



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Physiology of sport and exercise

Course Code:

IDGB13

Course Title:

Physiology of sport and exercise
Träningslära

Credits:

7.5

Degree Level:

Undergraduate level

**Progressive
Specialisation:**

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

Major Field of Study:

IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-02-13, and is valid from the Autumn semester 2020 at Karlstad University.

Prerequisites

General admission requirements

Learning Outcomes

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

- give an account of different exercise and health methods for performance improvement,
- describe how the principles of performance improvement relate to sex, age, and the physiological state of the individual,
- plan, conduct, and evaluate physical tests that promote performance improvement,
- apply different methods for evaluating performance such as physical measuring and test methods, and
- discuss ethical principles related to physical performance improvement.

Content

Basic principles, methods, and forms of performance improvement in the individual athlete are discussed. The course includes theoretical as well as practical components. The emphasis is on performance improvement in a general sense, that is, in relation to the sex, age, and physiological state of an individual. The focus is on learning and training, primarily as regards physical qualities such as speed, tenacity, strength, mobility, and coordination. This knowledge is based on theories of anatomy, physiology and biomechanics, and various perspectives are discussed and related to the planning, execution, and following up of sports performance improvement. Different test methods to measure physical status are discussed and practised along with relevant ethical aspects. Applied and non-applied instruction is integrated indoors as well as outdoors.

Instruction is in the form of lectures, seminars, and practical demonstrations of physiological methodology.

Reading List

See separate document.

Examination

Assessment is based on a written individual hand-in assignment and 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.