

Curriculum Vitae – Yannick Hill, PhD

Personal Details

Initials, (given name), last name

Y. (Yannick) Hill

Date and place of birth

23.08.1992, Gehrden

(Region Hannover), Germany

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Current Positions and Affiliations

Assistant Professor

Vrije Universiteit Amsterdam, Faculty for Behavioral and Movement Sciences

International Research Affiliate

Lyda Hill Institute for Human Resilience, Colorado Springs, USA

Board Member

Instituut voor Sport- en PrestatiePsychologie (Groningen, NL)

Program Manager

Amsterdam Institute of Sport Science (AISS, Amsterdam, NL)

Previous Academic Positions

09/2021 – 08/2022

Postdoctoral Researcher, Institute for Sports & Sports Science, Heidelberg University (Germany)

09/2020 – 08/2021

Lecturer in Developmental Psychology, University of Groningen (Netherlands)

02/2021 – 08/2021

Researcher in Human Movement Science, University Medical Center Groningen (Netherlands)

Doctorate

University

University of Groningen (Netherlands)

Starting Date

01/09/2016

Defense

26/11/2020

Domain

Sport & Performance Psychology

Supervisor(s)

Prof. Dr. Nico W. van Yperen; Dr. Ruud J.R. den Hartigh; Prof. Dr. Rob R. Meijer

Title

A Dynamical Approach to Psychological Resilience

List of Publications

Internationally Peer-reviewed Articles

- Hill, Y.,** Dolezal, M. L., Nordbeck, P. C., Den Hartigh, R. J. R., Pincus, D., Kiefer, A. W., & Ricca, B. P. (2024). Moving from traits to the dynamic process: The next steps in research on human resilience. *Journal of Aggression, Maltreatment & Trauma*, XX, XXX-XXX.
- Hill, Y.,** & Den Hartigh, R. J. R. (2024). Understanding the dynamics of resistance, resilience, and growth on different scales of analysis. *Nonlinear Dynamics, Psychology, and Life Sciences*, 28, 325-343.
- Hill, Y.,** Morison, M., Westphal, A., Gerwann, S., & Ricca, B. P. (2024). When Resilience Becomes Undesirable – A Cautionary Note. *New Ideas in Psychology*, 73, 101076. <https://doi.org/10.1016/j.newideapsych.2024.101076>
- Hill, Y.,** Kiefer, A. W., Oudejans, R. D., Baetzner, A. S., & Den Hartigh, R. J. R. (2024). Adaptation to stressors: Hormesis as a framework for human performance. *New Ideas in Psychology*, 73, 101073. <https://doi.org/10.1016/j.newideapsych.2024.101073>
- Gerwann, S., Baetzner, A. S., & **Hill, Y.** (2024). Immersive virtual reality and augmented virtuality in sport and performance psychology: opportunities, current limitations and practical recommendations. *Sport, Exercise, and Performance Psychology*. Advance online publication. <https://doi.org/10.1037/spy0000367>
- Voigt, L., **Hill, Y.,** & Frenkel, M. O. (2024). Testing the hormesis hypothesis on motor behavior under stress. *Applied Ergonomics*, 115, 104161. <https://doi.org/10.1016/j.apergo.2023.104161>
- Oudejans, R. D., Groothuis, I. N., Muller, R. C., & **Hill, Y.** (2024). High-pressure protocol during practice evokes competition-like psychological states in gymnasts. *International Journal of Sports Science & Coaching*, <https://doi.org/10.1177/17479541241295338>
- Hill, Y.,** Cuijpers, L. S., Silva, P. L., Den Hartigh, R. J. R., & Kiefer, A. W. (2023). How does motor performance change with increasing stress doses? A tutorial on dose-response profiles applied to crew rowing. *Brazilian Journal of Motor Behavior*, 17(6), 270-281. <https://doi.org/10.20338/bjmb.v17i6.398>
- Hill, Y.,** & Den Hartigh, R. J. R. (2023). Resilience in Sports through the Lens of Dynamic Network Structures. *Frontiers in Network Physiology*, 3:1190355. <https://doi.org/10.3389/fnetp.2023.1190355>

