



Reg.no. 2020/950

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Faculty of Arts and Social Sciences

## Programme Syllabus

Sports and Health Coaching Programme

<b>Programme Code:</b>	SGIHP
<b>Programme Title:</b>	Sports and Health Coaching Programme Idrotts- och hälsocoachprogrammet
<b>Credits:</b>	180 ECTS
<b>Programme approval:</b>	The programme syllabus was approved by the Faculty Board of Arts and Social Sciences on 22 October 2020 and applies as of the autumn semester of 2021.
<b>Language of Instruction:</b>	Swedish
<b>Education Cycle:</b>	First cycle
<b>Degree Type:</b>	General
<b>Entry requirements:</b>	General entry requirements

## **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. At the same time, the increasing globalisation, institutionalisation, commercialisation and professionalisation of sports 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 individuals' 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 and develop 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 and health coaching students 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 and health coaching.

The Sports and Health Coaching Programme prepares students 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, physical needs, and knowledge of sports,
- as a private entrepreneur or in partnership create new conditions and new ideas in the field of sports and health promotion,
- 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.

## **Programme Outcomes**

For programme completion, students must meet the national requirements for a Degree of Bachelor as well as the specific local programme outcomes.

### National outcomes

#### *Knowledge and understanding*

For a Degree of Bachelor the student shall

- demonstrate knowledge and understanding in the main field of study, including knowledge of the disciplinary foundation of the field, knowledge of applicable methodologies in the field, specialised study in some aspect of the field as well as awareness of current research issues.

#### *Competence and skills*

For a Degree of Bachelor the student shall

- demonstrate the ability to search for, gather, evaluate and critically interpret the relevant information for a formulated problem and also discuss phenomena, issues and situations critically,
- demonstrate the ability to identify, formulate and solve problems autonomously and to complete tasks within predetermined time frames,
- demonstrate the ability to present and discuss information, problems and solutions in speech and writing and in dialogue with different audiences, and
- demonstrate the skills required to work autonomously in the main field of study.

#### *Judgement and approach*

For a Degree of Bachelor the student shall

- demonstrate the ability to make assessments informed by relevant disciplinary, social and ethical aspects,
- demonstrate insight into the role of knowledge in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the need for further knowledge and undertake ongoing development of his or her skills.

### Local outcomes

Upon completion of the programme, the student should also be able to demonstrate

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

### **Programme Structure**

Instruction is in the form of lectures, laboratory sessions, seminars, and group discussions. Instruction is also project-oriented in certain courses which include project management, critical reflection, and analysis. The course of study is pursued full-time over three years. As part of the study programme, students have opportunities both to complete their practical placement (VFU) in their future field of employment and to study abroad. The VFU component is meant to provide students with practice-related

knowledge and opportunities for reflection in relation to their future professional role. To highlight the relationship between theory and practice is an important aspect of VFU, both as a way to acquire new knowledge and as a way to relate academic studies closely to professional activities. Because the course is practice-oriented, instruction may entail a certain extra cost for students.

Studies in Sports Science constitute the foundation of the programme and comprise 90 ECTS credits, completed over the first, second, and sixth semesters. During the third and fourth semesters, students take courses that are important and relevant for the programme objectives, and during the fifth semester elective courses. The courses in Sports Science 1-90 ECTS credits are mandatory regardless of specialisation.

During the fifth semester, students can choose between taking courses at the University or studying abroad with an international specialisation relevant for programme aims and outcomes. Such courses are selected in consultation with the programme coordinator. The VFU component entails both studies at the University and learning through practical placement in a workplace. The programme course of study concludes with a (mandatory) sixth semester of specialised study in the main field of Sports Science, including an independent project equivalent to 15 ECTS credits.

## **Programme Curriculum**

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

- Sports Science I, 30 ECTS credits

### Semester 2

- Sports Science II, 30 ECTS credits

### Semester 3

- Sport Psychology, 7.5 ECTS credits
- Physiology of Sport and Exercise, 7.5 ECTS credits
- Sports and Health Related Practical Placement I, 7.5 ECTS credits
- Applied Sport Psychology, 7.5 ECTS credits

### Semester 4

- Sports Pedagogy and Physical Activity, 7.5 ECTS credits
- Diet and Nutrition, 7.5 ECTS credits
- Sports and Health Related Practical Placement II, 7.5 ECTS credits
- Performance Enhancement Strategies, 7.5 ECTS credits

### Semester 5

- Elective courses, 30 ECTS credits

### Semester 6

- Sports Science III, 30 ECTS credits

### *Semester 1 (Sports Science I)*

In the first semester, sports science and health are introduced as concepts. In addition, the phenomena of sports and health are analysed in multidisciplinary and

interdisciplinary perspectives and the societal role of fitness and health now, in the past, and in the future is discussed. 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 (Sports Science II)*

Leadership and coaching methods are studied and problematised, for example, coaching conversations and mental training methods based on theory and practice. 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. Special emphasis is given to cognitive theories and cognitive development. With the primary aim of developing the students' knowledge of human biology, exercise planning, and exercise forms, methods, and practical examples are studied. Students also have the opportunity to apply their knowledge in practical placement (VFU). In the last module of the third semester, different techniques for mental training are treated and linked to sport performance and development as well as to individual well-being and health.

#### *Semester 4*

During this semester, different perspectives on sports education and related research traditions are presented, alongside various educational theories and leadership models meant to develop students' competence in organising and leading exercise in health and fitness-related contexts. During the semester, students also have the opportunity to apply their knowledge in practical placement (VFU). In addition, the fourth semester provides knowledge of the importance of diet for performance in sports and covers the individual athlete's energy and nutritional needs. Students investigate the development of individual performance through applying their newly acquired knowledge of human biology and behavioural science in a leadership project aimed at enhancing and improving performance and health among individuals and groups.

#### *Semester 5*

Students choose elective courses relevant to the programme in consultation with the programme coordinator.

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

In the final semester, coaching and health promotion are studied thoroughly and in the light of national and international perspectives. 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.

### **Title of Qualification**

Bachelor of Social Science

Major: Sports Science

Filosofie kandidatexamen

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.

### *Attendance*

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

Previous versions of the programme syllabus have been approved:

5 December 2019, reg.no. HS 2019/1287, applies from the autumn semester 2020