Physical Activity 15 credits

Fourth Year

Complete Bachelor's degree in Sports Science after 4 years
(can be followed by a Master's at Nord University, NTNU, or NIH)

Typical fall schedule – opportunities for a lot of training

Monday	Tuesday	Wednesday	Thursday	Friday
08:30 Training session Interval 13 5 x 8 min RS S Grova	08:30 Training session LIT RS K m/hurtighet	08:30 Training session Combi LIT 3t Rolleski K to Stordalen Running back to school	08:30 Training session Interval 5 x 5 min Moose jump imitation – Fagerlia	08:30 Training session RS K Upperboddy session
12:30-15:00 Lecture Physiology		12:30-15:00 Lecture Sports psykology	12:30-15:00 Lecture Physiology	12:30-13:30 FPI: Technique analyses
16:00 Training session Styrke	16:00 Orienteering, pick up the map by the sports entrance			



Elite sports follow-up

- Training follow-up with a personal trainer, possibly in collaboration with your own coach from home
- 5 organized training sessions per week
- Technique follow-up
- 3 lab tests per year (lactate profile and VO2max)
- 3 training camps (dryland, snow camp, and peak performance preparation)
- Access to all training facilities in Meråker (see separate slide)
- Semester fee
11,000 NOK per semester (costs for training camps are additional)

Randonee/ Skimo

Sport Kultur Humor Distrikt Mer ▾

Nå kommer det landslinje for blodslit

Landslagstreneren i randonee er veldig fornøyd med at det nå satses på idretten i Norge.



Randonee vokser sakte med sikkerhet i popularitet og blir i 2026 egen OL-gren. Nå satser også Norge ved at det opprettes ei landslinje for idretten i Meråker.

FOTO: ANDERS BURMANN

Jørgen Pettersen
Journalist

Bent Lindsetmo
Journalist

Maja Hunnestad
Journalist

Vi rapporterer fra Meråker

Publisert 17. des. 2021 kl. 12:44

Oppdatert 17. des. 2021 kl. 12:45

Meråker VGS starter randoneelinje

Flere unge, aspirerende utøvere får nå muligheten til satse ordentlig på randonee. Neste høst starter Meråker VGS egen randoneelinje.

Av: Knut Andreas Lone
Torsdag 23. desember 2021, kl. 13:30



New flexible modell

(In addition to the original model)

- Session-based + flexible online teaching
- Fall (15 days):
 - Startup week – 5 days (usually the last week of August)
 - + minimum 10 self-selected days in the fall semester
 - (planned in consultation with the academic advisor and coach)
- Altitude camp in Austria or Switzerland alternatively snow camp in October SWE
- Spring (15 days):
 - Startup week – 5 days (right after Easter or Norwegian Championships part 2)
- minimum 5 self-selected days in the spring semester

Final weeks 5-10 days (exams for practical sports)

Many former students have reached the world elite!

Emil Iversen

Johan Kjølstad

Øystein Pettersen

Niklas Dyrhaug

Tora Berger

Tor Arne Hetland

Martin Sundby

Nils Erik Ulset

Eldar Rønning

Jan Thomas Jensen

Even Northug

Thomas Northug

Marte Skaanes

Kathrine Harsem

Marthe Kristoffersen

Finn Hågen Krog

Selina Gasparin

Silvana Bucher Sandbakk

Thomas M. Westgård

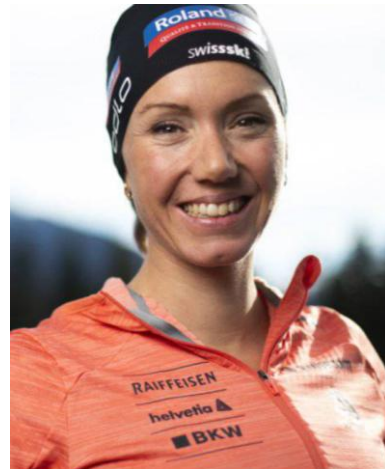
Laurine van den Graaff

Magni Smedås

Equally important – they have exciting jobs within sports!



Mats Iversen – Coach Team_Midt



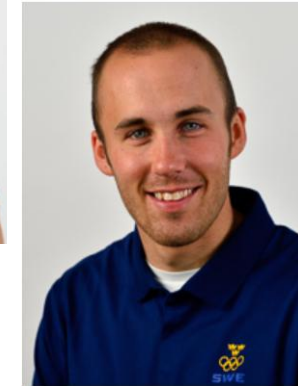
Selina Gasparin – Swiss Ski



Tord Hegdahl
Smøresjef NSF



Per Ola Gasman
Main Coach XC
NTG - Lillehammer



Lars Ljung
National team coach SWE Performance
analysis SWE Olympic comitee



Erika Oskarsson
National team coach
SWE Biathlon



Øyvind Sandbakk - Professor



Stig Rune Kveen
Former Norwegian
National team
coach

Marte Kristoffersen
Coach Team
Eksjøhus



Kristian Skrødal
Coach Elon Midt Norge



Nord University Students Shining on the World Stage

- This year, Nord University celebrates the achievements of our former and current students in the Cross-Country and Biathlon World Cup:
- **Lotte Lie** – Biathlon
- **Thomas Melony Westgård** – Cross-Country Skiing
- **Emil Iversen** – Cross-Country Skiing
- **Katharina Brudermann** – Cross-Country
- **Nejc Stern** – Cross-Country Skiing
- **Anže Gross** – Biathlon
- **Even Northug** – Cross-Country Skiing
- **Ida Walldal** -Skimo
- These talented athletes exemplify excellence in sports and academics. They are a testament to our commitment to fostering future champions on and off the field.



Scientific Leadership:

Our former PhD student, **Rune Talsen Kjøsnes**, has been appointed **Lead Training Scientist** for the renowned cycling team **INEOS Grenadiers** this year. These milestones reflect Nord University's commitment to cultivating world-class talent in sports, science, and beyond.

Our Commitment: Supporting Your Success

- At Nord University, we aim to provide a high-quality study program designed to fit seamlessly into your daily life.
- Close follow-up: Personalized guidance to ensure your progress.
- Expert lecturers: Learn from professionals with high competence and experience.
- Practical knowledge: Gain the tools to make informed decisions in your daily training.
- Holistic development: Balance academic growth with elite sports performance.
- Work-life balance: Prioritize rest, recovery, and social life for sustainable success.





Please note that students from outside the EU must apply before December 1st.2024
Application deadline April 15, 2025 - apply [here](#):

[Sports, part-time, digital and assembly-based \(nord.no\)](#)

[Development of Top-level Skills in Sports, Meråker \(nord.no\)](#)

[Sports. Meråker \(nord.no\)](#)





For more information –
don't hesitate to contact us 😊

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