



Faculty of Health, Science and Technology
Sports Science

Syllabus

Sports Pedagogy and coaching

Course Code: IDGCC5

Course Title: Sports Pedagogy and coaching
Idrottsdidaktik och coaching

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 (Sport Science)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2017-09-14, and is valid from the Spring semester 2018 at Karlstad University.

Prerequisites

Sports Science I 30 ECTS cr and Sports Science II 30 ECTS cr or equivalent. Health and Wellness programme students: 90 ECTS cr (terms 1-3 completed). Nursing programme students: 60 ECTS cr (terms 1-2 completed)

Learning Outcomes

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

1. plan, lead and evaluate health- and sports-related activities in theory and practice,
2. reflect on their own leadership and coaching and the affect on individuals and groups,
3. demonstrate understanding of the importance of communication in leadership and coaching, and
4. give an account of how sports- and health-related activities can be adapted to a diversity context.

Content

The course comprises presentations of different health and sports pedagogical perspectives. Different health promoting and sports-related activities are practised and related to a diversity perspective. Students develop their ability to organise and lead movement activities. Theory and practice are integrated throughout the course. Instruction is in the form of lectures, group work and practical activities.

Reading List

See separate document.

Examination

Learning outcome 1 is assessed on the basis of written and practical components relating to planning,

conducting and evaluating a problem area.

Learning outcomes 2 and 3 are assessed on the basis of a take-home exam.

Learning outcome 4 is assessed in writing and in practice.

All practical components are mandatory.

Grades

One of the grades Fail (U), Pass (G), or Distinction (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.

The examination of learning outcome 1 can involve extra costs for the students