



Board of Teacher Education
Sports Science

Course Reading

Physical education 2

Valid from 01/15/2024

Course Code: IDGLT2
Course Title: Physical education
2
Credits: 30
Degree Level: Undergraduate level

1. The Physiology of Training in Theory and Practice

Books

Bergentoft, H. (2019). *Lärande av rörelseförmåga i idrott och hälsa ur ett praktikutvecklande perspektiv*. Doktorsavhandling. Göteborgs universitet - institutionen för kost och idrottsvetenskap.

Bouchard, C., Blair, S.N., & Haskell, W.L. (2012). *Physical Activity and Health*. Human Kinetics.

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

Wilmore, J. & Costill, D. (2020). *Physiology of Sport and Exercise 4th Edition* (7 uppl.). Human Kinetics.

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

Articles

Biddle, S., Gorely, T., & Stensel, D. (2007). Health-enhancing physical activity and sedentary behaviour in children and adolescents. *Journal of Sports Sciences*, 22(8), 679 - 701. <https://doi.org/10.1080/02640410410001712412>

Dobbins, M., DeCorby, K. Robeson, P., Husson, H., & Tirilis, D. (2021). School based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18(Review). *Cochrane Library*. 10.1002/14651858.CD007651

Eroglu, E. & Yavuz Eroglu, S. (2020). The necessity of social entrepreneurship levels of teacher candidates: Physical education and sports. *African Educational Research Journal*, 8(2), 233-238. 10.30918/AERJ.82.20.059

Fikri Vural, Ç. & Kirbas, S. (2020). Examination of middle-school students physical education and sports course values in terms of several variables. *African Educational Research Journal*, 8(3), 472-480. 10.30918/AERJ.83.20.083

Janemalm, L., Barker, D., & Quennerstedt, M. (2020). Transformation of complex movements from policy to practice - a discourse analysis of Swedish physical education teachers concepts of moving. *Physical Education and Sport Pedagogy*, 25(4), 410-422. 10.1080/17408989.2020.1727869

Katzmarzyk, P.T. et al. (2015). Physical Activity, Sedentary Time, and Obesity in an International Sample of Children. *Medicine & Science in Sports & Exercise*, 47(10), 2062-2069. 10.1249/MSS.0000000000000649

Åberg, M., Pedersen, N., Torén, K., Svartengren, M., Bäckstrand, B., Johnsson, T., Christiana, M., Cooper-Kuhn, N., Åberg, D., Nilsson, M., Georg Kuhn, H., & Gage, F.H. (2009). Cardiovascular Fitness Is Associated with Cognition in Young Adulthood. *JSTOR*, 106(49), 20906-20911. <https://www.jstor.org/stable/40536095>

Reference material

Thoren, A., Quennerstedt, M., & Maivorsdotter, N. (2020). What physical education becomes when pupils with neurodevelopmental disorders are integrated: a transactional understanding. *Physical Education and Sport Pedagogy*. 10.1080/17408989.2020.1834525

2. Didactics of Physical Education and health II

Books

Boström, L., & Bostedt, G. (Red.). (2022). *Motivation för lärande. Teoretiska perspektiv och didaktiska reflektioner*. Studentlitteratur AB

Hammar, L. & Johansson, I. (2013). *Visst kan alla vara med - i idrott, lek och spel* (2 uppl.). Varsam AB.

Hedenborg, S. (Red.). (2016). *Idrottsvetenskap, en introduktion*. Studentlitteratur AB.

Jakobsson, I-L. & Nilsson, I. (2019). *Specialpedagogik och funktionsvariationer: att möta barn och unga med funktionsnedsättningar i en utvecklande miljö*. Natur & Kultur. (Kapitel 2, 5-7).

Jeppsson Grassman, E. & Olin Lauritzen, S. (Red.). (2018). *Mellan hälsa och ohälsa*. Studentlitteratur AB. (Kapitel 1-2, 4 och 7)

Karlefors, I., Hertting, K. & Tiller, T. (2016). *Idrott och hälsa ur ett aktionsforskningsperspektiv*. Liber AB.

