

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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hill.yannick@gmail.com

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0031 6 2160 8398



Current Positions and Affiliations

Assistant Professor (Tenure Track)

Vrije Universiteit Amsterdam, Faculty for Behavioral and Movement Sciences

International Research Affiliate

Lyda Hill Institute for Human Resilience, University of Colorado, 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

05/2025 – 08/2025

Visiting Scholar, Department of Exercise and Sport Science, University of North Carolina at Chapel Hill

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

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 (Co-coordinator, MSc)
2020	Modelling Interactions between Persons and Variables over Time (Coordinator, MSc)
2020	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

2025	Talent & Talent Identification (BSc, VU Amsterdam)
2024	Sport Psychology: From Evidence to Impact (MSc, VU Amsterdam)
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)

Supervision of Students

<u>Level</u>	<u>Number of Students</u>	<u>Role in Supervision</u>
PhD students	5 (1 finished, 4 ongoing)	Co-promotor
Master students	37 (35 finished, 2 ongoing)	First examiner (33), co-supervisor (4)
Bachelor students	41 (41 finished)	First examiner (39), co-supervisor (2)
Honors students	3 (all finished)	First examiner (all)

Previous Funding, Prizes, and Honors

2025	Institute Brain and Behavior (iBBA) - Resilience in Sport: Traits and Processes	2,500 EUR
2024	Co-applicant: Open Technology Program (NWO) Room for exercise motivation with variable challenge	Total: 800,000 EUR
2024	Co-applicant & work package lead: NWA-ORC project De-escalating Aggressive Encounters between Frontline Workers and Citizens	Total: 7.2 million EUR, personal award: 555,407.90
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

List of Publications

Internationally Peer-reviewed Articles

Hill, Y. (2025). Assessing the Relevance of the Home Advantage in Sports: Towards Meaningful Measurement Units. *Communications in Kinesiology*, 1(7).
<https://doi.org/10.51224/cik.2025.79>

Baetzner, A. S., **Hill, Y.**, Roszpal, B., Gerwann, S., Beutel, M., Birrenbach, T., ... & Wrzus, C. (2025). Mass Casualty Incident Training in Immersive Virtual Reality: A Quasi-Experimental Evaluation of Multimethod Performance Indicators. *Journal of Medical Internet Research*, 27, e63241. <http://dx.doi.org/10.2196/63241>

Schüßler, A., Holler, C., & **Hill, Y.** (2025). Do You Prefer to Collaborate with Students Pursuing the same Goals? – A Network Analysis of Physical Education Classes. *British Journal of Educational Psychology*, 1-20. <https://doi.org/10.1111/bjep.12757>

Quast, A. M., Schütz, L. M., & **Hill, Y.** (2025). Limited evidence for differences in the home advantage between genders and age groups in Dutch elite field hockey. *International Journal of Sport Psychology*, XX, XXX-XXX.

Oudejans, R. D., Groothuis, I. N., Muller, R. C., & **Hill, Y.** (2025). High-pressure protocol during practice evokes competition-like psychological states in gymnasts. *International Journal of Sports Science & Coaching*, 20, 313-318. <https://doi.org/10.1177/17479541241295338>

Benoit-Piau, J., Verhagen, E. A. L. M., Baker, J., Bolling, C., Croteau, F., **Hill, Y.** & Mountjoy, M. (2025). Early specialisation in young gymnasts: a mixed methods protocol. *BMJ Open Sport & Exercise Medicine*, 11, e002587. <https://doi.org/10.1136/bmjsem-2025-002587>

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*.
<https://doi.org/10.1080/10926771.2024.2431733>

- 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. 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>
- De Bie, N. **Hill, Y., Pijpers, J. R. & Oudejans, R. R. D.** (2024). Facing the fear: a narrative review on the potential of pressure training in music. *Frontiers in Psychology*, 15, 1501014. <https://doi.org/10.3389/fpsyg.2024.1501014>
- 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>
- 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>
- 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>
- 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>
- 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>

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>

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>

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>

Articles under Review

Caso, S., **Hill, Y.,** Araújo, D., & Van der Kamp, J. An ecological perspective on intra-team communication in team sports.

