



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Sports and Health Coaching

Course Code:	IDAM02
Course Title:	Sports and Health Coaching <i>Idrotts- och hälsorelaterad coaching</i>
Credits:	7.5
Degree Level:	Master's level
Progressive Specialisation:	Second cycle, has only first-cycle course/s as entry requirements (A1N)

Major Field of Study:
IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-02-25, and is valid from the Autumn semester 2020 at Karlstad University.

Prerequisites

90 ECTS credits completed, including at least 30 ECTS credits at the G2F level or higher in one of the following main areas of study: Sport Science, Public Health Sciences, Education, Psychology, or Sociology, or a degree in Education of at least 180 ECTS credits, and upper secondary level Swedish 3 or Swedish as a second language 3 and English 6 or B, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

- engage in in-depth critical discussion of different coaching perspectives and their significance for individuals and society,
- engage in in-depth critical discussion of advantages and disadvantages of leadership and coaching from a holistic perspective, and

- engage in in-depth discussion of the practical importance of lifestyle counseling and health coaching for individuals and society.

Content

The aim of the course is to examine and problematise issues related to sports and health coaching, and to combine research-based knowledge and proven experience in the area of sports and health.

The course covers

- sports and health-related approaches in coaching,
- criteria for research quality and research ethics, and
- different perspectives on the relationship between research and proven experience in the area of sports and health.

Reading List

See separate document.

Examination

Assessment is based on an individual written hand-in assignment and active participation in a mandatory seminar.

If students have a decision from Karlstad University entitling them to special pedagogical support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.