- Uhl, J. C., Nguyen, H. Q. H., **Hill, Y.**, Murtinger, M., & Tscheligi, M. (2023). xHits: An Automatic Team Performance Metric for VR Police Training. In 2023 IEEE International Conference on Metrology for eXtended Reality, Artificial Intelligence and Neural Engineering. Proceedings: IEEE MetroXRaine Milano 2023 (pp. 178-183). <https://doi.org/10.1109/MetroXRaine58569.2023.10405600>
- Dufner, A. L., Schütz, L. M., & **Hill, Y.** (2023). The introduction of the Video Assistant Referee supports the fairness of the game—An analysis of the home advantage in the German Bundesliga. *Psychology of Sport and Exercise*, 102386. <https://doi.org/10.1016/j.psychsport.2023.102386>
- Van der Steen, S., **Hill, Y.**, & Cox, R. F. A. (2023). The Relationship between Parent-Child Movement Synchrony and Social Behavior of Children Diagnosed with Autism Spectrum Disorder and Children Diagnosed with Down Syndrome. *Journal of Developmental and Physical Disabilities*. <https://doi.org/10.1007/s10882-023-09940-6>
- Den Hartigh, R. J. R., Meerhoff, L. R. A., Van Yperen, N. W., Neumann, N. D., Brauers, J. J., Frencken, W. G. P., Emerencia, A., **Hill, Y.**, Platvoet, S., Atzmueller, M., Lemmink, K. A. P. M., Brink, M. S. (2022). Resilience in Sports: A Multidisciplinary, Dynamic, and Personalized Perspective. *International Review of Sport and Exercise Psychology*. <https://doi.org/10.1080/1750984X.2022.2039749>
- Den Hartigh, R. J. R. & **Hill, Y.** (2022). Conceptualizing and Measuring Psychological Resilience: What Can We Learn from Physics?. *New Ideas in Psychology*, 66, 100934. <https://doi.org/10.1016/j.newideapsych.2022.100934>
- Baetzner, A. S., Wespi, R., **Hill, Y.**, Gyllencreutz, L., Sauter, T. C., Saveman, B. I., ... & Frenkel, M. O. (2022). Preparing medical first responders for crises: a systematic literature review of disaster training programs and their effectiveness. *Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine*, 30(1), 1-23. <https://doi.org/10.1186/s13049-022-01056-8>
- Hill, Y.**, Van Yperen, N. W., & Den Hartigh, R. J. R. (2021). Facing Repeated Stressors in a Motor Task: Does it Enhance or Diminish Resilience?. *Journal of Motor Behavior*, 10pp. <https://doi.org/10.1080/00222895.2020.1852155>
- Hill, Y.**, Meijer, R. R., Van Yperen, N. W., Michelakis, G., Barisch, S., & Den Hartigh, R. J. R. (2021). Non-ergodicity in protective factors of resilience in athletes. *Sport, Exercise, and Performance Psychology*, 10, 217–223. <https://doi.org/10.1037/spy0000246>

Hill, Y. & Van Yperen, N. W. (2021). Losing the home field advantage when playing behind closed doors during COVID-19: Change or chance?. *Frontiers in Psychology*, *12*:658452. <https://doi.org/10.3389/fpsyg.2021.658452>

Den Hartigh, R. J. R., Otten, S., Gruszczynska, Z. M., & **Hill, Y.** (2021). The relation between complexity and resilient motor performance, and the effects of differential learning. *Frontiers in Human Neuroscience*, *15*:715375. <https://doi.org/10.3389/fnhum.2021.715375>

Hill, Y., Kiefer, A. W., Silva, P. L., Van Yperen, N. W., Meijer, R. R., Fischer, N., & Den Hartigh, R. J. R., (2020). Antifragility in climbing: determining optimal stress loads for athletic performance training. *Frontiers in Psychology*, *11*:272. <https://doi.org/10.3389/fpsyg.2020.00272>

Hill, Y., Den Hartigh, R. J. R., Cox, R. F. A., De Jonge, P., & Van Yperen, N. W. (2020). Predicting resilience losses in dyadic team performance. *Nonlinear Dynamics, Psychology, and Life Sciences*, *24*, 327-352.