Larsson, H. (2016). *Idrott och hälsa - i går, i dag, imorgon*. Liber AB. (Främst kapitel 4 och tidigare kapitel)

Larsson, H. & Meckbach, J. (2012). *Idrottsdidaktiska utmaningar* (2 uppl.). Liber AB. (Kapitel 2, 6 och 14)

Pettersson, C., Wickman, K., & Takala, M. (Red.). (2017). *Genus och specialpedagogik - praktiska perspektiv: En vetenskaplig antologi*. Specialpedagogiska skolmyndigheten. (Främst Idrott och hälsa, kapitel 4 och 5) <https://bit.ly/381DLEi>

Pringle, R., Larsson, H., & Gerdin, G. (Red.). (2020). *Critical research in sport, health and physical education. How to make a difference*. Routledge.

SchenkerK, (2022). *Idrottsdidaktik, för lärar- och tränarutbildningar*. Liber AB

Articles

Kristén, L., Klingvall, B., & Ring, M. (2020). The co-development of inclusive tools in physical education for pupils with and without disabilities. *Sport in Society*. <https://bit.ly/3aqyLc3> OPEN ACCESS

Moura, A., Graça, A., MacPhail, A., & Batista, P. (2020). Aligning the principles of assessment for learning to learning in physical education: A review of literature. *Physical Education and Sport Pedagogy*, 26 (4), p. 388-401. <http://bit.ly/3EloXt2>

Quennerstedt, M. & Larsson, H. (2015). Learning movement cultures in physical education practice. *Sport, Education and Society*, 20(5), p. 565-572.. 10.1080/13573322.2014.994490

Ring, M., Kristén, L. & Klingvall-Arvidsson, B. (2019). Norms and materialities in physical education and health - I feel that i cannot contribute enough in sport?. *Sport, Education and Society*, 24(4), 349-360. 10.1080/13573322.2017.1394837

Tarantino, G., Makopoulou, K., & Neville, R.D. (2022). Inclusion of children with special educational needs and disabilities in physical education: A systematic review and meta-analysis of teachers' attitudes. *Educational Research Review* , 36, Artikel 100456. <https://bit.ly/3VMSucv>

Teraoka, E., Jancer Ferreira, H., Kirk, D., & Bardid, F. (2020). Affective Learning in Physical Education: A Systematic Review,. *Journal of Teaching in Physical Education* , 40 (3), p. 460-473. <http://bit.ly/3udi8v2>

Web resources

www.svenskfotboll.se

www.tennis.se.

www.volleyboll.se

www.basket.se.

www.friidrott.se

Misc.

Skolverket (2022), Läroplan för grundskolan, förskoleklassen och fritidshemmet 2022, <https://bit.ly/3FghemB>

Skolverket (2017). Läroplan, program och ämnen i gymnasieskolan 2011: Reviderad 2017. <https://bit.ly/3aUPI5R>

Sterner, T. & Zangerl, R. (2011). Trampett grundnivå: Lust- och lekbetonad undervisning. Gymnastik- och idrottshögskolan. (Finns som pdf)

Reference material

Stidder, G. (2015). *Becoming a physical education teacher*. Routledge.

Westling Allodi, M. (Red.). (2021). *Specialpedagogik för lärare*. Natur & Kultur. (Kapitel 2, 3, 6, 8-11, 16-17)

3.

Books

Berger, M. (2021). *Elevhälsa och lärarhälsa - Så arbetar vi med Känsla av sammanhang i skolan*. Studentlitteratur AB.

Boström, L., & Bostedt, G. (2022). *Motivation för lärande: Teoretiska perspektiv och didaktiska reflektioner*. Studentlitteratur AB

Brügge, B., Glantz, M., & Sandell, K. (2018). *Friluftslivets pedagogik: en miljö- och utomhuspedagogik för kunskap, känsla och livskvalitet* (5 uppl.). Liber AB.

Engdahl, C., Heikkinen, S., & Arvidson, M. (Red.). (2022). *Hur kan vi förstå rörelse? - Labans rörelseramverk, sociologi och didaktik*. Liber AB

Hassmén, P. & Hassmén, N. (2010). *Idrottsledarskap*. Natur & Kultur.

Hultgren, S. (2018). *Fysisk aktivitet hos barn och ungdomar: beteendeperspektivet* (5 ed.). MCS AB.

Hylander, I. & Guvå, G. (2017). *Elevhälsa som främjar lärande*. Studentlitteratur AB.

