

## Brief CV

### Ingi Þór Einarsson

#### 1. PERSONAL INFORMATION

Surname: Einarsson

Forename: Ingi Þór

Date of birth: 24. August 1968

Nationality: Icelandic

Address: Mávabraut 10B

230 Reykjanesbær Iceland

Phone: +354-6947323, E-mail: ingithore@ru.is

#### 2.1 CURRENT EMPLOYMENT

Position: Adjunkt

Since: July 2015

Institution: University of Reykjavik

Country: Iceland

#### 2.2 PREVIOUS EMPLOYMENT

Position: Adjunkt

From 2008 until 2015

Institution: University of Iceland

Country: Iceland

Position: Adjunct

From 2005 until 2008

Institution: University of Reykjavik

Country: Iceland

### 3 TEACHING

Time	Organization	Courses
2005-2006	Adjunct at Teachers University of Iceland (KHI)	Taught: First aid, pedagogic, swimming, and swimming coaching.
2006 – 2008	Adjunct at University of Reykjavík (UR)	Taught: First aid, swimming, exercise physiology, Biomechanics, measurements in sport science
2008-2015	Adjunct at University of Iceland (UI)	Taught: First aid, swimming, exercise physiology, Biomechanics, adapted physical education, Bs and Ms thesis promoter
2015 -	Adjunkt and Lector at University of Reykjavík (UR)	Taught: swimming, exercise physiology, Evaluation of physical fitness, adapted physical education, Bs and Ms thesis promoter

#### 3.1 Teaching experience

13 years like professor (full-time). I have taught in:

- Bachelor of Science in Sport & Exercise Science
  - Subjects: First aid, pedagogic, swimming, and swimming coaching, Exercise Physiology, Biomechanics, adapted physical activity
- Master of Science in Sport & Exercise Science
  - Subjects: Adapted physical activity

Visiting lecture (ERASMUS +) in several universities: KUL (Belgium), 2008; Toledo (Spain), 2010

#### 3.2 Evaluation of teaching

When my students evaluate me, my score was 3,9-4,6 (of maximal 5)

#### 3.3 Teaching methodology and training

I always use Moodle/CANVAS/Myschool as a platform in all my lessons.

### 3.4 Student Supervision

I have supervised 3 MSc researched based thesis and 12 BSc research based thesis

#### Master Thesis

Hjalti Rúnar Oddsson: *Basic anthropometry, physical fitness and specific skill of the Icelandic female youth national teams.* (Co-Supervisor Jose Saavedra) MSc Thesis from University of Reykjavik 2018

Helena Ingimundardóttir: *Hreyfinám barna með þroskafrávik - íhlutunar rannsókn. (e. Intervention study on motor skills among children with Intellectual Disability).* MSc Thesis University of Reykjavik 2017

Bára Sigurbjörg Ólafsdóttir: *Muscle recruitment in running on land and in water from trained runner.* MSc Thesis from University of Iceland 2015

#### BSc Thesis

Ólöf Björnsdóttir: A report on the attendance and effectiveness of water exercise among Icelandic elderly. University of Reykjavik 2018

Guðný Erna Bjarnadóttir: *Áhrif djúpvatnshlaups á getu einstaklinga á endurteknum sprettum (e. The effect of DWR on performance in repeated all out sprints).* University of Reykjavik 2018

Guðmunda Stefanía Gestsdóttir: *Hraðastjórnun í sund - Samanburður á fötluðum sundmönnum og sundmönnum án fötlunar (e. Pacing in swimming – Comparison study on disabled and non-disabled swimmers).* University of Reykjavik 2018

Fanney Þóra Þórsdóttir: *Hvaða áhrif hefur djúpvatnshlaup á getu leikmanna við framkvæmd á snerpu (e. The effect of DWR on agility among football players).* University of Reykjavik 2018

Guðrún Þórbjörg Sturlaugsdóttir: *Líkamlegar mælingar á íslenskum unglíngalandsliðum kvenna í knattspyrnu eftir leikstöðum (e. Physical fitness among Icelandic junior female national team players in football).* University of Reykjavik 2018