Hill, Y., Den Hartigh, R. J. R., Meijer, R. R., De Jonge, P., & Van Yperen, N. W. (2018). Resilience in sports from a dynamical perspective. *Sport, Exercise, and Performance Psychology*, *7*, 333-341. <https://doi.org/10.1037/spy0000118>

Hill, Y., Den Hartigh, R. J. R., Meijer, R. R., De Jonge, P., & Van Yperen, N. W. (2018). The temporal process of resilience. *Sport, Exercise, and Performance Psychology*, *7*, 363-370. <https://doi.org/10.1037/spy0000143>

Den Hartigh, R. J. R., **Hill, Y.**, & Van Geert, P. L. C. (2018). The development of talent in sports: A dynamic network approach. *Complexity*. <https://doi.org/10.1155/2018/9280154>

Book Chapters

Frenkel, M.O., Voigt, L., & **Hill, Y.** (2022). Einfluss von Stress auf motorisches Verhalten und Leistung. In S. Klatt & B. Strauß (Eds.), *Kognition und Motorik – Sportpsychologische Grundlagenforschung und Anwendungen im Sport* (pp. 180-192). Hogrefe.

Den Hartigh, R.J.R., **Hill, Y.**, & Van Geert, P.L.C. (2017). Talent Development from a Complex Systems Perspective. In C. Torrents, P. Passos, & F. Cos (Eds.), *Complex Systems in Sport. Linking Theory to Practice* (pp. 100-103). Frontiers Media SA. <https://doi.org/10.3389/978-2-88945-310-8>

Preprints (not peer-reviewed)

Huijzer, R., & Hill, Y. (2023). Large Language Models Show Human Behavior. *PsyArXiv Preprints*. <https://doi.org/10.31234/osf.io/munc9>

Teaching Responsibilities

2023 – present	Sports Psychology (Coordinator, BSc)
2022 – present	Training and Performing (Co-coordinator, BSc)
2022 – present	Conversational Skills for Sport Psychologists (Coordinator, BSc)
2022 – present	Current Issues in Sport and Exercise Psychology (Coordinator, MSc)
2020	Modelling Interactions between Persons and Variables over Time (Coordinator, MSc)
2020	Ontwikkelingspsychopathologie, een ontwikkelingsperspectief (EN: Developmental Psychopathology, a Developmental Perspective) (Coordinator, MSc)
2020	Sports Science minor (Co-coordinator, BSc)
2019 – 2021	Research Practicum in Developmental Psychology (Coordinator, BSc)
2018 – 2020	Academic Skills (Instructor, BSc)
2017 – present	Master Theses (Supervisor, MSc)
2016 – 2020	Competence & Motivation (Instructor, MSc)
2016 – 2018	Talent Development & Creativity (Teaching Assistant, MSc)
2016 – 2021	Literature Studies (Supervisor, BSc & MSc)
2016 – present	Bachelor Theses (Supervisor, BSc)
2016 – 2018	Talent Development & Creativity in Practice (Instructor, MSc)
2016	Honors Research Practicum (Supervisor, BSc)
2015	Intervention & Dialogue (Student Teacher, BSc)
2014	Communication & Diagnostic Skills (Student Teacher, BSc)

Guest Lectures

2023 – present	Emotions and Performance – Resilience in Sports (BSc, Heidelberg University, Institute for Sports and Sports Science, Germany)
2020	Applied Social Psychology – Sports and Performance (BSc, University of Groningen, Department of Psychology, Netherlands)
2019	Milestones and Talent in Development (MSc, University of Groningen, Department of Psychology, Netherlands)
2017 – 2022	Complexity, Dynamics, and Development (MSc, University of Groningen, Department of Psychology, Netherlands)

International Conference Presentations

- 2024 Resilience Science Summit (Colorado Springs, USA)
- 2023 World Congress on Science and Football (Groningen, Netherlands)
- 2022 European Congress of Sport & Exercise Psychology (Padova, Italy)
- 2021 Congrès de l'association des chercheurs en activités physiques et sportives (Montpellier, France)
- 2021 International Congress on Complex Systems in Sports (Mainz, Germany)
- 2019 European Congress of Sport & Exercise Psychology (Münster, Germany)
- 2019 International Conference on Perception & Action (Groningen, Netherlands)
- 2018 European Workshop for Ecological Psychology (Toulouse, France)
- 2018 Science and Engineering Conference on Sport Innovation (Groningen, Netherlands)
- 2017 International Congress Complex Systems in Sport (Barcelona, Spain)

Invited Presentations

- 2024 Dynamical Systems Principles Underlying Resistance, Resilience, & Growth (Center for Complex Systems Studies, Utrecht University)
<https://www.youtube.com/watch?v=p81UADCQWLs>
- 2024 What is resilience and how should it be measured? – Nationaal Congres Sport, Beweging en Gezondheid (Sittard, Netherlands)
- 2024 Improving conceptual clarity for resilience (Department of Pedagogy, University of Groningen, Groningen, Netherlands)
- 2023 Dynamical Systems Symposium – Resilience (Department of Psychology, University of Groningen, Groningen, Netherlands)
- 2023 When football players can grow from stress: A hormesis framework (World Congress on Science and Football, Groningen, Netherlands)
- 2022 It's about time! Insights into the dynamic process of resilience from the domain of sports (Seminar – Lyda Hill Institute for Human Resilience, UCCS, USA)
- 2021 Webinar on Dynamics of Resilience (Lund University, Sweden)