Larsson, H. (2016). *Idrott och hälsa - igår, idag, imorgon*. Liber AB. (Kapitel 7 och 10)

Larsson, H. & Meckbach, J. (2012). *Idrottsdidaktiska utmaningar* (2 uppl.). Liber AB. (Kapitel 7, 12, 16 och 18)

Larsson, H., Lundvall, S., Meckbach, J., Peterson, T., & Quennerstedt, M. (2016). *Hur är det i praktiken?: lärare utforskar ämnet idrott och hälsa*. Gymnastik- och idrottshögskolan. (Kapitel 1 och 6-8). <https://bit.ly/37XXqVq>

Lindwall, M., Stenling, A., & Weman Josefsson, K. (Red.). (2019). *Motivation inom träning, hälsa och idrott - Ett självbestämmande perspektiv*. Studentlitteratur AB. (Kapitel 2, 4, 8, 9 och 10 om Idrott och hälsa i skolan)

Book Chapter

Chen, A. (2017). Motivation research in physical education: Learning to become motivated. In C.D. Ennis (Editor). *Handbook of physical education pedagogies* (p. 567-580.) Routledge.

Articles

Aartun, I., Walseth, K., Førland Standal, Ø., & Kirk, D (2022). Pedagogies of embodiment in physical education ? a literature review. *Sport, Education and Society*, 27 (1), p. 1-13. <http://bit.ly/3gKUNat>

Brolin, M., Quennerstedt, M., Maivorsdotter, N., & Casey, A. (2018). A salutogenic strengths-based approach in practice an illustration from a school in Sweden. *Curriculum Studies in Health and Physical Education*, 9(3), 237-252. 10.1080/25742981.2018.1493935

Cseplö, E., Wagnsson, S., Luguetti, C., & Spaaij, R. (2021). The teacher makes us feel like we are a family: students from refugee backgrounds perceptions of physical education in Swedish schools. *Physical Education and Sport Pedagogy*, p. 1-13. 10.1080/17408989.2021.1911980

Edwards, L., Bryant, A., Keegan, R., Morgan, K., & Jones, A. (2017). Definitions, Foundations and Associations of Physical Literacy: A Systematic Review. *Sports Med.*, 47 (1), p. 113-126.. <https://bit.ly/3GGwEBI>

Gerdin, G. & Larsson, H. (2017). The productive effect of power: (dis)pleasurable bodies materialising in and through the discursive practices of boys? physical education. *Journal Physical Education and Sport Pedagogy*, 23(1), 66-83. <https://bit.ly/3rdNmyr>

Jansson, A., Brun Sundblad, G., Lundvall, S., & Norberg J. R. (2022). Exploring the intersection between students? gender and migration background in relation to the equality of outcome in physical education in Sweden. *Sport, Education and Society*. <https://bit.ly/3VRtb8S>

Jansson, A., Brun Sundblad, G., Lundvall, S., Bjärsholm, D., & Norberg, J. R. (2022). Gender Differences and Inequality? A 20-Year Retrospective Analysis Based on 39,980 Students' Perceptions of Physical Education in Sweden. *Journal of Teaching in Physical Education*. <https://bit.ly/3FcmMyq>

Larsson, H., Quennerstedt, M., & Öhman, M. (2014). Heterotopias in physical education: towards a queer pedagogy?. *Gender and Education*, 26(2), 135-150. 10.1080/09540253.2014.888403

Mattingsdal Thorjussen, I., & Sisjord, M. K. (2018). Students physical education experiences in a multi-ethnic class. *Sport, Education and Society*, 23(7), 694-706. <https://bit.ly/2YF2clb>

Metcalfe, S.N. & Lindsey, I. (2020). Gendered trends in young peoples participation in active lifestyles: The need for a gender-neutral narrative. *European Physical Education Review*, 26(2) 535-551. 10.1177/1356336X19874095

Quennerstedt, M. (2019). Healthy physical education - on the possibility of learning health. *Physical Education and Sport Pedagogy*, 24(1), 1-15. 10.1080/17408989.2018.1539705

Quennerstedt, M., McCuaig, L., & Mårdh, A. (2020). The fantasmatic logics of physical literacy. *Sport, Education and Society*. 10.1080/13573322.2020.1791065

Rubeli, B., Oswald, E., Conzelmann, A., Schmid, J., Valkanover, S., & Schmidt, M. (2020). Promoting schoolchildren's self-esteem in physical education: testing the effectiveness of a five-month teacher training. *Physical Education and Sport Pedagogy*, 25 (4), p. 346-360. <https://bit.ly/3BjLJGW>

