



Ferilskrá - Erlingur Jóhannsson

Erlingur S. Jóhannsson, PhD

Prófessor

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EDUCATION

1995

PhD in Sport Sciences from The Norwegian School of Sport Sciences, Oslo, Norway.

1990

Master of Sciences from The Norwegian School of Sport Sciences, Oslo, Norway.

POSITIONS AND WORK EXPERIENCES

2015

Professor II, Faculty of Education, Arts and Sports, Department of Sport, Food and Natural Sciences, Western Norway University of Applied Sciences, Bergen, Norway.

2006

Professor in Sport and Health Sciences, Faculty of Health Promotion, Sport and Leisure Studies, School of Education, University of Iceland.

2008 – 2013

Head of Faculty of Health Promotion, Sport and Leisure Studies, School of Education, University of Iceland.

2004- 2005

Visiting researcher - Department of Nutrition, University of Oslo, Norway.

1997 – 2006

Managing Director, Center for Sport and Health Sciences in Laugarvatn, University of Iceland.

1995-1997

Post doc Department of Anatomy, University of Oslo, Norway.

INTERNATIONAL RESEARCH PROJECTS FONDS AND GRANTS

Erlingur Jóhannsson is a principal investigator in the following research projects.

- 2003 – 2010: Lifestyle of 9 and 15 year old Icelandic children (EYHS).
- 2006 – 2016: Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet.
- 2008 – 2015: Training Schemes on Elderly People in Iceland - intervention study to promote health and quality of life.
- 2011 – 2016: Physical attainment, social factors and mental health of adolescents and young adults (EYHS).
- 2015 – 2019: The Association of Physical Activity and Fitness with Academic Achievements in Children and adolescents
- 2015 – 2024: **HEALTH BEHAVIOUR OF THE ICELANDIC YOUTH**
An extensive longitudinal reserach study of the health status of Icelandic youth (born 1999) and their relation to sleep, physical activity and school environment.

All these research projects has been awards number of different grants (reserch grant, postdoc grant and PhD grants) from both international research fonds and the Icelandic Centre for Research fond.

SUPERVISION PhD – STUDENTS

Current supervison PhD - main supervisor

- Þuríður Ingvarsdóttir (2022): **HEALTH BEHAVIOUR OF THE ICELANDIC YOUTH.** Longitudinal study of physical- and mental health status in a young Icelandic cohort.
- Óttar Birgisson (2021): **HEALTH BEHAVIOUR OF THE ICELANDIC YOUTH.** Adolescent mental health and screen time: Long-term effect and predictors over time.

Completed PhD - Main supervisor (7 STUDENTS)

- Rúna Sif Stefánsdóttir (2022): **HEALTH BEHAVIOUR OF THE ICELANDIC YOUTH.** Associations between objectively measured sleep and cognition in older Icelandic adolescents.

- Vaka Rögnvaldsdóttir (2020): HEALTH BEHAVIOUR OF THE ICELANDIC YOUTH. Sleeping Behavior and Physical Health of Icelandic Adolescents. University of Iceland.
- Elvar S. Sævarsson (2019): The Association of Physical Activity and Fitness with Academic Achievements in Children and adolescents. University of Iceland.
- Sunna Gestsdóttir (2016): Physical attainment, social factors and mental health of adolescents and young adults (EYHS). University of Iceland.
- Janus Guðlaugsson (2014): Training Schemes on Elderly People in Iceland - intervention study to promote health and quality of life. University of Iceland.
- Hannes Hrafnkelsson (2012): Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet. University of Iceland.
- Kristján Þór Magnússon (2011): Lifestyle of 7 to 9 year old children – intervention promoting physical activity and healthy diet. University of Iceland.

Co-supervisor

- Linda Bergersen (2001): Monocarboxylate transporters in excitable tissues: Expression patterns and activity dependence. Norwegian School of Sport Sciences.
- Ingi Þór Einarsson (2018): Physical Activity, Aerobic Fitness, Adiposity, and Metabolic Health in Icelandic Children with Intellectual Disability (HEALTH-ID).

SUPERVISION MASTERS STUDENTS

Completed: 42 Master's students and 6 in process.



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