Dnr: IDGBA2/20271

Faculty of Arts and Social Sciences
Sports Science

Course Reading

Sport Science II

Valid from 01/18/2027

Course Code:	IDGBA2
Course Title:	Sport Science II
Credits:	30
Degree Level:	Undergraduate level

The Physiology of Training in Theory and Practice

Books

Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2025). *Physiology of Sport and Exercise* (9 ed.). Human Kinetics Antal sidor 661

Payton, C, J and Burden, A (2018). *Biomechanical evaluation of movement in sport and exercise* (2 ed.). Routledge Antal sidor 259

Stensel, D. J., Hardman, A. E. & Gill, J. M. R. (red.) (2021). *Physical Activity and Health: The Evidence Explained* (3 ed.). Routledge Antal sidor 566

Wirhed. R (2014). *Anatomi med rörelselära och styrketräning* (4 ed.). GRP Distribution AB Antal sidor 150

Articles

Chaput, J.-P., Willumsen, J., Bull, F., Chou, R., Ekelund, U., Firth, J., Jago, R., Ortega, F. B., & Katzmarzyk, P. T. (2020). 2020 WHO guidelines on physical activity and sedentary behaviour for children and adolescents aged 5-17 years: summary of the evidence. *International Journal of Behavioral Nutrition and Physical Activity*, *17* (141)

Katzmarzyk P.T. et al (2015). Physical activity, sedentary time, and obesity in an international sample of children. *Med sci Sports exerc*, *47* (10), p. 2062-2069

Neil-Sztramko, S. E., Caldwell, H., & Dobbins, M. (2021). School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6 to 18. *Cochrane Database of Systematic Reviews, 2021*, *9*. https://doi.org/10.1002/14651858.CD007651.pub3

2: Sport, Health and Coaching, 7.5 ECTS credits

Books

Backentorn, C. (2017). *En fungerande idrott för alla. Riksförbundet Attention*. EO Grafiska https://attention.se/wp-content/uploads/2016/03/idrottsskrift-slutversion.pdf

Bremberg, S., & Dalman, C. (2015). *Begrepp, mätmetoder och förekomst av psykisk hälsa, psykisk ohälsa och psykiatriska tillstånd: en kunskapsöversikt*. Forte https://forte.se/publikation/begrepp-matmetoder/

Bryman, A., Clark, T., Foster, L., & Sloan, L. (2025). *Samhällsvetenskapliga metoder* (4 ed.). Liber Antal sidor 877

Coakley, J. & Montez de Oca, J. (2025). *Sports in society: Issues & controversies* (14 ed.). McGraw-Hill Education Antal sidor 662

Edler, Karolina; Sjöström, Malin; Gustafsson, Henrik & Claeson, Andreas (2015). *Motiverande samtal. Handbok*

för coacher och tränare inom idrotten. SISU Idrottsböcker Antal sidor 267

Gill, A. J. G. (red.) (2021). *Foundations of sports coaching: Applying theory to practice* (3 ed.). Routledge Antal sidor 290 (E-bok. Finns att låna på biblioteket).

Gjerde, S (2012). *Coaching. Vad, varför, hur*. Studentlitteratur Antal sidor 378

Holm Ivarsson, B (2009). *MI - motiverande samtal: praktisk handbok för hälso- och sjukvården : fysisk aktivitet, kost & övervikt, riskbruk av alkohol, tobaksbruk*. Gothia Förlag Antal sidor 63

Høigaard, R. & Jørgensen, A (2002). *Coachingsamtal inom idrotten*. SISU Idrottsböcker Antal sidor 120

Articles

Cunningham, G. B., Ahn, N. Y., Anderson, A. J., & Dixon, M. A (2019). Gender, coaching, and occupational turnover. *Women in Sport and Physical Activity Journal*, *27* (2), p. 63-72

Hively, K., & El-Alayli, A. "You throw like a girl:" The effects of steroetype threat on women's athletic performance and gender sterotypes. *Psychology of Sport and Exercise*, *2014, 15(1)*

Mutz, M., & Müller, J. (2021). Social stratification of leisure time sport and exercise activities: comparison of ten popular sports activities. *Leisure Studies*, *40* (5), s. 597-611

O´Rourke, R. H., Knibbe, T. J., McPherson, A. C., Faulkner, G. E., Wright, F. V., & Arbour-Nicitopoulos, K. P. (2025). Developing disability inclusive coaching principles within community recreational sport programming for children. *JSAMS Plus*, *6* (100109)

Sforzo, G. A., Kaye, M. P., Harenberg, S., Costello, K., Cobus-Kuo, L., Rauff, E., ... & Moore, M. (2020). Compendium of health and wellness coaching: 2019 addendum. *American journal of lifestyle medicine*, *14* (2), p. 155-168

Stuij, M (2015). Habitus and social class: A case study on socialisation into sports and exercise. *Sport, Education and Society*, *20* (6), p. 780-798

Wilson, T. C. The paradox of social class and sports involvement. *International Review for the Sociology of sport*, *2002, 37(1)*

3: Introduction to Research Methodology, 7.5 ECTS credits

Books

Backman, J. (2016). *Rapporter och uppsatser* (3 ed.). Studentlitteratur Antal sidor 223

Bryman, A., Clark, T., Foster, L., & Sloan, L. (2025). *Samhällsvetenskapliga metoder* (4 ed.). Liber Antal sidor 877

Djurfeldt, G, Larsson, R., & Stjärnhagen, O (2018). *Statistisk verktygslåda 1 - samhällsvetenskaplig orsaksanalys med kvantitativa metoder* (3 ed.). Studentlitteratur Antal sidor 482

Kvale, S. & Brinkman, S (2014). *Den kvalitativa forskningsintervjun* (3 ed.). Studentlitteratur Antal sidor 412

Wahlgren, L (2012). *SPSS steg för steg* (3 ed.). Studentlitteratur Antal sidor 198

Tillkommer vetenskapliga artiklar

4: Advanced Assignment, 7.5 ECTS credits

Literature chosen in consultation with lecturer

Approved by the Faculty Board of Arts and Social Sciences 11/20/2026