



Faculty of Arts and Social Sciences

## Programme Study Plan

### Program in Sport Science / Sport Coaching

<b>Programme Code</b>	SGIDV
<b>Programme Approval</b>	The programme study plan was approved by the Faculty Board of Arts and Social Sciences on 1 February 2018 and valid from the autumn semester of 2018.
<b>Programme Title</b>	Program in Sport Science / Sport Coaching
<b>Credits</b>	180
<b>Language of Instruction</b>	Swedish
<b>Degree Level</b>	Bachelor
<b>Degree Type</b>	General
<b>Prerequisites</b>	General admission requirements plus upper secondary school level Mathematics B, Social Science A, Natural Science B (alt. Physics A, Chemistry A, Biology A instead of Natural Science) i.e. field-specific eligibility 16, see <a href="http://www.kau.se/omradesbehorighet">www.kau.se/omradesbehorighet</a> , or Mathematics 2a or 2b or 2c, Social Science 1b or 1a1+1a2, Natural Science 2, i.e. field-specific eligibility A14 ((alt. Physics A, Chemistry A, Biology A instead of Natural Science 2)

## **General information**

The development of sports has accelerated from the end of the 20th century into the 21st century. Sports and physical activities are noticeable elements of modern society and the need for knowledge and professional skills is increasing at the rate of declining health, growing awareness of the importance of physical exercise, the need of expertise in competitive sports, and the general overweight and obesity problem. The increasing globalisation, institutionalisation, commercialisation and professionalisation of sports at the same time call for new research and development efforts. Against the background of this complexity, there is a great demand for qualified students, who both want to seek new knowledge of the potentials and future of sports and convey adequate knowledge to individuals and groups that wish to participate in a sporting or physical activity. The basic principles are (1) the individual's need of movement and physical activity, (2) sports, society and organisation, and (3) sports as existence, ethics and communication.

The programme is designed for those who on a professional basis want to

- promote individual's opportunities to be involved in sports and physical activities geared to their needs and interests, especially in terms of age, gender, type of activity and ambition,
- understand the role of sports in society, understand the importance of society to the development of sports, and develop and understand sports in relation to organisation and organisational development,
- influence individual health by spreading the incentive for sports in society and improve individual circumstances through the communicative and social values of sports.

Sports science students with a specialisation in coaching develop skills in planning, organising, conducting and evaluating activities at different levels in the fields of sports and health promotion with an emphasis on sports coaching based on behavioural, health promoting and medical perspectives. The sports coaching specialisation means that students are prepared for work as a trainer/coach in the sports community, as a sport consultant, as head of a sports club or sports director, and also for occupations such as health coach and personal trainer. Upon completion of the programme, students are expected to work independently, critically and enterprisingly with sports activities

- in organisations such as sports movements and other non-profitable organisations promoting sports and exercise adapted to individual differences in age, gender, and physical needs and knowledge of sports,
- as a private entrepreneur or in partnership create new conditions and new ideas in the field of sports,
- in public, county council, and municipal organisations with an emphasis on health promotion and sports to support physical activities and healthy lifestyles

Graduates can move on to Master-level programmes or doctoral studies.

## **Aims and Learning outcomes**

### *National Objectives*

First-level education should develop the students' ability to

- make independent and critical assessment,
- define, formulate and solve problems independently
- deal with changes in working life.

In addition to the knowledge and skills required by the particular area of study, students should develop their ability to

- seek and assess scientific knowledge
  - upgrade knowledge
  - exchange information with non-experts in the field
- (Ch.1 § 8 *Higher Education Act, SFS 1993:100*)

The requirements for obtaining a specific degree or diploma are stated in *the Higher Education Ordinance* (SFS 1993:100) as follows:

#### *Knowledge and understanding*

To earn a Bachelor's degree, students should be able to demonstrate

- knowledge and understanding of the main subject area, including knowledge of the scientific basis of the field,
- knowledge of pertinent research methods, and
- and in-depth understanding of a chosen area within the field, and basic knowledge of current research and development work.

#### *Competence and skills*

To earn a Bachelor's degree, students should be able to demonstrate

- the ability to search for, gather, evaluate and interpret relevant information in relation to a specific problem, and the ability to discuss various phenomena, questions and situations from a critical perspective,
- the ability to work independently in identifying, formulating, and solving a problem and working to a set deadline,
- the ability to communicate and interact with various groups in presenting and discussing information, problems and solutions both in oral and in written form, and
- the skills required for undertaking and presenting an independent research project within the specific field studied.

#### *Judgement and approach*

To earn a Bachelor's degree, students should be able to demonstrate

- the ability to make appropriate judgements within the specific field of study with respect to relevant scientific, societal and ethical aspects,
- an understanding of the concept of knowledge, its role in society and our responsibility for the way in which it is used, and
- the ability to identify their own need for further knowledge and training.

#### *Local Objectives*

Upon completion of the sports science programme with an emphasis on coaching at Karlstad University, students should also be able to demonstrate

- the ability to independently identify, structure, analyse, critically evaluate and interpret sport science issues,
- knowledge and understanding of basic sport science principles and contexts,
- identify factors at the individual, organisation and society levels that affect individual performance and health,

- plan, initiate, conduct and evaluate health promotion and injury prevention in physical activities and sports for individuals and teams taking into account age, gender and varying needs and wishes,
- understanding of individual learning processes and the characteristics of insightful leadership,
- command of basic analytical concepts in the areas of age and gender,
- seek, analyse, assess and communicate knowledge related to health promotion and sports activities and keep up with the scientific development,
- skills required for moving on to master-level programmes with a high degree of independence.

