



Faculty of Health, Science and Technology  
Sports Science

# Syllabus

## Sports Science II

<b>Course Code:</b>	IDGBA1
<b>Course Title:</b>	Sports Science II <i>Idrottsvetenskap II</i>
<b>Credits:</b>	30
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

**Major Field of Study:**  
IVA (Sport Science)

### Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2016-09-09, and is valid from the Spring semester 2017 at Karlstad University.

### Prerequisites

General admission requirements and the course IDGAA1 30 ECTS cr or equivalent

### Learning Outcomes

Module 1. Sport, Health and Coaching, 7.5 ECTS cr

Upon completion of the module students should be able to

- assess and analyse how coaching processes affect the mental, physical and social development of individuals,
- conduct a coaching session,
- identify the prevailing norms and values of the sports culture linked to gender, ethnicity, socioeconomy, and discuss and reflect on the potential effects on the individual and different social groups, and
- describe and give examples of how different doping substances affect human health and performance.

Module 2. The Physiology of Training in Theory and Practice 7.5 ECTS cr

Upon completion of the module students should be able to

- give an account of the physiological foundations of fitness training and various forms of muscular strength training,
- analyse the biomechanical laws linked to sports activities,
- identify ergonomic dilemma in different sports contexts,
- conduct, analyse and evaluate different physical tests,
- independently lead and conduct a cycle ergometry test and relate and assess the fitness values in

relation to individual profiles,

- apply basic CPR,
- give an account of the importance of physical activity and health promoting effects with an emphasis on young people's health and health development.

#### Module 3. Basic Research Methodology, 7.5 ECTS cr

Upon completion of the module students should be able to

- give an account of research methods and theory of science related to the sport science research field,
- construct, process, analyse and present the results of questionnaire surveys,
- plan, conduct, analyse and present the results of qualitative interviews.

#### Module 4. Essay Project, 7.5 ECTS cr

Upon completion of the module students should be able to

- complete a research project in the field of sport science at a basic level,
- compile, document and critically review a research project.

### **Content**

Instruction is in the form of lectures, groupwork and hands-on activities. The course is based on continuous literature studies, lecture attendance, presentations and discussion of group assignments. Attendance is mandatory at seminars.

#### Module 1 Sports, Health and Coaching, 7.5

Coaching sessions are studied and discussed theoretically and practically. The issue of diversity is studied in relation to sports. Doping substances and their effects are discussed and related to general fitness and competitive sports.

#### Module 2. The Physiology of Training in Theory and Practice 7.5 ECTS cr

The module comprises theoretical as well as practical components. Motor skills are studied with a focus on children and youth exercising. Ergonomic measuring methods in connection with physical activity are treated. Ergonomics with an emphasis on health and motor patterns aiming to prevent injury is also treated.

The course integrates a social perspective on physical activity among children and youth based on studies on physical activity in relation to health. Physical activity is studied with an emphasis on health promotion and sickness prevention.

#### Module 3 Basic Research Methodology, 7.5

The basics of quantitative and qualitative research methods are covered.

#### Module 4 Essay Project, 7.5

The project is supervised and methodological and scientific aspects are discussed in seminars. The project is discussed at a final seminar.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a written, individual exam, seminars, hand-in assignments, essay project, and practical presentations and demonstrations individually and in groups. The essays are discussed and defended at a final seminar.

**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.