



Board of Teacher Education  
Sports Science

# Syllabus

## Physical education 1

<b>Course Code:</b>	IDGL01
<b>Course Title:</b>	Physical education 1 <i>Idrottsvetenskap med didaktisk inriktning 1</i>
<b>Credits:</b>	30
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has only upper-secondary level entry requirements (G1N)

### Major Field of Study:

#### Course Approval

The syllabus was approved by the Board of Teacher Education 2019-02-11, and is valid from the Autumn semester 2019 at Karlstad University.

#### Prerequisites

General admission requirements and field-specific eligibility 6c (upper secondary school level English 6, Civics 1b or 1a1+1a2) plus Physical Education 1, Mathematics 2a, 2b, or 2c and Natural Science 2 (alternatively Biology 1 and Physics 1a1 or Physics 1b1+1b2 and Chemistry 1), or Physical Education A, Mathematics B, and Natural Science B (alternatively Biology A, Chemistry A, and Physics A).

#### Learning Outcomes

The aim of the course is to introduce students to the subject Physical Education and give them opportunity to acquire basic and relevant knowledge in the subject and in subject-specific teaching methodology. Students are expected to develop the requisite knowledge and skills to inspire secondary school students to engage in active learning and participate in different forms of physical, sports, and exercise activities as well as the various dimensions of outdoor life.

Module 1 Introduction to sports, health and outdoor activities, 7.5 ECTS cr

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

1. give an account of the historical development of the subject Physical Education, nationally and internationally,
2. give an account of different theories and concepts related to health and sports,
3. apply basic knowledge and skills related to outdoor activities and suitable for a school context,
4. problematise the relationships between outdoor activities, nature experiences, and young people's health, and
5. plan and conduct outdoor activities in the vicinity and in the wild.

Module 2 Learning and leadership, 15 ECTS cr

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

1. describe and explain different theoretical and experience-based concepts related to learning, leadership, and coaching,
2. give an account of different processes that activate and maintain young people's motivation to be physically active and the mental effects of such activity,
3. master relevant educational skills in different types of physical, sports, or exercise activities and lead learning processes in such activities with an approach based on reflection,
4. implement basic teaching methodological knowledge in their teaching,
5. perform crawl/breast and back swim strokes and life saving,
6. define and explain the concept motor skills and all-round mobility in relation to the conditions and needs of children and adolescents,
7. exercise leadership that stimulates the imagination, creativity, and playful movement of children and adolescents,
8. describe the importance of play for children's development,
9. relate children's development and life circumstances to equity, equality, and gender from a socio-cultural perspective,
10. express personal and artistic qualities in rhythmic and motion,
11. plan and conduct exercise to music and various forms of dance from a multicultural perspective,
12. adapt dance and exercises to pupils with special needs, and
13. give an account of how different forms of communication affect the relationships between teachers and pupils in Physical Education.

Module 3 Anatomy and physiology, 7.5 ECTS cr

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

1. give a basic account of the anatomy and physiology of the human body,
2. describe the requisite physiological factors for physical activity,
3. describe and understand the cause of the most frequent sport injuries, and
4. give an account of nutritional needs and the importance of nutrition in connection with physical activities.

### **Content**

Instruction is in the form of lectures, group work, literature seminars, a take-home exam, and hands-on demonstrations of methods used for physical, sports, and exercise activities. Theory and practice are integrated throughout.

Module 1 Introduction to sports, health and outdoor activities, 7.5 ECTS cr

The sports phenomenon is introduced from a multidisciplinary and interdisciplinary perspective. The history and development of sports are studied both in general and in relation to the subject Physical Education in particular. Different theories on health are treated and related to teaching content. The research process is studied and related to the subject Physical Education. The theory and practice of outdoor activities are included. Practical components integrate the physiological and psycho-social effects of outdoor activities.

Module 2 Learning and leadership, 15 ECTS cr

The focus is on different leadership theories and their relevance to Physical Education. The coaching concept is defined and clarified from national and international perspectives. Young people's motor skills development is studied. The content of the Physical Education syllabus is problematised and related to gender, ethnicity, and special needs. Different forms of dance, gym apparatus, swimming, track and field, skiing, orienteering, play and ball games are practised and related to educational goals. The course includes winter activities off campus. Instruction on different swim strokes and water life saving is included from a safety perspective, with a focus on the theory and practice of beach, boat, and ice behaviour and how to teach it.

Module 3 Anatomy and physiology, 7.5 ECTS cr

The module includes theoretical as well as practical components. The functions and anatomy of the human body are studied and related to Physical Education activities. The course also treats basic nutrition and sports medicine with a focus on sports injuries.

### **Reading List**

See separate document.

### **Examination**

Module 1 Introduction to sports, health and outdoor activities, 7.5 ECTS cr

Assessment is based on:

Learning outcome 1: a written take-home group exam and oral presentation.

Learning outcome 2: an individual written hand-in assignment and oral presentation.

Learning outcome 3: the individual planning and conducting of outdoor activities and a written hand-in assignment.

Learning outcome 4: an individual written hand-in assignment.

Learning outcome 5: an individual written take-home exam.

Submissions for assessment must clearly indicate individual contributions.

Module 2 Learning and leadership, 15 ECTS cr

Assessment is based on:

Learning outcomes 1, 2, 8, 9, and 13: an individual written and oral report

Learning outcome 6: an individual digital take-home exam

Learning outcome 8: a group practical and oral presentation and a written hand-in assignment

Learning outcomes 3, 4, 7, 10, 11, and 12: individual and group written hand-in assignments and practical pedagogical demonstrations.

Learning outcome 5: an individual swimming and life saving test, a written hand-in assignment, and practical demonstration.

Submissions for assessment must clearly indicate individual contributions.

Module 3 Anatomy and physiology, 7.5 ECTS cr

All learning outcomes are assessed on the basis of a written exam.

Submissions for assessment must clearly indicate individual contributions.

### **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.

The seasonal nature of outdoor activities included in the course means that some components may be planned for another time. There are extra costs for students for off-campus board and lodgings.