



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Performance enhancement strategies

Course Code:	IDGB18
Course Title:	Performance enhancement strategies <i>Prestationsutvecklingsstrategier</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has at least 60 credits in first-cycle course/s as entry requirements (G2F)

Major Field of Study:
IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-08-24, and is valid from the Spring semester 2021 at Karlstad University.

Prerequisites

60 ECTS credits completed in the Sport Science/Sport Coaching Programme (SGIDV) or the Sports and Health Coaching Programme (SGIHP), or equivalent

Learning Outcomes

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

1. give an account of factors that are important for performance enhancement,
2. plan, carry out, and evaluate performance enhancement in sporting and health promotion activities,
3. critically evaluate different types of sports and health promotion activities for groups and individuals,
4. apply different methods for evaluating performance,
5. explain and critically analyse theories in the field of sports and health promotive performance enhancement, and

6. apply ethical principles to sports and health promotive performance enhancement.

Content

The course deals with the enhancement of sports and health promotion through learning and training. Aspects treated are how to plan, carry out, and evaluate different forms of knowledge development in sports and health promotion. Different types of biological, medical, pedagogical, and psychological research issues are integrated in relation to performance enhancement. Methodological and ethical aspects are also discussed, for instance in relation to sports and health promotive test methods.

Instruction is in the form of lectures, group work, literature seminars, and demonstrations of performance enhancement methodology.

Reading List

See separate document.

Examination

Learning outcomes 1-6 are assessed on the basis of individual written assignments. Learning outcomes 4 and 6 are also assessed on the basis of literature seminars.

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 Fail (U), Pass (G), or Distinction (VG) 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.