



Faculty of Health, Science and Technology
Sports Science

Syllabus

Course Approval

The syllabus was approved by the Faculty Board of Health, Science and Technology on 4 June 2013, and is valid from the Autumn semester of 2013 at Karlstad University.

Course Code: IDGBB1

Sport Psychology, 7.5 ECTS Credits

(Idrottspsykologi, 7.5 Swedish credit points)

Degree Level: Bachelor

Progressive Specialisation: G1F (First cycle, has less than 60 credits in first-cycle course/s as entry requirements)

Language of Instruction

Swedish

Prerequisites

Sports Science I, 30 ECTS cr and Sport Science II, 30 ECTS cr, or equivalent sports and health related qualifications. Health and Wellness Programme students: 90 ECTS cr (semesters 1-3); Nursing Programme students: 60 ECTS cr (semesters 1-2)

Major Field of Study

IVA (Sports Science)

Learning Outcomes

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

- give an account of basic concepts such as cognition, emotion, and sociality,
- give an account of relevant theories and methods in the field of sports science and their application,
- give an account of socio-psychological processes that constitute, sustain and dissolve groups, and of the importance of group processes in sports,
- relate individual cognitive, emotional and social development to sports and health promotion activities,
- apply behavioural theories to sports and health promotion settings and activities.

Content and Form of Instruction

Instruction is in the form of lectures, group work, and literature seminars.

The course deals with the basic concepts and theories of relevance to the knowledge of cognitive development, especially in the field of social psychology. The focus is on the sporting individual's cognitive, emotional and social development and on the importance of group composition and team spirit to sports and health promotion. The course is based on theories on social interaction and group dynamics with respect to issues related to different forms of sports and health promotion activities.

Reading List

See separate document.

Examination

Assessment is based on a group assignment and on a individually written take-home exam, presented and discussed at a seminar.

Grades

One of the grades Fail (U), Pass (G), or Distinction (VG) is awarded in the examination of the course. Assessment criteria for the grade Distinction are specified in the study guide.

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 assessment is based on student views and experiences as reported in written course evaluations and/or group discussions. Students will be informed of the result of the evaluation and of the measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional Information

Students who enrolled before 1 July 2007 will complete their studies in accordance with the requirements of the earlier admission. Upon completion students may request degree and course certificates to be issued under the current ordinance if they meet its requirements.

The local regulations for studies at the Bachelor's and Master's levels at Karlstad University stipulate the obligations and rights of students and staff.

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