Eypór Ernir Oddsson: *Tengsl súrefnisupptöku á hlaupabretti og í djúpvatnshlaupi: Hvernig er mæling á súrefnisupptöku í vatni gerð? (e. Correlation between VO2max measured on treadmill and in deep-water running. Single case study).* University of Reykjavik 2018

Gunnar Egill Benonýsson: *Samanburður á vöðvavirkni í skriðsundi og sundbekk á þurru landi HR (e. Muscle recruitment in freestyle swimming in water and on swim bench. Single case study).* University of Reykjavik 2018

Sunna Jónsdóttir: *Hreyfiþroskapróf fyrir börn með þroskahömlun HÍ (e. Validity of classical motor skills test used on children with ID).* University of Iceland 2012

Inga María Baldursdóttir, Heimir Hallgrímsson: *Áhrif þroskahömlunnar á sundgetu : flokkun þroskahamlaðra sundmanna. (e. The effect of the level of intellectual disability on swimming performance).* University of Iceland 2011

Marianna Þórðardóttir: Samanburðarrannsókn á hreyfifroska 4-6 ára barna frá Íslandi og Úganda HÍ (e. Comparison on motor skills in 4-6 year old children in Iceland and Uganda). University of Iceland

Ásbjörg Gústafsdóttir: Sundgreining blindra og sjónskertra HÍ. (e. complete race analyzes in swimming among Visually impaired swimmers at European championship) University of Iceland 2010

Sigríður Bjarney Guðnadóttir, Sigurborg Jóna Björnsdóttir: Samanburður á keppnisframmistöðu aflimaðra sundmanna í flokkum S9 og S10 á Evrópumóti fatlaðra í sundi (e. complete race analyzes in swimming among swimmers in classes S9 and S10 at European championship) University of Iceland 2010

#### 4. Education

Year	Study	Degree
2012 - 2018	Research-based PhD in sport science (Health and fitness for disabled. UI and KUL	Ph.D. Sport Science
2005 – 2008	Research-based MSc education in Sport science (swimming) UI and Catholic university and Leuven Belgium (KUL)	MS in Sport Science
2002 – 2005	Educational University of Iceland	BS in Sport science
1990 – 1994	Geological Physic, University of Iceland (UI)	

##### 4.1 Ph.D. Dissertation:

Ingi Þór Einarsson: *Physical fitness and health of Icelandic children with intellectual disability* Dissertation submitted in partial fulfilment of a Ph.D.-degree. University of Iceland 2018

##### 4.2 Ms thesis:

Ingi Þór Einarsson: *A comparison of race parameters in Icelandic swimmers with and without intellectual disabilities*, Iceland 2008

## 5. Coaching resume:

Time	Clubs/organization	Position
1990 – 1994	KR swim club	Junior coach
1993 – 1997	Deaf sport association	National team coach
1997 – 2000	SH swim club	Junior coach/ assistant head coach
1998 – 2004	Ösp (disability club)	Head coach
1998 – 2016	National Paralympic Committee (NPC) of Iceland	National team coach
2000 – 2002	KR swim club	Head coach
2000 - 2005	Icelandic swimming associations (SSI)	Junior national team coach
2005 - 2008	High-performance center (IAK)	Swimming head coach
2009	NPC Belgium	National team coach
2012-2017	Nes disability swim club	Head coach
2013 - 2015	Coaching five elite Ironman athlete	Coach
2017 -	NPC Iceland	High-performance director

### 5.1. Biggest achievements as abled body swimming coach

Assistant head coach SH. There I worked with five swimmers who went to Sydney Olympics including a swimmer who came 4th in 200 backstroke.

Head coach for KR from 2000-2002 where I worked with three swimmers who went to the European championship and/or other national team competitions

Head coach for the High-performance center from 2005-2008 where I coached three swimmers to the 2008 Beijing Olympics.

### 5.2 Biggest achievements as coach for disabled swimmers

As the coach of able body swimming, I always had some of the best Icelandic disabled swimmers in my teams.