Caso, S., Spit, M., **Hill, Y.,** & Van der Kamp, J. The limits of video-notational analysis in measuring intra-team communication during a soccer match – A case study on Dutch elite youth team.

Hill, Y., Oudejans, R. R. D., Van de Klok, I. A. M., Russchen, N., Dijkstra, J., & Kok, M. Scaling Hormesis to Sports Performance – Exploring the Ideal Difficulty for Shooting Exercises in Field Hockey.

Lücke, A. J., **Hill, Y.,** Baetzner, A. S., Mohr, S., Fiedler, M. O., Merle, U., Popp, E., Frenkel, M. O., Wrzus, C. Examining the daily life dynamics of anticipation and recovery from work-related stress in frontline medical professionals during pandemic work demands.

Maassen, N., **Hill, Y.,** Beckers, T., Renden, P. G., Koekkoek, B., & Oudejans, R. R. D. Training Social Workers to Perform under Stressful Conditions: A Scoping Review.

Maassen, N., **Hill, Y.,** Renden, P. G., Koekkoek, B., & Oudejans, R. R. D. The Impact of Aggression on Acute Stress Responses, Skills Use, and Training Evaluation in Social Work: A Survey Study.

Micale, A., **Hill, Y.,** Tuna, I., De Vries, R., & Van der Kamp, J. How resilience transfers from sports to other life domains: a scoping review.

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>

International Conference Presentations

2025	North American Society for the Psychology in Sport and Physical Activity (South Lake Tahoe, USA)
2025	Society for Chaos Theory in Psychology and Life Science (Colorado Springs, USA)
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, Bewegen 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

2025	Social and Behavioral Research Best Practices for Clinical Research (Chapel Hill, North Carolina)
2025	Biomedical Research – Basic Course (Chapel Hill, North Carolina)
2024	VU Amsterdam Mentor Program (Amsterdam, Netherlands)
2024	Eye for Social Safety (Amsterdam, Netherlands)
2023	Supervising PhD Students (Amsterdam, Netherlands)
2023	Course Restructuring (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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Reviewer & Editorial Work

Editorial Board	New Ideas in Psychology Communications in Kinesiology – official journal of the Society for Transparency, Openness, and Replication in Kinesiology (STORK)
Reviews for	Acta Psychologica Brazilian Journal of Physical Therapy British Journal of Educational Psychology Communications in Kinesiology Ecological Psychology Emotion Emotion & Cognition European Journal of Sport Science Frontiers in Network Physiology – Network Physiology of Exercise IEEE International Conference on Metrology for eXtended Reality, Artificial Intelligence and Neural Engineering (MetroXRINE) International Review of Sport and Exercise Psychology International Society for Traumatic Stress Studies (ISTSS) – 40 th annual meeting International Society for Traumatic Stress Studies (ISTSS) – 41 st annual meeting Journal of Aggression, Maltreatment, and Trauma Journal of Environmental Psychology

Journal of Further and Higher Education
 Journal of Sports Sciences
 Nature – Scientific Reports
 PCI Health and Movement Science
 Performance Enhancement & Health
 Psychological Review
 Psychology of Sport & Exercise
 Research Quarterly for Exercise and Sport
 Science and Medicine in Football
 Sports Medicine – Open
 Springer Nature – Humanities & Social Sciences Communications

Knowledge Utilization

2025	Workshop Marine Performance (Resilience and self-organized teams)
2025	AISS Symposium III – 10 years AISS
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
2016	Sport Psychology Certificate, provided by the Dutch Association of Sports Psychology (VSPN)

References

1. ***Adam W. Kiefer, PhD***

Associate Professor, Exercise and Sport Science
University of North Carolina at Chapel Hill
awkiefer@email.unc.edu

Relationship: Long-term international collaborator

2. ***Ruud J. R. den Hartigh, PhD***

Professor Talent Development & Creativity
University of Groningen
j.r.den.hartigh@rug.nl

Relationship: Former PhD supervisor and collaborator

3. ***Raoul R. D. Oudejans, PhD***

Associate Professor, Department of Human Movement Science
Vrije Universiteit Amsterdam
r.oudejans@vu.nl

Relationship: Current supervisor