



Faculty of Arts and Social Sciences
Sports Science

Syllabus

Sports Science II

Course Code:	IDGBA2
Course Title:	Sports Science II <i>Idrottsvetenskap II</i>
Credits:	30
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

Major Field of Study:
IVA (Sports Science)

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2020-09-08, and is valid from the Spring semester 2021 at Karlstad University.

Prerequisites

Registered on Sport Science I, 30 ECTS credits, 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 in practice,
- identify the prevailing norms and values of the sports association culture linked to gender, ethnicity, and socioeconomy,
- discuss and reflect on the potential effects of norms and values on the individual and different social groups, and

- describe and give an account 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 cardio and weight training,
- analyse the biomechanical laws linked to physical activity,
- identify ergonomic problems in different sports and health 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 relevant for sports science and health-related research problems,
- construct, process, analyse and present the results of questionnaire surveys, and
- 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

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

Content

Module 1 Sports, Health and Coaching, 7.5 ECTS cr

Coaching sessions are studied and discussed in terms of theory and practice. The issue of diversity is studied in relation to the activities of sports associations and other health-promoting contexts. 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, including CPR training. Ergonomic measuring methods in connection with physical activity are treated, as well as ergonomics with an emphasis on health and motor patterns aiming to prevent injury. The course integrates a social perspective on physical activity among children and youth based on studies of 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 ECTS cr

The basics of quantitative and qualitative research methods are covered, as well as theory of science and research ethics relevant for sports science.

Module 4 Essay Project, 7.5 ECTS cr

In this module, students complete an independent project. The project is supervised and methodological, ethical, and scientific aspects are discussed in a series of seminars. Projects are discussed in a final seminar.

Instruction is in the form of lectures, group work, and practical components. Attendance at seminars is mandatory.

Reading List

See separate document.

Examination

Module 1

Learning outcomes 1, 3, 4, and 5 are assessed on the basis of an individual written take-home exam and oral group presentations.

Learning outcome 2 is assessed on the basis of an individual oral and practical presentation.

Module 2

Learning outcomes 1 and 7 are assessed on the basis of an individual written take-home exam.

Learning outcome 2 is assessed on the basis of oral and practical presentations in groups.

Learning outcome 3 is assessed on the basis of an individual written take-home exam and oral and practical presentations in groups.

Learning outcome 5 is assessed on the basis of oral and practical presentations in groups.

Learning outcome 6 is assessed on the basis of the application of practical CPR skills.

Module 3

Learning outcomes 1-3 are assessed on the basis of individual written hand-in assignments.

Module 4

Learning outcomes 1-2 are assessed on the basis of an independent essay presented and discussed in a seminar, including peer review of another student's work.

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.