Two swimmers went to Atlanta Paralympics (Kristín Hákonardóttir and Ólafur Eiríksson S9), Two Medals

Two swimmers went to Sydney Paralympics (Kristín Hákonardóttir S7 and Gunnar Örn Ólafsson S14), Three medals

One Swimmer went to Athens Paralympics (Kristín Rós Hákonardóttir S7), two medals

One Swimmer went to Beijing Paralympics (Eyþór Prastarson S11), one finalist

One swimmer went to London Paralympics (Jón Margeir Sverrisson S14), one medal

### **5.3 Other volunteer work for National Olympic Committee (NOC) Iceland:**

<b>Time</b>	<b>Work</b>	<b>Position</b>
1997 – 2013	National team committee for NPC	Chairman from 2001
1999 – 2002	Icelandic swimming coaching association	Member of the board
2000 – 2009	Education committee SSÍ	Chairman from 2002
2001 – 2009	Multiple Coaching seminars	Teacher

## 6. RESEARCH

### 6.1 Research project (open competitive research fund)

Title	Financial org.	PI	Amount	Year
Measurements of national team in Gymnastic	FSI	Einarsson	1.050.000 kr	2018
Measurements of national team in football	KSI	Einarsson	1.050.000 kr	2018
Measurements of national team in disability sport	NPC Iceland	Einarsson	1.050.000 kr	2017
IDEAL	Erasmus+	Debbie Van Biesen	400.000 EU	2017
Measurements of national team in football	KSI	Einarsson	840.000 kr	2016
EMG in water	Íþróttasjóður	Einarsson	800.000 kr	2012
PHD project	Háskólasjóður	Arngrimsson	5.000.000 kr	2011
Adapted physical activity Measurment of disabled athlete	Leonardo Íþróttasamband fatlaðra	Pat Flannagan Einarsson	1.111.464 kr 500.000 kr	2010 2010
Sport participation among disabled children	Íþróttasjóður	Einarsson	500.000 kr	2009

### 6.2 Papers in journals with impact factor (JCR)

Number of papers: 3 Q1: 2 Q2: 1 Q3: 1 Q4

Saavedra, J.M., Kristjánsdóttir, H., **Einarsson, I.Þ.**, Guðmundsdóttir, M.L., Þorgeirsson, S., Stefansson, A. (2018). Anthropometric characteristics, physical fitness, and throwing velocity in elite women's handball teams. *Journal of Strength and Conditioning Research*, 32: 2294-2301. doi: 10.1519/JSC.0000000000002412. Impact Factor: 2.325; Q2

**J.M. Saavedra, I.Þ. Einarsson**, D. Sekulic, A. Garcia-Hermoso, A. Analysis of pacing strategies in 10 km open water swimming in International Championships. *Kinesiology*, 50: UDC: 797.21:796.015.15, 2018. Impact Factor: 0.961; Q3

Melville CA, Oppewal A, Schäfer Elinder L, Freiburger E, Guerra-Balic M, Hilgenkamp TI, **Einarsson I**, Izquierdo-Gómez RH, Sansano-Nadal O, Rintala P, Cuesta-Vargas A, Giné-Garriga M  
Definitions, measurement and prevalence of sedentary behaviour in adults with intellectual

disabilities - A systematic review. *Prev Med.* 2017 Apr;97:62-71. doi: 10.1016/j.ypmed.2016.12.052. Epub 2017 Jan 2. Impact factor: 4.527; Q1

J.M. Saavedra, H. Kristjánsdóttir, **I.Þ. Einarsson**, M.L. Guðmundsdóttir, S. Þorgeirsson and A. Stefansson. Anthropometric characteristics, physical fitness, and throwing velocity in elite women's handball teams. *Journal of Strength and Conditioning Research.* Impact factor: 2.060; Q2

**Einarsson IÞ**, Jóhannsson E, Daly D, Arngrímsson SÁ. Physical activity during school and after school among youth with and without intellectual disability. *Res Dev Disabil.* 2016 Sep;56:60-70. doi: 10.1016/j.ridd.2016.05.016. Epub 2016 Jun 2. Impact factor: 1.820; Q1

**Ingi Þór Einarsson**, Erlingur Jóhannsson, Daniel Daly, Sigurbjörn Arngrímsson. [Physical activity and physical condition of Icelandic primary and secondary school children with intellectual disability]. *Laeknabladid.* 2015 May;101(5):243-8. Impact factor: 0.389; Q4