National and Local Presentations

- 2019 Healthy Ageing Symposium (Groningen, Netherlands)
- 2018 Heymans Symposium (Groningen, Netherlands)
https://www.youtube.com/watch?v=ZbZ57_WEx4w

Training Courses

2023	Supervising PhD Students (Amsterdam, Netherlands)
2023/2024	Impact Program IXA (Amsterdam, Netherlands)
2018	Beginner's Guide to Grant Writing (Groningen, Netherlands)
2017	Research Ethics & Scientific Integrity (Groningen, Netherlands)
2017	Nonlinear Methods for Psychological Science (American Psychological Association – Advanced Training Institute, Cincinnati, OH, United States)
2016	Complexity, Dynamics, & Development (Groningen, Netherlands)

International Stays

2018	Cincinnati Children's Hospital / University of Cincinnati, OH, USA: Working visit to Dr. Adam Kiefer and Dr. Paula Silva, two leading researchers on applying dynamical systems and nonlinear time-series methods to studying how athletes grow from stressors
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Previous Funding, Prizes, and Honors

2024	Co-applicant & work package lead: NWA-ORC project De-escalating Aggressive Encounters between Frontline Workers and Citizens	Total: 7.2 Million EUR
2018	Best Poster Prize 2018 awarded by the Heymans Symposium	150 EUR
2016	Research grant for PhD project on Talent Development awarded by Sparkasse	48,000 EUR

Reviewer Work

2024	International Society for Traumatic Stress Studies (ISTSS) – 40 th annual meeting
Since 2023	Journal of Environmental Psychology
Since 2023	Nature – Scientific Reports
Since 2023	Journal of Sports Sciences
2023	IEEE International Conference on Metrology for eXtended Reality, Artificial Intelligence and Neural Engineering (MetroXRINE)
Since 2023	International Review of Sport and Exercise Psychology
Since 2022	Springer Nature – Humanities & Social Sciences Communications
Since 2022	Research Quarterly for Exercise and Sport
Since 2022	PCI Health and Movement Science

Since 2022	Psychological Review
Since 2021	Science and Medicine in Football
Since 2021	Sports Medicine – Open
Since 2021	Psychology of Sport & Exercise
Since 2021	Frontiers in Network Physiology – Network Physiology of Exercise
Since 2020	Brazilian Journal of Physical Therapy
Since 2020	Emotion & Cognition
Since 2018	European Journal of Sport Science

Knowledge Utilization

2024	Interview De Correspondent (Talent development in soccer)
2024	Interview Volkskrant (VR for sport and movement)
2024	Interview NEMO (VR for aging)
2024	Holland Beker – Rowing in the near future (Podium discussion on Performing under pressure: with 2 elite rowers)
2024	Program Manager Meet & Greet (Amsterdam Institute of Sports Science – AISS Symposium II)
2023	De impact van netwerkstructuren op veerkracht (resilience) – AISS Website article
2023	Featured Research – Newsletter article (International Society for Traumatic Stress Studies (ISTSS), December)
2023	Rowing Reimagined Symposium of UTwente & VU – Presentation and Lab Demonstration
2020 – 2021	Coordinator Sport Science and Innovation Groningen
2019	Finalist 3 Minute Thesis Competition University of Groningen https://www.youtube.com/watch?v=CtWcLyDu1YE
2018	Detecting changes in athletes’ resilience. Invited talk with accompanying lab demonstration for the Dutch Association of Sports Psychology (Groningen, Netherlands)
2018	Scientific blog post on the different conceptualizations of psychological processes (Mindwise)
2018	Supervising lab demonstration for the Open Day of Science of the university
2017	Conducting lab demonstration for the Open Day of Science of the university
2016	Scientific blog post on the benefits of cross-domains collaboration in research (Mindwise)

Additional Certifications

2023	University Teaching Qualification (UTQ), VU Amsterdam
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2016

Sport Psychology Certificate, provided by the Dutch Association of Sports Psychology (VSPN)