



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Children in motion

Course Code:	IDAM06
Course Title:	Children in motion <i>Barn i rörelse</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 2025-05-21, and is valid from the Spring semester 2026 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 degree in Education (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. explain the importance of play and sports for children's physical activity from the perspective of pedagogy,
2. explain and reflect critically upon the significance of social, cultural, and physiological dimensions for physical activity,
3. apply basic theories of children's physical activity, and

4. evaluate different ways of working with children's physical activity to promote it and make it inclusive while taking individual differences into account.

Content

The aim of the course is for students to acquire in-depth knowledge of children's movement and physical activity from the perspective of pedagogy. Various relevant conditions pertaining to the children themselves and their everyday environment are discussed, and physical activity is treated as a multi-dimensional concept which includes physiological as well as social and cultural aspects. Sociocultural perspectives are used to problematise societal conceptions of and approaches to children's physical activity. The course covers different forms of movement, such as play and sports, in relation to children's physical activity. Relevant pedagogical theories are included.

Reading List

See separate document.

Examination

Learning outcomes 1, 2, 3, and 4 are assessed based on an individual written hand-in assignment, an oral presentation, and seminar discussions.

Learning outcomes 1 and 2 are also assessed based on an individual written hand-in assignment.

Learning outcomes 2 and 3 are also assessed based on a group presentation which combines oral, written, and performance components. Submissions for assessment must clearly indicate individual contributions.

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.