**Einarsson IO**, Olafsson A, Hinriksdóttir G, Johannsson E, Daly D, Arngrimsson SA. Differences in Physical Activity among Youth with and without Intellectual Disability. *Med Sci Sports Exerc.* 2015;47(2):411-8. Epub 2014/07/02. Impact factor: 4.459; Q1

### 6.3 Papers in peer-reviewed journals without impact factor

Daly, D., **Einarsson, I.**, Van de Vliet, P., Vanlandewijck, Y. (2006). Freestyle race success in swimmers with intellectual disability. *Portuguese Journal of Sport Science*, 6: 294-296

J Martens, **IP Einarsson**, N Schnizer, F Staes, D Daly: Lower trunk muscle activity during front crawl swimming in a single leg amputee. *Portuguese Journal of Sports Sciences* 11 (Suppl. 2), 751-754

### 6.4 Conference and congress contributions

#### Published work, reviewed publications, conference and seminar presentation:

J.M. Saavedra, H. Halldórsson, M.L. Guðmundsdóttir, **I.Þ. Einarsson**, H. Kristjánsdóttir: Multidimensional evaluation in club handball players. 23rd European Colleague Sports Science Congress. P.241. 4th-7th July

**I.Þ. Einarsson**, S. Bandelow, S. Arngrímsson: Cognitive function development during childhood and adolescence in typically developed and intellectually impaired individuals. **DISABILITY SPORT CONFERENCE 2018: DISABILITY SPORT - WHAT WILL ITS LEGACY BE?** Coventry (UK) September 3.- 5. 2018



Ingi Thor **Einarsson**, Tea Cistic, Debbie Van Biesen, Daniel Daly: Performance Evolution of Athletes with Intellectual Impairment in Athletics and Swimming over the Last Decade. October 2015, VISTA Conference 2015

**Einarsson**, Olafsdottir: Muscle recruitment in running on land and in deep water. April 2015 AquaLeuven2015

Ingi Þór **Einarsson**, Erlingur Jóhannsson, Daniel Daly, Sigurbjörn Árni Arngrímsson: PA and PA patterns among children with intellectual disability. September 2015 PWP2015

Ingi Þór **Einarsson**, Erlingur Jóhannsson, Daniel Daly, Sigurbjörn Árni Arngrímsson PA and PA patterns among children with intellectual disability. October 2015 EYHS Conference

Ingi Þór **Einarsson**, Daniel Daly, Jonas Martens, Sigurbjörn Árni Arngrímsson: Physical fitness and metabolic syndrome of competitive swimmers with intellectual disability. April 2014 XII BMS2014

**Einarsson**, Daly, Arngrímsson: Physical activity and sedentary behavior of children with ID in Icelandic primary schools. November 2014. 4th International conference in Adapted physical activity in rehabilitation and education.

G Hinriksdottir, IT **Einarsson**, D Daly, SA Arngrimsson: Comparison Of Swimmers And Non-swimmers With And Without Intellectual Disability On Activity, Fitness, And Adiposity. May 2014 MSSE 2014

J Martens, S Lievens, IT **Einarsson**, R Fernandes, F Staes, D Daly: Lower trunk muscle activity in butterfly swimming. Australian Institute of Sport

Ingi Þór **Einarsson**, Erlingur Jóhannsson, Daniel Daly, Sigurbjörn Árni Arngrímsson: Aerobic fitness and body composition of Icelandic primary school children with ID: May 2013 MSSE2013

G Hinriksdottir, IT **Einarsson**, D Daly, E Johannsson, SA Arngrimsson: Physical Activity Patterns among Children with Intellectual Disability: Very Few Meet Recommendations. May 2013 MSSE2013

SA Arngrimsson, S Gardarsdottir, IT **Einarsson**, S Bandelow, Erlingur Johannsson, Daniel Daly Level of Intellectual Disability is Associated with Fitness but not Adiposity among Intellectually Disabled Children May 2013 MSSE2013