Students should have completed an independent project (degree project) of 15 ECTS credits.

### **Programme Structure**

Successfully completed, the programme leads to a Bachelor's degree of 180 ECTS cr including 30 ECTS cr elective courses (three years, full-time). It is based on social science and natural science/medical perspectives with an emphasis on different aspects of coaching in physical activities and sports.

Instruction is in the form of lectures, seminars, laboratory work and group discussions. In some courses instruction is project based with elements of project management, critical reflection and analysis. Students have the opportunity to take a job-oriented practical placement course to bridge and reflect on the theory-practice connection, or study abroad. Overnight field trips may incur extra cost. Assessment is based on written exams, seminar assignments and laboratory sessions, individually or in groups. Sport science is the programme major, comprising mandatory courses of 90 ECTS cr (three semesters full-time) which are offered in semesters 1, 2 and 6. In semesters 3 and 4 students take courses of relevance to programme goals and in semester 5 students take elective courses.

In semester 5, students can either study courses offered at Karlstad University or courses abroad with relevance to programme design and goal. Elective courses are chosen in conjunction with the director of studies. The practical placement component involves campus studies as well as participation in workplace duties. The programme is concluded with in-depth studies in sports science including a degree project of 15 ECTS cr.

### **Programme curriculum**

The sport science courses should be seen as a unified area of study with progression based on course content and level of difficulty (level of abstraction). Note that programme courses can have other titles and be offered in a different order than stated here.

The following courses are included:

#### Semester 1

Sport Science I, 30 ECTS cr

#### Semester 2

Sport Science II, 30 ECTS cr

Semester 3

Sport Psychology, 7.5 ECTS cr

Applied Sport Psychology, 7.5 ECTS cr

Sports and Health Related Practical Placement I, 7.5 ECTS cr

Physiology of sport and exercise, 7.5 ECTS cr

Semester 4

Sports Pedagogy and coaching, 7.5 ECTS cr

Diet and Nutrition, 7.5 ECTS cr

Sports and Health Related Practical Placement II, 7.5 ECTS cr

Performance enhancement strategies, 7.5 ECTS cr

Semester 5

Elective courses 30 ECTS cr

Semester 6

Sport Science III, 30 ECTS cr

*Semester 1* Sport Science I, 30 ECT cr

Sport Science as a concept is treated, and the phenomenon of sports is analysed from a multi- and interdisciplinary perspective along with the role of sports and health promotion in society in the past, present and the future. The development of lifestyles and living environments are studied from different cultural aspects and the connections between sports, physical activity and health are studied and practiced. Other important areas are children and young people's motor, cognitive, social and emotional development in relation to aspects of leadership from pedagogical and subject-specific teaching methodology. The coaching concept is discussed and problematised. The course is concluded with a study of the human body, its functions and anatomy, in relation to sports and ergonomics with an emphasis on health and patterns of movement for the purpose of preventing injury.

*Semester 2* Sport Science II, 30 ECT cr

Leadership and different coaching methods are studied and problematised, for example, coaching conversations and mental training methods based on theory and practice. Students practice and discuss mental techniques for active athletes and/or clients. The social importance of sports is developed in relation to the diversity issue through further studies of different social science theoretical perspectives and observations at chosen sports or health organisation. There are also further studies of the human body with an emphasis on the circulatory system and human energy metabolism and diet and nutrition. Sports medical issues are discussed and energy physiological measuring methods in connection with physical activity are practised. The semester concludes with an introduction to basic theory of science and research methodological issues are practised in the form of a minor project (essay).

*Semester 3*

Sport psychological issues of relevance to leadership and coaching are studied, for example, theories and central problems of individual and group development. Important theoretical perspectives discussed are social psychological and different leadership theories. Special emphasis is given to cognitive theories and cognitive

development. Different techniques for mental training are treated and linked to sport performance and development as well as to individual well-being. Individual performance development is also studied as students apply their acquired knowledge of human biology and behavioural studies in a leadership project aiming to improve individual performance. Students also have the opportunity to apply their knowledge in practical placement.

#### *Semester 4*

Different sports-specific teaching methodologies and research traditions are presented along with teaching theories and leadership models preparing for future tasks. Students practise different components involved in sports operations. Students also develop their teaching skills in practical placement. The importance of diet to sport performance is treated and the individual's need of energy and nutrition. The planning of training, forms of training, methods and practical examples related to improving physical performance are included and related to students' knowledge of human biology.

#### *Semester 5*

Students choose elective courses relevant to the programme in consultation with the director of studies.

#### *Semester 6 (Sport Science III)*

Coaching and health promotion are studied thoroughly and in the light of national and international perspectives. The relationships between different key actors in the sports movement and children, leaders and parents are also studied. Students prepare their degree project by in-depth study of the theory of science and research methodology and by using different digital media as a resource in the research process. The course is concluded with a degree project in a relevant area of the sports field.

### **Degree Title**

Bachelor of Social Science.

Major: Sport Science

### **Transfer of credits**

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**

Students must meet the special requirements, as specified in each course syllabus, for admission to all programme courses.

#### *Attendance*

Some components in the form of seminars, laboratory sessions and excursions are mandatory. For further information, see the respective syllabus.

#### *Priority admission*

Programme students have priority admission to courses at Karlstad University in accordance with local rules.

*Study at another institution*

Students who wish to take courses at another university in Sweden or abroad must make their own arrangements.

*Elective courses*

Elective courses must not in any way overlap with the mandatory programme courses.

*Local Regulations*

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

Previous versions of the programme study plan:

2013-05-08, Reg.no C 2013/364, effective from autumn 2013.