



Faculty of Arts and Social Sciences

Programme Syllabus

Reg.no. HS 2024/1166

Master Programme in Sport Science

Programme Code:	SAIDV
Programme Title:	Master Programme in Sport Science Masterprogram i idrottsvetenskap
Credits:	120
Programme Approval:	The programme syllabus was approved by the Faculty Board of Arts and Social Science on 16 September 2024, and applies as of the autumn semester of 2025.
Language of Instruction:	Swedish
Education Cycle:	Second cycle
Degree Type:	General Degree of Master (120 credits) with the possibility of a Degree of Master (60 credits)
Qualification requirements	A Degree of Bachelor of 180 credits, of which at least 90 credits are in Sports Science as the main field of study, including an independent project of at least 15 credits at G2E level. Upper secondary school level Swedish 3 and English 6/B. An equivalence assessment can be made.

General Information

The foundation for the academic content of this study programme comprises various sports and health related fields, where coaching processes connected to both individuals and groups are in focus. The sport science research domains are (1) the individual's need of movement and physical activity, (2) sports and health, society, and organisation, and (3) sports as existence, ethics, and communication, which are applied to sports and health-related coaching. Together, these create a whole within second-cycle sport science education that, through theoretical perspectives, meets both the individual's need of applicable knowledge and societal challenges. Areas where there is such a need and where societal challenges exist are, for example, related to the population's deteriorating health status, with problems concerning obesity. Other areas are

the increasing awareness of the importance of physical activity for health and well-being, as well as the increasing demands for performance and results in competitive sports.

Completing the study programme gives the student the knowledge and skills needed to develop, lead and evaluate sports and health-related activities on various levels, as well as contribute with expertise where there is an obvious lack of knowledge. The specialisation in sports and health-related coaching, prepares the student for advanced professions such as trainers/leaders in sports, mental coaches or sports consultant, but also professions related to health activities, such as wellness consultants, health coaches or personal trainers. The specialisations also make the students eligible for third-cycle studies.

Aims and Learning Outcomes

For programme completion, students must meet the national requirements for a Degree of Master (60/120 credits).

National Degree of Master (60 credits) outcomes

Knowledge and understanding

For a Degree of Master (60 credits) the student shall

- demonstrate knowledge and understanding in the main field of study, including both broad knowledge of the field and a considerable degree of specialised knowledge in certain areas of the field as well as insight into current research and development work, and
- demonstrate deepened methodological knowledge in the main field of study.

Competence and skills

For a Degree of Master (60 credits) the student shall

- demonstrate the ability to integrate knowledge and analyse, assess and deal with complex phenomena, issues and situations even with limited information,
- demonstrate the ability to identify and formulate issues autonomously as well as to plan and, using appropriate methods, undertake advanced tasks within predetermined time frames,
- demonstrate the ability in speech and writing to report clearly and discuss his or her conclusions and the knowledge and arguments on which they are based in dialogue with different audiences, and
- demonstrate the skills required for participation in research and development work or employment in some other qualified capacity.

Judgement and approach

For a Degree of Master (60 credits) the student shall

- demonstrate the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical issues and also to demonstrate awareness of ethical aspects of research and development work,
- demonstrate insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning.

Independent project

A requirement for the award of a Degree of Master (60 credits) is completion by the student of an independent project of at least 15 credits in the main field of study.

National Degree of Master (120 credits) outcomes

Knowledge and understanding

For a Degree of Master (120 credits) the student shall

- demonstrate knowledge and understanding in the main field of study, including both broad knowledge of the field and a considerable degree of specialised knowledge in certain areas of the field as well as insight into current research and development work, and

- demonstrate deepened methodological knowledge in the main field of study.

Competence and skills

For a Degree of Master (120 credits) the student shall

- demonstrate the ability to critically and systematically integrate knowledge and analyse, assess and deal with complex phenomena, issues and situations even with limited information,
- demonstrate the ability to identify and formulate issues critically, autonomously and creatively as well as to plan and, using appropriate methods, undertake advanced tasks within predetermined time frames and so contribute to the formation of knowledge as well as the ability to evaluate this work,
- demonstrate the ability in speech and writing both nationally and internationally to clearly report and discuss his or her conclusions and the knowledge and arguments on which they are based in dialogue with different audiences, and
- demonstrate the skills required for participation in research and development work or autonomous employment in some other qualified capacity.

Judgement and approach

For a Degree of Master (120 credits) the student shall

- demonstrate the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical issues and also to demonstrate awareness of ethical aspects of research and development work,
- demonstrate insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning.

Independent project

A requirement for the award of a Degree of Master (120 credits) is completion by the student of an independent project of at least 30 credits in the main field of study. The degree project may comprise less than 30 credits, however no less than 15 credits, if the student has already completed an independent project in the second cycle for at least 15 credits in the main field of study or the equivalent from a programme of study outside Sweden.

