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Active Health
Active Health



[Mission] Improved Wellbeing Among Children And Youth In Denmark

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Research profile

I am a passionate applied researcher in sport and exercise psychology. My academic background is international as I have worked and studied the University of Copenhagen, Queens University (Canada) and at Aalborg University. My research focuses in particular on applied interventions with goal setting, playful among various groups, and descriptive studies on succesful communities and age groups that enhance participation, development and at times performance in sport.

At the moment, I'm especially interested in action (design) research studies that utilies co-creation / co-production in materialising playful material to Currently, I've recently lead a project (Happy Play) which co-produced playful coaching material for 500 coaches in 85 clubs in Happy league funded by Vissing Fonden. In addition, I am also Head of Psychology in a local elite football academy, where I have co-produced hiw and when to work with mental strategies and issues together with the coaches and players.

I've been an engaged supervisor of BA and MA-students for almost 10 years and find great joy in seeing students' progress. I am a regular editor and member of the editorial board of the Forum for Idræt.

Qualifications

University pedagogics
Award Date: 1 Apr 2021
Ph.d.
Award Date: 4 May 2018

Research outputs

The Role of Coaches in Play-Based Learning During Childhood Sport

Rossing, N. N., Skrumbeltrang, L. S., Wilson, S. & Côté, J., 9 Sept 2025, (Accepted/In press) *Football Coaching Pedagogy: Insights for Elite Player Development*. Routledge

How to promote wellbeing in youth sport: Recommendations from the 2024 Copenhagen Consensus Conference

Nielsen, G., Krstrup, P., Rossing, N. N., Elsborg, P. J., Nøddesbo, J., Krabbe, A., Rashid, I., Høj, B. B., Mortensen, J., Østergaard, S., Skovgaard, T., Ryom, K., Aggerholm, K. & Agergaard, S., Aug 2025, In: *Scandinavian Journal of Medicine & Science in Sports*. 35, 8, e70121.

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Skrumbeltrang, L. S., Christensen, A. B. D., Bjørndal, C. T. & Rossing, N. N., 30 Apr 2025, In: *idrottsforum.org*. 16 p.

Uncovering Constraints in Sports for Children with Disability – Insights from Danish Parents

Skrumbeltrang, L. S., Clement, S. L., Rossing, N. N. & Darcy, S., 11 Mar 2025, (E-pub ahead of print) In: *International Review for the Sociology of Sport*.

Med disse to værktøjer kan børnetrænere skabe balance mellem leg og læring

Rossing, N. N. & Skrumbeltrang, L. S., 2025, In: *Idrætsmonitor*.

Doing narrative sport psychology in an elite football academy

Rossing, N. N. & Rasmussen, L. J. T., 20 Jul 2024.

Coopetitive sport participation – an extreme case study among a diverse group of handball players with special needs

Rossing, N. N., Christensen, A. B. D. & Skrumbeltrang, L. S., 18 Jul 2024.

Exploring the potentials of Co-creation for coach learning: An Action Design Research study

Christensen, A. B. D., Skrumbeltrang, L. S. & Rossing, N. N., 18 Jul 2024. 1 p.

Leveraging non-formal and informal learning in sport: An action research goal-setting intervention for high performing youth swimmers

Christensen, A. B. D., Martin, L. & Rossing, N. N., 16 Jul 2024. 1 p.

Having a goal up your sleeve: Promoting a mastery climate in a youth football academy team

Rossing, N. N., Lykkeskov, M., Martin, L. & Rasmussen, L. J. T., Mar 2024, In: *The Sport Psychologist*. 38, 1, p. 1-13 13 p.

How to play the infinite game of handball – lessons learned from Happy League

Rossing, N. N., Christensen, A. B. D. & Skrumbeltrang, L. S., 22 Nov 2023.

Moving beyond skills acquisition: a multiple case study of situated learning in a league for children with disabilities

Rossing, N. N., Agergaard, S. & Skrumbeltrang, L. S., 12 Oct 2023, In: *Frontiers in Sports and Active Living*. 5, 1217349.

Talent Identification: (Un-)conscious gold diggers, goldsmiths, and gold creators

Rossing, N. N. & Wrang, C. M., 10 Oct 2023, Aalborg Universitetsforlag. 92 p.

From Individual Fixing to Relational Guidance in Narrative Sport Psychology

Rossing, N. N. & Rasmussen, L. J. T., 1 Oct 2023, *Social Issues in Sport, Leisure, and Health*. Agergaard, S. & Karen, D. (eds.). Routledge, p. 129-145 17 p.

Rethinking sport participation for children with special needs: The case of "Happy League"

Nielsen, D. L., Rossing, N. N. & Skrumbeltrang, L. S., Oct 2023, *Social Issues in Sport, Leisure, and Health*. Agergaard, S. & Karen, D. (eds.). Routledge, p. 27-39 13 p.

Idrætsdeltagelse kommer i mange former: et case studie i Lykkeliga

Skrumbeltrang, L. S. & Rossing, N. N., 24 Aug 2023, *Book of abstracts: Idrætsforskningens problemer - Konference om idrætsforskning i Danmark*.

