



## Course syllabus

Faculty of Social Sciences  
Department of Sport Science

1FL029 Hälsa och motorik i förskolan, 15 högskolepoäng  
Health and Motor skills in Preschool, 15 credits

### **Main field of study**

Sport Science

### **Subject**

Sport Science

### **Level**

First cycle

### **Progression**

G1F

### **Date of Ratification**

Approved 2016-08-17.

Revised 2024-12-13. Revision of course literature.

The course syllabus is valid from spring semester 2025.

### **Prerequisites**

1FL402 Play, Learning and Care in Pre-school

1FL436 Work-based Education in Pre-school, Period I

1FL004 Aesthetic Learning Processes in Pre-school Education  
or the equivalent.

### **Objectives**

After completing the course, students shall be able to:

- demonstrate the knowledge in subject and subject-didactics, including insights into current research and development work, required for the professional practice,

- independently and together with others plan, carry out and evaluate teaching with the aim to stimulate and assess children's learning and development in health and motor skills.

### **Module 1: Health in preschool, 7.5 credits**

After completing the module, students shall be able to:

- explain fundamental theories and key concepts relevant to the field of health,
- describe and critically discuss the health situation of children and structural factors that have an impact on children's health,
- explain and problematise the importance of various living habits to children's health,
- explain and critically discuss the importance of the nature and outdoor activities to children's health,
- plan, carry out and evaluate teaching and thematic work within the fields of health and nature.

### **Module 2: Motor skills in preschool, 7.5 credits**

After completing the module, students shall be able to:

- explain and exemplify how movement in various environments can support children's motor and perceptual development,
- observe, document and analyse the level of children's motor development,
- argue for how participation can be created through different movement activities for children with functional impairment,
- exercise, analyse and critically review movement and dance that stimulate children's play, learning and motor development,
- on the basis of current policy documents, plan, organise, implement and analyse practical educational activities within the subject fields of movement, motor skills and dance.

## **Content**

### **Module 1: Health in preschool, 7.5 credits**

- Theories, models and key concepts of health and health promoting activities
- Perspectives of children's living conditions and health
- The importance of nature and outdoor activities to health
- The importance of living habits to children's health

- Health educational activities

## **Module 2: Motor skills in preschool, 7.5 credits**

- Children's motor and perceptual development
- Observation and analysis of children's motor skills
- Movement didactic application within the subject fields of movement, motor skills and dance
- Adapted physical activities and special educational issues
- Planning, organisation and implementation of different teaching situations

### *Professional Basis and Professional Progression*

The course provides the students with the opportunity to deepen their subject-didactic knowledge through the content that illustrates and problematizes what teaching in the subject fields of movement, motor skills and health may entail. Planning, organisation and implementation of teaching are also included in the course.

### *Scientific Approach and Scientific Progression*

The aim of the course is for students to further develop their scientific approach to the role as preschool teacher. Advanced knowledge of various scientific perspectives contributes to the student's ability to observe, analyse, assess and adopt a reflective approach to teaching in the subject fields of movement, motor skills and health.

## **Type of Instruction**

Teaching consists of lectures (at the university as well as web-based), seminars, practical sessions, group exercises and thematic work.

## **Examination**

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Module 1: Examination takes place through a written exam on theories, models and key concepts of health and health promoting activities. In addition, the objectives of the module concerning children's living conditions and health as well as the importance of living habits and the importance of outdoor activities to children's health are also examined by the means of two seminars including associated written assignments. Examination in groups is also carried out through a teaching exercise that includes health educational activities, and through thematic group work.

The seminar assignment on the importance of outdoor activities and the teaching exercise are assessed by the grades Fail (F) and Pass (G), and the written exam, children's living conditions, health and living habits and the thematic work are assessed by the grades Fail (F), Pass (G) and Pass with Distinction (VG).

To be awarded a final grade of Pass with Distinction for the module, it is required that the student receives a grade of Pass for all the examination assignments and a grade of Pass with Distinction for at least 3.5 credits out of the 5.5 credits of those examinations

that can be awarded the grade of Pass with Distinction.

Module 2: Examination takes place through a written exam on children's motor and perceptual development. In addition, examination is also carried out by the means of a seminar, including an associated written assignment, on the observation and analysis of children's motor skills. The course objective which addresses adapted physical activity and special educational issues is examined by the means of a seminar including preparatory field studies. These two examinations are examined individually. Examination also takes place by means of a group exam in movement didactics on the subject fields of movement, motor skills and dance and a practical group examination in the form of a teaching exercise.

The seminar assignment on children's motor skills and the assignment on adapted physical activity and special educational issues (seminar and investigative assignment) are assessed by the grades Fail (F) and Pass (G). The written exam and the examination on movement didactic application, and the examination in the form of a teaching exercise are assessed by the grades Fail, Pass and Pass with Distinction.

To be awarded a grade of Pass with Distinction in the module, it is required that the student receives a grade of Pass for all the examination assignments, and a grade of Pass with Distinction for at least 3.5 credits out of the 5 credits for the examinations that can be awarded a grade of Pass with Distinction.

In order to receive a final grade of Pass in the entire course, all the course objectives must be attained. To be awarded a final grade of Pass with Distinction in the entire course, it is required that both modules are assessed as Pass with Distinction.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

## Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

## Required Reading and Additional Study Material

### Required reading

#### Module 1: Health in preschool

Folkhälsodatabas. Available on the Internet.

Folkhälsomyndigheten. Current publications highlighting children's health, (approx. 75 p.)

Folkhälsomyndigheten. *Nationella folkhälsoenkäten*. (80 p., selected parts). Available on the Internet.

Folkhälsomyndigheten. *Folkhälsorapport*(latest version) (113 p.) Available on the Internet.

Skolverket (latest edition). *Läroplan för förskolan Lpfö 18*. (16 p.) Available on the Internet.

Articles and other study material provided by the department, approximately 100 pages.

## **Module 2: Motor skills in preschool**

Andreason, Karin, Bärgekör, Gustav (latest edition). *Medveten motorisk träning*. Stockholm: Natur och kultur, (80 p.).

Hagdahl, Åsa & Unevik, Pernilla (2023). *Motorik med alla sinnen – grund för barns lärande*. 175 p. (latest edition) ISBN: 978-91-7741-360-8.

Skolverket (latest edition). *Läroplan för förskolan Lpfö 18*, (16 p.). Available on the Internet.

Articles and other study material provided by the department, approximately 100 pages.

### **Additional study material**

Andersson, Carina & Fagerström, Ulrika (latest edition). *Rörelseglädje för hållbara barn*. Stockholm: Gothia Fortbildning, (137 p.).

Hammar, Lena & Johansson, Inger (latest edition). *Visst kan alla vara med*. Örebro: Varsam AB, (189 p.).

Osnes, Heid, Skaug, Hilde Nancy, Eid Kaarby & Karen Marie (2012). *Kropp, rörelse och hälsa i förskolan*. Lund: Studentlitteratur, (179 p.). (latest edition) ISBN: 978-91-44-07517-4