Schenker, K. (2018). Health(y) education in Health and Physical Education. *Sport, Education and Society*, 23(3), 229-243. 10.1080/13573322.2016.1174845

Schubringa, A., Bergentoft, H., & Barker, D. (2021). Teaching on body ideals in physical education: a lesson study in Swedish upper secondary school. *CURRICULUM STUDIES IN HEALTH AND PHYSICAL EDUCATION*, 12 (3), p. 232-250. <https://bit.ly/3uBCeyY>

Svensson, M., Wagnsson, S., & Gustafsson, H. (2021). Can motivational interviewing be a helpful professional tool? Investigating teachers' experiences. *Educational Research*, 63 (4), p. 440-455. <https://bit.ly/3iLOSjI>

Trangsrud, L. K.J., Borg, M., & Bratland-Sanda, S. (2022). Friluftsliv in Eating Disorder Recovery: A Systematic Review. *Journal of Outdoor Recreation, Education, and Leadership* , 12 (2), p. 181-204. <https://bit.ly/3Y8lpj>

Valero-Valenzuela, A., Huescar, H., Núñez, J. L., Conte, L., León, J., & Moreno-Murcia, J. A. (2021).). Prediction of Adolescent Physical Self-Concept through Autonomous Motivation and Basic Psychological Needs in Spanish Physical Education Students. *Sustainability*, 13, Artikel 11759. <https://bit.ly/3FCNuBq>

Web resources

www.volleyboll.se

Misc.

Backman, E., & Larsson, H. (2014). What should a physical education teacher know? an analysis of learning outcomes for future physical education teachers in sweden, *Physical Education and Sport Pedagogy*, 21(2), 185-200. <https://bit.ly/2LcWTXh>

Larsson, H., Fagrell, B., Johansson, S., Lundvall, S., Meckbach, J., & Redelius, K. (2011.). Jämställda villkor i idrott och hälsa - med fokus på flickors och pojkars måluppfyllelse (Rapport), Skolverket & GIH.

Lundvall, S. (2015). Physical literacy in the field of physical education - A challenge and a possibility. *Journal of Sport and Health Science*, 4(2), 113-118. <https://doi.org/10.1016/j.jshs.2015.02.00>

Reference material

Garn, A.C., McCaughy, N. Martin, J., Shen, B., & Fahlman, M. (2012). A Basic Needs Theory investigation of adolescents? physical self-concept and global self-esteem. *Journal International Journal of Sport and Exercise Psychology*, 10(4), 314-328. <https://bit.ly/3jbgovF>

Andersson, D. (2020). *Fysisk aktivitet: Hälsa, välbefinnande och förändring hos individen* (2 uppl.). Studentlitteratur AB.

Moerman, P. (2022). *Dans som undervisning: dans, pedagogik, estetik, etik - teori och metod* (2 ed.). Studentlitteratur AB.

Nygren, T. (2021). *Vetenskapsteori och forskningsmetoder i utbildningsvetenskap*. Natur & Kultur Akademisk.

Säljö, R. (2015). *Lärande: en introduktion till perspektiv och metaforer* (1 ed.). Gleerups.

4. Didactics of Physical Education and health III

Books

Jönsson, A. (2023). *Lärande bedömning* (6 ed.). Gleerups

Larsson, H. (2016). *Idrott och hälsa - i går, i dag, imorgon*. Liber AB. (Kapitel 4, 8, 9 och 11)

Larsson, H. & Meckbach, J. (Red.). (2012). *Idrottsdidaktiska utmaningar* (2 uppl.). Liber AB. (Kapitel 10, 15 och 17)

Lundvall, S. (Red.). (2023). *Boll och bollspel i skolan: lek, lärande och rörelse*. Liber AB

Tolgfors, B. (2017). *Bedömning för vilket lärande? En studie av vad bedömning för lärande blir och gör i ämnet idrott och hälsa*. Doktorsavhandling. Örebro universitet. (Kapitlen 2, 3, 7 och 8)

Tugestam, Å. (2020). *ATT GÖRA OCH ERFARA FRILUFTSLIV. En etnografisk studie om lärprocesser i gymnasieelevers friluftslivsundervisning*. Doktorsavhandling, Linnéuniversitetet DiVA. <https://bit.ly/32mTCga>

