



Faculty of Health, Science and Technology
Sports Science

Syllabus

Sport Science I

Course Code: IDGA11

Course Title: Sport Science I
Idrottsvetenskap I

Credits: 30

Degree Level: Undergraduate level

Progressive Specialisation: First cycle, has only upper-secondary level entry requirements (G1N)

Major Field of Study:

IVA (Sport Science)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2017-03-09, and is valid from the Autumn semester 2017 at Karlstad University.

Prerequisites

General admission requirements and field-specific eligibility A14 (Mathematics 2a or 2b or 2c, Civics 1b or 1a1+1a2, Natural science 2 (or Biology 1, Physics 1a or 1b1+1b2 and Chemistry 1); or Mathematics B, Civics A, Natural Science B or Physics A, Chemistry A, Biology A, or equivalent

Learning Outcomes

Module 1. Sports and Outdoor Activities, 7.5 ECTS cr

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

- give an account of the concept of sport
- explain how sport as a phenomenon has developed historically,
- give an account of some basic knowledge of the theory and practice of outdoor activities,
- give examples of processes that affect the unity of a group,
- describe and present the organisation, activities and goals of the sports movement,
- describe the research process at the basic level.

Module 2. Sports, Health and Society, 7.5 ECTS cr

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

- define the concept of health from a holistic perspective,
- identify how socially related and socio-psychologically related factors affect lifestyles and health,
- give an account of the relation between stress and health,
- explain how physical activity affects a person's health,
- describe the importance of sports clubs for young people's health,

Module 3. Leadership and Learning, 7.5 ECTS cr.

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

- explain the role and impact of the leader on groups and individuals from a learning perspective,
- give an account of the cognitive, social, emotional and motor development of children and young people,
- define and explain the concepts of learning, leadership and coaching,
- give an account of the processes that initiate and sustain young people's motivation to engage in sports,
- assess the importance of the Child Convention for sports movement.

Module 4. Anatomy and Physiology, 7.5 ECTS cr

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

- outline the human anatomy and physiology at a basic level,
- describe the basic physiological processes in connection with physical activity,
- demonstrate understanding of the causes of the most common sports-related injuries,
- give an account of nutrition needs and the significance of nutrition intake in connection with physical activity.

Content

Sports and Outdoor Activities, 7.5 credits

Students analyse the phenomenon of sport from a cross and multidisciplinary perspective. The module gives an introduction to and general outline of the history and development of sport as a phenomenon in society and the role of sports and health care in the past, present and future. The module also includes a description and analysis of clubs and organisations, with a focus on organisational structure, activities, and goals. The research process is studied and related to sport science issues. Off-campus, outdoor activities are included as practical components.

Sports, Health and Society, 7.5 credits

This module addresses the concept of health from a holistic perspective. Students study how lifestyles and living environments develop on the basis of sociological and health-related factors. The links between sports, physical activity and health are treated and students also have the opportunity to practise physical activities designed to promote health. Representatives of different health organisations and professional people involved in health promotion contribute to this module.

Leadership and Learning, 7.5 credits

This module introduces the students to the perceptual, social, emotional, and motor development of children and young people. Leadership is studied from various learning perspectives and a number of pedagogical considerations and theories on learning are addressed. The concept of coaching is defined and problematised. The group-individual interaction is studied and related to society. A number of practical exercises are also included.

Anatomy and Physiology, 7.5 credits

The module includes theoretical as well as practical components. The different functions and anatomical structure of the human body are studied and related to sport activities. Basic nutrition and sport medicine with a focus on sport injuries are included.

Reading List

See separate document.

Examination

Assessment is based on:

Module 1: written exam, take-home exam, literature seminars, hand-in assignments, oral and practical demonstrations individually and in groups. Outdoor activities are assessed on the basis of practical and written group tasks.

Module 2: written exam, oral group presentations in connection with article seminars

Module 3: take-home exam, and individual oral presentation in article seminar

Module 4: written exam.

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.

Outdoor activities are season-dependent and may be scheduled to other points in time. Students pay for extra costs in connection with off-campus overnight stays.

Required course for the Sport Science Programme: Sport Coaching

Replaces IDGAA1 from 2007.