Muligheder og barrierer blandt børn og unge med særlige behov i idræt: Rapport

Skrumbeltrang, L. S., Clement, S. L., Roersen, A. B. & Rossing, N. N., Aug 2023, Aalborg Universitet. 39 p.

How do young athletes experience selection and nonselection? An ethnographic study of talent categorization and identification processes.

Wrang, C. M., Martin, L. J., Rossing, N. N. & Agergaard, S., 22 Jun 2023, In: *Sport, Exercise, and Performance Psychology*. 12, 3, p. 155-171 17 p.

Relative age effect - A head start for early-born football players

Rossing, N. N., Raaby Pedersen, K., Ryom, K. E. & Hancock, D., 20 Jun 2023, In: *Sustainability and Sports Science Journal*. 1, 1, p. 34-45 12 p.

Kreative praksisformer

Rasmussen, L. J. T., Cortsen, K., Byrge, C. & Rossing, N. N., 2023, Aalborg Universitetsforlag. 120 p. (Kreativitet i fodbold - hvad, hvordan og hvorfor?, Vol. 2).

Kreative udviklingspotentialer – Idrætspsykologiske og sportsøkonomiske argumenter

Rasmussen, L. J. T., Byrge, C., Rossing, N. N. & Cortsen, K., 2023, Aalborg Universitetsforlag. 124 p. (Kreativitet i fodbold - hvad, hvordan og hvorfor?, Vol. 3).

Kreativitetsfremmende øvelser

Rasmussen, L. J. T., Rossing, N. N., Cortsen, K. & Byrge, C., 2023, Aalborg Universitetsforlag. 124 p. (Kreativitet i fodbold - hvad, hvordan og hvorfor?, Vol. 4).

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Rasmussen, L. J. T., Rossing, N. N., Cortsen, K. H. & Byrge, C., 2023, Aalborg Universitetsforlag. 116 p. (Kreativitet i fodbold - hvad, hvordan og hvorfor?, Vol. 1).

"We do not have rules, we have boundaries" – an extreme case study among a diverse group of youth players with special needs

Rossing, N. N. & Skrumbeltrang, L. S., 2023, In: Journal of Exercise, Movement, and Sport (JEMS). 54, 1

Talentidentifikation - til hverdag og test

Rossing, N. N., 1 Oct 2022.

Creativity-enhancing Approaches in the Coaching of Children in Sport: Present and Future Directions

Rasmussen, L. J. T. & Rossing, N. N., Oct 2022, *Routledge Handbook of Coaching Children in Sport*. Toms, M. & Jeanes, R. (eds.). 1 ed. Routledge, 11 p.

Undervisningsguide - Life Skills

Iversen, S., Teller, C., Rossing, N. N., Ryom, K. & Lund, J. H., 1 May 2022, TeamDanmark. 78 p.

Idræt B: Idræts teori

Franch, J., Isaksen, B., Jensen, J. G., Jørgensen, P., Rossing, N. N. & Vogensen, N., Mar 2022, 3 ed. Systime Academic. 255 p.

Børnecentreret rehabilitering – behov for nye strategier

Skrumbeltrang, L. S., Rossing, N. N., Rathleff, M. S. & Agergaard, S., 3 Jan 2022, In: Dansk Sportsmedicin.

Can we do better? Towards a child-centred approach in the rehabilitation of paediatric sport injuries

Skrumbeltrang, L. S., Rossing, N. N., Rathleff, M. S., Côté, J. & Agergaard, S., 2022, In: British Journal of Sports Medicine. 56, 5, p. 242-243 2 p.

Coincidence and conditions: An in-depth case study of a successful age group within a grassroots football club

Rossing, N. N., Mogensen, C. G., Pedersen, M. M. & Martin, L., 2022, In: Journal of Applied Sport Psychology. 34, 3, p. 585-604 20 p.

The Missing Children: A Systematic Scoping Review on Talent Identification and Selection in Football (Soccer)

Wrang, C. M., Rossing, N. N., Agergaard, S. & Martin, L., 2022, In: European Journal for Sport and Society. 19, 2, p. 135-150 16 p.

Analyse af relativ alderseffekt i dansk børnefodbold (U3-U12) Anno 2020

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Dalsgaard, S. H., Rossing, N. N. & Thorndahl, K. L., 6 Oct 2021, In: Dansk Sportsmedicin.

Hvilken rolle spiller udvælgelse (og fravalg) for drenges forståelse af sig selv og hinanden? Et etnografisk studie af identifikationsprocesser blandt 10-12 årige fodbold drenge

Wrang, C. M., Martin, L. J., Rossing, N. N. & Agergaard, S., 23 Aug 2021.

Talentidentifikation - nøglen til succes eller fiasko

Rossing, N. N., 10 Aug 2021, *Sportsmanagement: Ledelse og kommerialisering i sportsbranchen*. Cortsen, K., Kehr, M. & Nielsen, R. (eds.). Hans Reitzels Forlag, p. 316-323 6 p.

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Rossing, N. N. & Wrang, C. M., 1 Jun 2021, Aalborg: Aalborg Universitetsforlag. 72 p. (Trend bites, Vol. 4).

