



Faculty of Health, Science and Technology
Sports Science

Syllabus

Sport Science III

Course Code:	IDGC11
Course Title:	Sport Science III <i>Sport Science III</i>
Credits:	30
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has at least 60 credits in first-cycle course/s as entry requirements, contains degree proj. for B.A./B.Sc. (G2E)

Major Field of Study:
IVA (Sport Science)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2015-10-16, and is valid from the Spring semester 2016 at Karlstad University.

Prerequisites

Completed courses for semesters 1-4 of the Sport Science Program: Sports Coaching totalling 120 ECTS cr, or equivalent

Learning Outcomes

Module 1: Advanced Sports, Health and Coaching, 7.5 ECTS cr

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

- explain and define coaching as a concept and its significance in a national and international perspective,
- explain and define health promotion as a concept and its significance in a national and international perspective,
- give an account of and discuss broadened and deepened knowledge of the relationships between central actors in the sports and health field.

Module 2: Sport Science Research Methodology, 7.5 ECTS cr

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

- give an account of the theory of science and research methods in the interdisciplinary sports field,
- explain and use parametric and non-parametric test methods.

Module 3: Degree Project, 15 ECTS cr

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

- carry out a research study in a relevant sports area,
- analyse, present and critically review their own and other student projects.

Content

Module 1: Advanced Sports, Health and Coaching, 7.5 ECTS cr

The concepts of coaching and health promotion are problematised in a national and international perspective. The relationships between central actors in the sports movement and children, leaders, and parents are treated. Practical components are included.

Module 2: Sport Science Research Methodology, 7.5 ECTS cr

Different research approaches (qualitative and quantitative, experimental and non-experimental) and different disciplinary-specific methods/techniques and problems are treated as is statistical analysis.

Module 3: Degree Project, 15 ECTS cr

Students carry out a research study in an area relevant to the sports field. The completed project is presented, defended and discussed in final seminars, where students also serve as peer reviewers.

Reading List

See separate document.

Examination

Assessment is individual and based on take-home exams and documented research project, defended in seminar and on the student's peer review performance.

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.

Required course for the Sports Science Program: Sports Coaching

Replaces IDGCA1 from 2007.