Programme Structure

The structure and contents of the study programme deals with central and vital fields of study within sport science, which are of importance for the student's continued professional career as well as for continued studies in the main field of study. Teaching is consistently based on student-centred learning, which means that the students participate and have an active role in the learning process. Gender and gender equality are also recurring perspectives that are examined and emphasised throughout the programme. Moreover, discussions about sustainable development regarding issues concerning the role and importance of the individual in society, are integrated. The programme is taught at a pace of 50 % for eight semesters. The programme comprises both on-campus teaching and distance teaching. The approach varies depending on the course aims and contents.

The programme offers two possible outcomes. The student can complete a Degree of Master (60 ECTS credits), see figure 1, or a Degree of Master (120 ECTS credits), see figure 2. Of the master programme's 120 credits, 75 credits consists of mandatory courses and 45 credits are optional courses (of which at least 15 credits worth must be second-cycle level). Mandatory courses for Degree of Masters are:

- Sport Science: Introduction to a Multidisciplinary and Interdisciplinary Field (7.5 credits)
- Health and Lifestyle Coaching (7.5 credits)
- Holistic Sports and Health Coaching (7.5 credits)
- Children in motion (7.5 hp)
- Research Methods in Educational Sciences (15 credits)

- Independent project (30 credits)

For a Degree of Master (120 credits), students must complete an independent project of 30 credits, with the option of instead completing two projects of 15 credits each, one at the level of Master's (60 credits) and one at the level of Master's (120 credits). The student can choose optional courses given at Karlstad University or at other higher education institutions in Sweden and abroad. Course selection is done in consultation with the programme director. For a Degree of Master (60 credits) in Sport Science, the students must complete all of the mandatory courses, as well as an independent project of 15 credits.

Programme Curriculum

Note that the titles and the order of the programme courses may vary.

Course Structure	
Master Programme (60 credits)	
Sport Science	
Sport Science: Introduction to a Multidisciplinary and Interdisciplinary Field *	7,5 hp
Health and Lifestyle Coaching *	7,5 hp
Holistic Sports and Health Coaching *	7,5 hp
Children in Motion *	7,5 hp
Research Methods in <u>Educational Sciences</u> *	15 hp
Independent <u>project</u> *	15 hp

* Mandatory courses

Figure 1. Course structure for the Master Programme (60 credits) in Sport Science.

Course Structure Master Programme (120 credits) Sport Science	
Sport Science: Introduction to a Multidisciplinary and Interdisciplinary Field *	7,5 hp
Health and Lifestyle Coaching *	7,5 hp
Holistic Sports and Health Coaching *	7,5 hp
Children in Motion*	7,5 hp
Optional Courses	45 hp
Research Methods in Educational Sciences*	15 hp
Independent project *	30 hp

* Mandatory courses

Figure 2. Course structure for the Master Programme (120 credits) in Sport Science.

Mandatory courses

Sport Science: Introduction to a Multidisciplinary and Interdisciplinary Field (7.5 credits)

The aim of the introductory course is to examine and integrate research theory and methodological issues related to the field of sport science. The course includes studies of sport science as a concept, as well as problem areas connected to the area of sports and health.

Health and Lifestyle Coaching (7.5 credits)

The aim of the course is to problematise in-depth issues relevant for the area of health and lifestyle coaching. Furthermore, the aim is to combine scientific theories with practical experience in the area of health coaching.

Holistic Sports and Health Coaching (7.5 credits)

The aim of the course is to problematise in-depth issues relevant for the area of sports coaching. Furthermore, the aim is to combine scientific theories with practical experience in the area of sports coaching.

Children in motion (7.5 credits)

The aim of the course is to provide in-depth knowledge about and understanding of how different environments can develop the interest in physical activities in children and youths.

Research Methods in Educational Sciences (15 credits)

The course, which is the concluding mandatory course and given jointly with the subject Educational Work, aims to provide a deeper understanding of how fundamental principles of research can be applied to issues related to sport science. Of particular importance is how systematic research and scientific work methods can be applied in relation to sports and health

coaching, as well as how to plan and conduct scientific studies and how to present and evaluate research findings.

Independent project (30 credits)

The course spans two semesters, in which the student must complete and defend an independent research project at master level (120 credits), within the field of sports and health.

Independent project (15 credits)

The course spans one semester, in which the student must complete and defend an independent research project at master level (60 credits), within the field of sports and health.

Title of Qualification

Degree of Master of Science (60 credits)

Main field of study: Sport Science

Filosofie magisterexamen

Huvudområde: Idrottsvetenskap

Degree of Master of Social Science (120 credits)

Main field of study: Sport Science

Filosofie masterexamen

Huvudområde: Idrottsvetenskap

Credit Transfer

According to the Higher Education Ordinance Ch. 6 Sec. 6–8 students have the right to transfer credits and have prior learning recognised upon approval.

Additional Information

The local regulations for first and second cycle education at Karlstad University stipulate the obligations and rights of students and staff.

The language of Instruction is Swedish. Some parts may be taught in other Scandinavian languages or in English.

Previous versions of the programme syllabus have been approved:

3 February 2022, Reg.no HS 2022/26, valid from the autumn semester of 2022