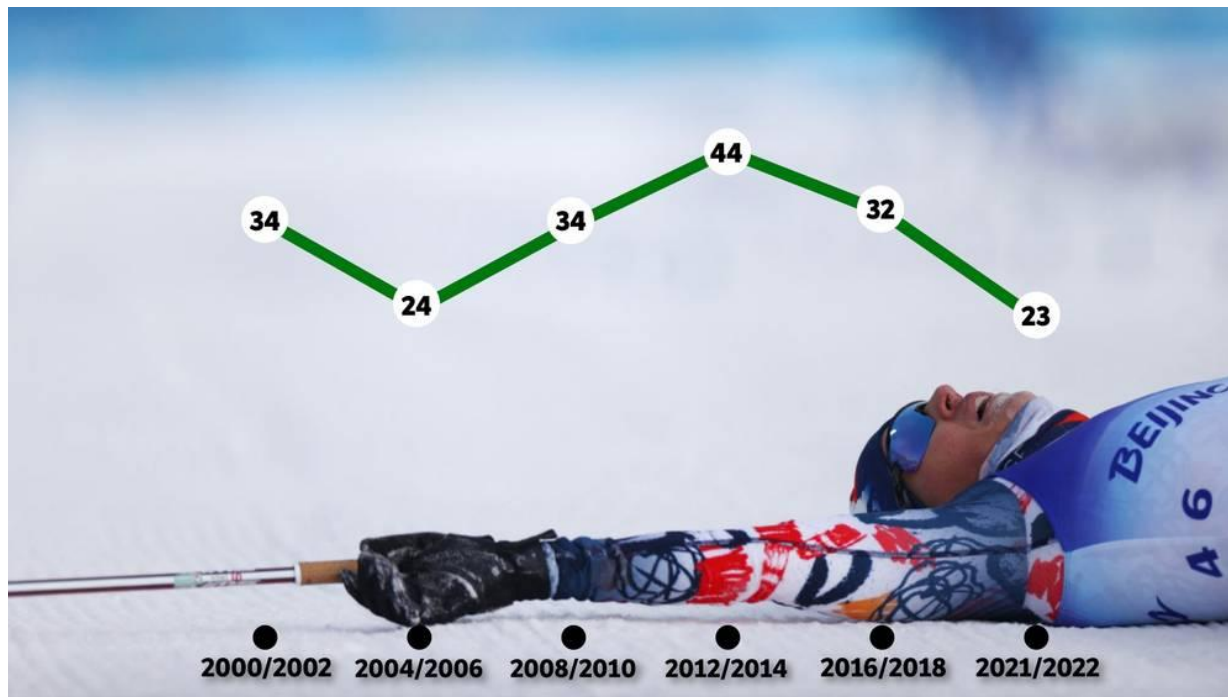


Den norske toppidrettsmodellen: Hvorfor fungerer den best for menn?



Øyvind Sandbakk

Resultater



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Deltagelse

- For OL-idrettene som har faste landslagsutøvere er det **52 prosent flere menn** (165) enn kvinner (109) på elitelagene.

Stipender

- Det er **tre ganger så mange herrer med A-stipend** som kvinner (fire ganger så mange i vinteridrettene)
 - Kvinner: 55 millioner kroner (700 stipend)
 - Herrer: 100 millioner kroner (1200 stipend)

Hvilke kjønnsforskjeller finnes?

Bucher Sandbakk S¹, Tønnessen E², Haugen T², Sandbakk Ø^{3,4}

Training and Coaching of Female vs. Male Endurance Athletes on their Road to Gold. Perceptions among Successful Elite Athlete Coaches

Training und Coaching von weiblichen vs. männlichen Athleten auf ihrem Weg zu Gold? Einschätzungen erfolgreicher Trainer von Eliteathleten

SHORT REPORT

ACCEPTED: October 2022

PUBLISHED ONLINE: November 2022

Bucher Sandbakk S, Tønnessen E, Haugen T, Sandbakk Ø. Training and coaching of female vs. male endurance athletes on their road to gold. Perceptions among successful elite athlete coaches.. *Dtsch Z Sportmed.* 2022; 73: xx-xx. doi:

All coaches adjusted their key training and coaching principles to the individual athlete, rather than gender

- A coach-driven and athlete-centered individualization process was essential to create trust, mutual understanding, and optimal training content

- **Sport-specific competition demands**
 - Fewer and shorter competitions in some sports
 - Differences in absolute performance
 - Larger muscular load at the same relative internal intensity
- **Physiological**
 - Earlier introduction to strength training in women
 - Lower tolerance for monotonous muscle loads in women
 - The menstrual cycle may have an impact on training and performance
 - Hormone-driven sex-differences typically lead to stagnation in performance during middle-to-late adolescence in girls, but not in boys

- **Psychological**

- Most coaches perceived larger differences between individuals than genders
- Female athletes were perceived more emotional, more conscientious, and less resilient by some coaches

- **Interpersonal**

- Coach-athlete relationship may be coloured by the gender of the coach
- Cautious to not negatively impact female athletes' self-confidence and self-esteem

- All coaches described how training and coaching of female athletes differs from that of men
 - **Male athletes considered as the reference group, and male physiology and psychology considered as the norm**
- Societal factors (e.g. male-dominant sports culture) and underlying gender stereotypes might amplify gender differences

Hva kan gjøres?

- Tydelig målsetning → paradigmeskifte
- Prioritering av ressurser
- Strategi for økt mangfold av kjønn i framtidens trener- og lederteam
- Omfattende kulturarbeid

- Utvikling av prestasjonskulturer
 - Tett helhetlig oppfølging i et langsiktig perspektiv
 - Lagbygging
- Strategi for å få kvinner til å fortsetter satsingen lengre
 - Tilrettelegging i forbindelse med studier, jobb, økonomi og forutsigbarhet/støtte rundt det å få barn i løpet av karrieren
- Implementering av oppdatert kunnskap om kvinnespesifikke temaer

Takk for oppmerksomheten!

