

Beorn Nijenhuis

Willem van Noortstraat 164,
3514GJ, Utrecht
The Netherlands
beorn01@gmail.com
011 31613194351
02/04/1984



Personal statement:

I have spent 20 years in high-level sports and 10 years pursuing science and philosophy at a university level. Where these two areas of expertise meet provides my greatest source of inspiration. My best scientific ideas are inspired by my life in sports. My best sports and performance coaching is the result of my scientific eye. Continuing to combine these two, in ever more creative and insightful ways, is how I aim to change people's lives for the better.

Education

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| Publication pending for a study on an undiagnosed movement disorder in speed skaters. | 2018 |
| Research Masters: Neuroscience & Cognition Utrecht University, Netherlands Published article on unfair starting procedures in Speed Skating | Sept 2016 |
| Bachelor of Neuroscience and Psychology (BSc.) Minor Philosophy Minor Literature University College Utrecht (<i>Honors College within Utrecht University</i>) Honors Thesis: Starting fair, the foreperiod effect in speed skating | Jun 2013 |
| University of Athabasca, Canada 100 ECTS credits received towards Literature and Philosophy (BA) | Dec 2010 |
| High School Diploma AFNORTH International High School, Brunssum, Netherlands | Jun 2001 |

Relevant Experience

Science:

2015-18

- Science and Performance: My sports career has informed much of my neuroscientific study from the endocrinology of fear and pain, to the psycho-physical analysis of attention in reaction time experiments. The latter research has been published in the academic journal *Frontiers of Psychology* with dr. Stefan van der Stigchel (Utrecht University) and dr. Edwin Dalmaijer (Oxford). In our research, we have found intriguing evidence that starting procedures in international speed-skating competitions are essentially unfair, with a margin of error pertinent to the final results (difference between first and fifth place). I am currently working with the International Skating Union to reform the starting procedure and change the rules in speed skating.

Performance Coaching/Teaching:

2015-18

- As a lecturer and coach at the Conservatory of Amsterdam, I have taught neuroscience at a post-secondary level, teaching 4 classes (22 lectures) to bachelor and masters students between 2015-2016. My curriculum consists of teaching the neuroscience of music, stress, fear and pain to better prepare students intellectually and practically for their careers in music. With my added experiences as an athlete having dealt personally with performance stress, I also coach and mentor students individually with their stage fright.

Current Pursuits:

- PhD: I am a PhD candidate seeking to better understand the pathophysiology of a debilitating movement disorder that ends the careers of professional speed skaters. The cause of this condition remains a mystery, however, as co-author of a recent manuscript being prepared for publication, we believe we have discovered its origins.
- Conservatory of Amsterdam: I am teaching at the conservatory in 2018. My elective course will include 12 lessons combined with an elaborate coaching regiment for individual musicians. Courses will focus on neuroscience, music and performance analytics.
- I am coaching professional musicians outside of the conservatory environment, employing biofeedback, psychometrics and my experience building schedules for high performance sports.

Skills

Performance Consultancy:

- Structuring high performance schedules
- Trait and State psychometric analysis
- Motivational consultancy

Science:

- Writing and Analysis at academically publishable level
- Science Education and Communication
- Analysis using MATLAB, SPSS, E-Prime, Brain Vision Analyzer

Writing:

- Author of nationally published Children's Book: *De Jongen die met de dieren schaatste*

Languages:

- English (first)
- French (fluent)
- Dutch (fluent)
- German (fluent)

Special Interests

Competitor:

Competing for ten years internationally and at the Olympics in speed skating, my accomplishments include Junior World Champion, Dutch Champion, World Cup winner, world and national record holder in the 1000 meters distance in the Junior and Senior divisions.

Coach:

I remain a part-time remote-coach for Olympic Speed-skaters and hopefuls. It's a tradition to pass on the knowledge to the next generation of competitors. Among those who I've helped, Daniel Grieg, the first long track skating Australian to participate in the Olympics.

Author:

I co-wrote a Dutch children's book called *De Jongen die met de dieren schaatste* with reputed writer Edward van de Vendel. The story describes my early life as a child learning to skate in the wilderness of Canada. My experiences writing and storytelling are a beloved pastime, and a great way to sharpen my communication skills.

Keynote Speaker:

Active on multiple platforms including *Sports Speakers* and *Athenas*, I speak on issues ranging from the neuroscience of sports, to the meaning of science in our broader society.

Media:

In the relatively small country of the Netherlands, Speed-skating is immensely popular. My accomplishments have afforded me the chance appear on national media outlets. I am a regular contributor to Dutch national radio, where I often comment on science, sports and current events. There is no better way to simplify and condense complex scientific research than when given only 10 minutes and a large critical audience.

Theater:

As part of Transversal Theater, I've acted and worked on many fronts in theatrical productions ranging from Shakespeare to Robert Cohen. I've discovered new horizons experientially and emotionally under the tutelage of directors like Claire Trevor Professor of Drama Bryan Reynolds of UC Irvine.