Ingi Þór **Einarsson**, Erlingur Jóhannsson, Daniel Daly, Sigurbjörn Árni Arngrímsson: Physical fitness and health of Icelandic boys in elementary schools with intellectual disability. EYHS Madeira Portugal October 2012

**Einarsson**: Aqua outcome, Intensive Erasmus course in Toledo Spain. "accelerometers-, EMG- and HR- measurements in water" Spain 2012

Ingi Þór **Einarsson**, Yves Vanlandewijck, Sigurbjörn Árni Arngrímsson, Daniel Daly: Physical fitness of high-performance swimmers with mild Intellectual disability May 2011, MSSE2011

Sanders, R.H., McCabe, C., Machtsiras, G., Thow, J., **Einarsson**, I. (2011). Better times: Monitoring performance in swimming. In, N.T. Cable and K. George (Eds.) 16th Annual Congress of the European College of Sport Sciences, 6-9 July 2011, Liverpool, UK., pp. 270. Invited Lecture. UK 2011

**Einarsson**: Author of three chapters in international teaching material for coaches in swimming available on the internet 2011. <http://swimming-ties.is/> The chapters are Swimming for people with special needs, Growing swimmer and writing the session. Iceland 2011

**Einarsson**, Martens, Daly: Comparison of race parameters for visually impaired swimmers September 2011 VISTA2011

I **Einarsson**, J Martens, SA Arngrimsson, D Daly. Oral presentation „Is sight the only deterrent to breaststroke performance in visually impaired Paralympic swimmers?“ June 2010 XIth BMS 2010

I **Einarsson**, J Martens, SA Arngrimsson, J Lambeck, D Daly. Application of Wireless EMG Measurements in Water June 2010 XIth BMS 2010

Menntakvika 2010, Ingi Þór **Einarsson** Oral presentation “Lower trunk muscle activity during crawl swimming in single leg amputee.” Iceland 2010

## 6.5 Peer Reviewer (only Journals with Impact Factor)

### Peer reviewed papers prior to publications:

Date	Paper	Article name	Decision
09/15	RIDD	Prevalence of ..	Major revision
10/15	APAQ	Spatial Visualization ..	Major revision
11/15	RIDD	Prevalence of Overweight ..	Accepted
02/16	RIDD	Prevalence of Overweight ..	Minor Accepted
10/16	RIDD	SYSTEMATIC REVIEW ..	Major Revision
12/16	RIDD	SYSTEMATIC REVIEW ..	Accepted
01/16	APAQ	Spatial Visualization ..	Minor Accepted
10/16	JID	The effects ..	Rejected
01/17	RIDD	Possible explanations ..	Rejected
01/17	RIDD	Sedentary and Physical ..	Rejected
02/17	JID	The effects ..	Rejected
08/17	JIDR	THE ASSOCIATION ..	Major revision

### Non-peer-reviewed research contribution

Einarsson. "Physical activity and health among children with intellectual disability. Invited lecture" at THE STATE DIAGNOSTIC AND COUNSELLING CENTRE 24. august

I.P. Einarsson. "Cognitive function development .. during childhood and adolescence in typically developed and intellectually impaired individuals." DISABILITY SPORT CONFERENCE 2018: DISABILITY SPORT - WHAT WILL ITS LEGACY BE? Coventry (UK) September 3.- 5. 2018

Einarsson. "Coaching of ID athlete" IDEAL Pacing and coaching symposium Essex 24. September 2018

Lecture Marathon HR, oral presentation at: The impact of DWR intervention on women's football team 2018

Marathon HR, oral presentation at: Áhrif markvissarar íþróttapjálfunar á lýðheilsu fatlaðra barna 2017

Lecture Marathon HR, oral presentation: Hreyfing og heilsa grunnskólubarna með þroskahamlanir (e. PA and health among children with ID) 2016

Nordic classification seminar, oral presentation: Classification of II-athletes, IPC leading II swimming classifier. Danmark 2016

Nordic classification seminar, oral presentation: Classification of II-athletes, IPC leading II swimming classifier. Danmark 2016

Practical session at NIS International conference on PE and PA “Water games do develop practical skills” Laugarvatn 2015

Oral presentation at NIS International conference on PE and PA “physical activity and health among disabled children and ways to improve” Laugarvatn 2015

Menntakvika,(e.Lecture marathon UI) oral presentation.” Kyrrseta og hreyfing barna með og án þroskahömlunar” Iceland 2014 (e. Sedentary time and PA among children with and without ID in Iceland)

Oral presentation Einarsson, Daly, Arngrímsson: Physical activity and sedentary behavior of children with ID in Icelandic primary schools. November 2014. 4th International conference in Adapted physical activity in rehabilitation and education.