The power of the talent category. A social-relational perspective on the identification and selection of young football players

Wrang, C. M., Martin, L., Rossing, N. N. & Agergaard, S., 9 Apr 2021, *International Society of Qualitative Research in Sport and Exercise: 1st ECR and Student Conference*.

"All or nothing:" The road to the National Hockey League for five successful Danish players born in 1989

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Dealing with loss of identity in youth sports – management of the of a career-ending sport injury

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Indlæg: Tidlig specialisering - formidling af schweizisk forskningsartikel

Nielsen, J. B., Bennike, S. & Rossing, N. N., 30 Jun 2020, In: Playmaker.

Indlæg: Lokale helte er afgørende for dansk spiller- og talentudvikling

Rossing, N. N., 3 Mar 2020, In: Playmaker.

Det psykologiske perspektiv

Rossing, N. N., 9 Oct 2019, *Idræt B (Læreplan 2017)*. Pöckel, R. (ed.). 1 ed. Systime Academic, 15 p.

Where do elite youth football players come from?

Rossing, N. N., Skrubbeltang, L. S., Pedersen, M. Z. B. & Karbing, D. S., 25 Jun 2019, In: Dansk Sportsmedicin. 7 p.

The language of football: a cultural analysis of selected world cup nations

Rossing, N. N. & Skrubbeltang, L. S., 2019, *FIFA World Cup and Beyond: Sport, Culture, Media and Governance*. Bandyopadhyay, K., Naha, S. & Mitra, S. (eds.). CRC Press, (Sport in the Global Society - Contemporary Perspectives).

An investigation of Danish male youth football – is something rotten in the state of Denmark?

Ryom, K., Rossing, N. N., Flattum, A. & Karbing, D. S., 1 Sept 2018, In: Journal of Physical Education and Sport. 18, 3, p. 1439-1444 6 p.

Relative age effect and the re-selection of Danish male handball players for national teams

Wrang, C. M., Rossing, N. N., Lilholt, R. M., Hansen, C. G., Hansen, C. B. & Karbing, D. S., 31 Aug 2018, In: Journal of Human Kinetics. 63, 1, p. 33-41 9 p.

Influence of population size, density, and proximity to talent clubs on the likelihood of becoming elite youth athlete

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At være på det rigtige sted på det rigtige tidspunkt: Ressourcer og barrierer i overgangen fra ungdoms- til førstehold i en dansk elitefodboldklub

Rosenkilde, N. H., Christiansen, N. & Rossing, N. N., 2018, In: idrottsforum.org. 11, p. 26

Fodbold som sprog: En kulturanalyse af udvalgte VM-nationer

Rossing, N. N. & Skrumbeltrang, L. S., 2018, In: Scandinavian Journal of Sport and Exercise Psychology. 1, 1, 9 p.

Local heroes: The influence of place of early development in Danish handball and football talent development

Rossing, N. N., 2018, Aalborg Universitetsforlag. 112 p.

The language of football: a cultural analysis on selected world cup nations

Rossing, N. N. & Skrumbeltrang, L. S., 2017, In: Sport in Society. 20, 5-6, p. 599-611

The relation between proximity to talent clubs and talent development in Danish handball and football

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The role of community in the development of elite handball and football players in Denmark

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Tal fodbold - spil brasiliansk!

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Relativ alderseffekt i børne- og ungdomsfodbold

Rossing, N. N., Lilholt, R. M. & Karbing, D. S., 27 Aug 2015, Institut for Medicin og Sundhedsteknologi. Aalborg Universitet . 37 p.

Du bliver - hvor du kommer fra!

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God talentudvikling gennem fokus på den individuelle atlet

Rossing, N. N., Ryom, K. & Henriksen, K., 2015, *Talentudvikling i sport: reflekterede organisationer, gode teams og stærke atleter*. Rossing, N. N., Ryom, K. & Henriksen, K. (eds.). Aalborg Universitetsforlag, p. 177

God talentudvikling gennem fokus på hele organisationen

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God talentudvikling gennem fokus på teamet og træneren

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It is your teammates not your schoolmates that matters: the importance of risk population in talent development studies
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Relative age effect and birth place effect in Danish national youth football

Rossing, N. N., Flattum, A., Biegel, A. & Karbing, D. S., 2015, *Program and Abstracts, 8th World Congress on Science and Football, WCSF 2015, 20-23 May 2015, Copenhagen, Denmark*. Bangsbo, J. & Krstrup, P. (eds.). Department of Exercise and Sport Sciences, University of Copenhagen, p. 100-101, No. S16.3

Talentudvikling i sport: reflekterede organisationer, gode teams og stærke atleter

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The road to success: analysing the progression of male handball players and constant year effect in Danish national teams

Lilholt, R. M., Rossing, N. N., Hansen, G., Wrang, C. M. & Karbing, D. S., 2015, *Book of Abstracts, 20th Annual Congress of the European College of Sport Science, ECSS, 24-27 June 2015, Malmö, Sweden*. European College of Sport Science, p. 33-34

X-faktorer i talentudvikling: din hjemegn og din fødselsdag

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The role of community density in the development of elite handball and football players in Denmark

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