Wiker, M. (2017). *Det är live liksom, Elevers perspektiv på villkor och utmaningar i Idrott och Hälsa*. Doktorsavhandling, Karlstad University Studies 2017:45. (Kapitel 2-3, 6 del I och 7) <https://bit.ly/3aVZFKS>

Articles

Barba-Martín, R.A., Bores-García, D., Hortigüela-Alcalá, D., & González-Calvo, G (2020). The Application of the Teaching Games for Understanding in Physical Education: Systematic Review of the Last Six Years. *International Journal of Environmental Research and Public Health*, 17 (9), p. 1-16. <http://bit.ly/3GY7DmQ>

Barker, D., Wallhead, T., Brock, S., Goodyear, V., & Amade-Escot, C. (2017). Group Work in Physical Education: Exploring the Interconnectedness of Theoretical Approaches and Practice. *Journal of Teaching in Physical Education*, 36(1), 50-60. <https://bit.ly/3tjWfID>

Casey, A. & MacPhail, A. (2018). Adopting a models-based approach to teaching physical education. *Physical Education and Sport Pedagogy*, 23(3), 294-310. 10.1080/17408989.2018.1429588

Casey, A., MacPhail, A., Larsson, H., & Quennerstedt, M. (2021). Between hope and happening: Problematizing the M and the P in models-based practice. *Physical Education and Sport Pedagogy*, 26 (2), p. 111-122. <https://bit.ly/3uqnBB8>

Haerens, L., Kirk, D., Cardon, G., & De Bourdeaudhuij, I. (2012). Toward the Development of a Pedagogical Model for Health-Based Physical Education. *Quest*, 63(3), 321-338. <https://bit.ly/2ML7FUX>

Stolz, S. & Shane, P. (2014). Teaching games and sport for understanding: Exploring and reconsidering its relevance in physical education. *European Physical Education Review*, 20(1), 36-71. 10.1177/1356336X13496001

Tolgfors, B. (2018). Different versions of assessment for learning in the subject of physical education. *Physical Education and Sport Pedagogy*, 23(3), 311-327. 10.1080/17408989.2018.1429589

Tolgfors, B., Backman, E., Nyberg, G., & Quennerstedt, M. (2020). Between ideal teaching and what works: The transmission and transformation of a content area from university to school placements within physical education teacher education. *European Physical Education Review*, 1-16. <https://bit.ly/3tjKlcm>

Ward, P. & Ayvazo, S. (2016). Pedagogical Content Knowledge: Conceptions and Findings in Physical Education. *Journal of Teaching in Physical Education*, 35(3), 194-207. <https://bit.ly/2Lc6T2R>

Web resources

Skolverket. Kursplan för IDH1201 - Idrott och hälsa 1. Gymnasiet. www.skolverket.se

Skolverket. Kursplan för IDH1202 - Idrott och hälsa 2. Gymnasiet. www.skolverket.se

Skolverket. Kursplan för Idrott och hälsa. Grundskolan. www.skolverket.se

Misc.

Klapp, A. (2015), Bedömning, betyg och lärande

Lynch, T. (2017), How does a physical education teacher become a health and physical education teacher? *Sport, Education and Society* 22(3), 355-376, 10.1080/13573322.2015.1030383

Redelius, K., Quennerstedt, M., & Öhman, M. (2015), Communicating aims and learning goals in physical education: part of a subject for learning? *Sport, Education and Society* 20(5), 641-655, <https://bit.ly/2NYTwUS>

Reference material

Kirk, D. (2014). *Physical Education and Curriculum Study (Routledge Revivals) A Critical Introduction* (1 ed.). Routledge. <https://bit.ly/3tIKVvp>

Kougioumtzis, K. (2006). *Lärarkulturer och professionskoder. En komparativ studie av idrottslärare i Sverige och Grekland*. Doktorsavhandling. ACTA UNIVERSITATIS GOTHOBURGENSIS <https://bit.ly/2MI1UaB>

Nilholm, C. (2016). *Teori i examensarbetet*. Studentlitteratur AB.

Under terminens gång kan ytterligare vetenskapliga artiklar tillkomma inför artikelseminarium (studenten läser då inte alla, utan de delas upp).

Approved by the Board of Board of Teacher Education 12/14/2023