



Faculty of Arts and Social Sciences  
Sports Science

# Syllabus

## Holistic Sports and Health Coaching

<b>Course Code:</b>	IDAM03
<b>Course Title:</b>	Holistic Sports and Health Coaching <i>Holistisk idrottscoaching</i>
<b>Credits:</b>	7.5
<b>Degree Level:</b>	Master's level
<b>Progressive Specialisation:</b>	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 2021-09-06, and is valid from the Spring semester 2022 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: Sports Science, Public Health Science, Pedagogy, Psychology, Sociology, or a teaching degree of at least 180 ECTS credits, plus 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:

1. identify, formulate, and argue for their own coaching philosophy,
2. reason in an in-depth and critical manner about the challenges, obstacles, and possibilities of leadership and coaching from a holistic perspective, and
3. plan and carry out adequate activities and efforts at different levels in a sports context from a holistic coaching perspective.

**Content**

The aim of the course is to formulate and problematise in-depth questions relevant for the area of sports coaching, and moreover to combine a scientific basis with best practice in the knowledge area of sports coaching.

The course covers

- sports-related contexts, conditions, and approaches in holistic leadership and coaching,
- the theoretical foundations and practical applications of different coaching models, and
- different perspectives on the relationship between research and best practice in the knowledge area of sports and health coaching.

**Reading List**

See separate document.

**Examination**

Assessment is based on a written individual hand-in assignment and an oral presentation and discussion in a seminar.

If students have a decision from Karlstad University entitling them to Targeted Study 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.