Education and training of swimmers with physical and intellectual disabilities, three oral presentations at:, Serbia 2013

“Training of top swimmers with intellectual disability”

“Swimming lessons for disabled swimmers”

“Adaptive swimming. Definitions, classification”

NPC's about classification seminar. “Update on classification from 2010 – 2013” UK 2013

Menntakvika 2013, (e.Lecture marathon UI) oral presentation: ”Þekking barna með þroskahamlanir og fjölskylda þeirra á hreyfingu og mikilvægi hennar.” Iceland 2013 (e. Knowledge and understanding of the importance of PA among children with ID and their families)

Þjálfara ráðstefna ÍSÍ í samstarfi við HÍ og HR, (Coaching seminar) oral presentation. “Þróun árangurs íslendinga í sundi á Ólympíuleikunum frá 1948 – 2012” Iceland 2013

(e. Evolution of the performance from Icelandic swimmers at the Olympic games from 1948 to 2012)

Nordic classification seminar. “Classification for intellectual impaired” Finland 2013

Para carded coaches meeting Canada 2013 Two oral presentation.

“Preparation of S14 Olympic gold medalist”

“S14 high performance swimming”

Oral presentation at: IPC swimming classification expert meeting, "Progress report and look at the future" Germany 2013

## **8. Other merit**

### **International network**

ENPARID Group of individuals from 7 universities that plans to be leading in PA promotion among individuals with ID

Satellite group for swimming research on ID swimmers. The group includes people from Belgium, Sweden, Croatia, UK and Spain and meets 1-2 a year.

IDEAL

### **Research and data collections experiences**

Have organized, planned and executed data collection with:

- Race analyzes in swimming and athletics in numerous occasions.
- EMG data collection both in water and dryland settings
- Fitness measurements such as VO<sub>2</sub>max and strength
- Body composition (skin fold etc.)
- Accelerometers
- Closed questioner

**Voluntary work for International Paralympic Committee (IPC)**

<b>Time</b>	<b>Work</b>	<b>Position</b>
Mars 2011	S14 classification	CanAm Minneapolis (first ever classification for S14) Assisted in cognitive testing and ran the sport specific
Jun 2011	S14 classification	European championship in Berlin. Assisted in cognitive testing and ran the sport specific
Des 2011	S14 classification	Johannesburg championship. Ran both cognitive and sport specific. Head classifier
Mars 2012	S14 classification	Sheffield. Ran both cognitive and sport specific.
August 2012	S14 classification	London Paralympics. Ran both cognitive and sport specific. S14 head classifier
Mars 2013	S14 classification	CanAm Minneapolis. Assisted in cognitive testing and ran the sport specific
August 2013	S14 classification	World championship in Montreal. Assisted in cognitive testing and ran the sport test
Sept. 2013	Training of new classifiers, Reims France	Educator
April 2014	S14 classification	Miami: Ran both cognitive and sport specific.
June 2014	S14 classification	Ecuador: Ran both cognitive and sport specific.
Mars 2015	S14 classification	Toronto: Ran both cognitive and sport specific.
July 2015	Training of new classifiers, Macau-China	Educator
October 2015	S14 classification	Bismarck: Assisted in cognitive testing and ran the sport test
January 2016	S14 Classification	Thailand: Assisted in cognitive testing and ran the sport test
May 2016	S14 Classification	Madeira: Assisted in cognitive testing and ran the sport test
April 2017	S14 Classification	Sao Paulo: Assisted in cognitive testing and ran the sport test

Ingi Þór Einarsson

## **9. DECLARATION**

**I declare that the information given in this CV is to the best of my knowledge complete and correct.**

**Signature and name**

**Ingi Þór Einarsson**

26. September 2018