Name: Bård Erlend Solstad
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Date of birth: 26 07 1983
Title: Associate Professor in Sport Science

Current Position

- Associate Professor in Sport Science, Department of Sport Science and Physical Education, Faculty of Health and Sport Science, University of Agder, 2020-present
  - https://www.uia.no/om-uia/ansatte/baardes/index.html

Current commissions

- Co-Leader of the **F**emale **I**nclusion & **DE**velopment in **S**port (FIDES) research area, University of Agder, 2021-present
  - https://www.uia.no/english/research/research-groups/health-and-sport-sciences/spadegroup/fides/
- Member of the Sports Performance and Athlete Development Environments (SPADE) research group at UiA, 2020-present

Main research direction

I have historically focused on motivation and coaching practices in children and youth sport. In recent years, however, my research focus has evolved toward more interdisciplinary explorations, encompassing areas such as female athletes, sports nutrition psychology, as well as the dynamics of triadic relationships (coach, athlete, parent) in organized sports.

Professional services

I am a sport psychology consultant and academic expert, providing services to coaches and youth athletes across Norway. My work focuses on the application of sports psychology to optimize health, performance, and well-being, particularly through fostering motivation in emerging athletes. I currently serve as President of the Norwegian Association for Sport Psychology, leading the organization's efforts to advance the field nationally and internationally.

Editorial work

Section Editor at *Scandinavian Journal of Medicine & Science in Sports*, 2024-present

- https://onlinelibrary.wiley.com/page/journal/16000838/homepage/editorialboard.html

Grants

In total, I have been involved in receiving 5 729 071 NOK research grants.

Publications

40 peer-review articles
1 book chapter

Citation report

Citation report Google Schoolar November 2025

- 679
- H-indeks 15
- i10-indeks 19

Supervision

Ongoing mentoring of postdoctoral research fellows: 1 postdoctoral researcher (as co-mentor)
Ongoing PhD supervision: 4 PhD students (as co-supervisor)
Completed master's thesis supervision: 35 master's students (as main supervisor)