



## 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 Group

Sport Science

### Level of classification

First Level

### Progression

G1F

### Date of Ratification

Approved 2016-08-17

Revised 2019-12-19 by Faculty of Social Sciences. Revision of the course literature.

The course syllabus is valid from spring semester 2020

### Prerequisites

1FL002 Play, Learning and Care in Pre-school

1FL003 Work-based Education in Pre-school, Period I

1FL004 Aesthetic Learning Processes in Pre-school Education

## 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 problematize 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 the 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 (1.5 credits). In addition, the objectives of the module concerning children's living conditions and health as well as the importance of living habits and outdoor activities to children's health are also examined

by the means of two seminars including associated written assignments (comprising 1 credit each). Examination is also carried out through a teaching exercise that includes health educational activities (1 credit), and through thematic work (3 credits).

The seminar assignments and the teaching exercise are assessed by the grades Fail (F) and Pass (G), and the written exam 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 the thematic work.

Module 2: Examination takes place through a written exam on children's motor and perceptual development (1.5 credits). 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 (1 credit). The course objective which addresses adapted physical activity and special educational issues is examined by the means of a seminar including preparatory field studies (1.5 credits). Examination is also carried out in the movement didactic application on the subject fields of movement, motor skills and dance (1.5 credits) and a practical examination in the form of a teaching exercise (2 credits).

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.

### 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. The results are presented to the departments and programme council concerned.

### Required Reading and Additional Study Material

#### **Module 1: Health in preschool**

Ericsson, Gunilla (2002). *Lära ute – upplevelser och lärande i naturen*. Hägersten: Friluftsförbundet, (72 p.).

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 2014*. (113 p.) Available on the Internet.

Persson, Sven (2012). *Förskolans betydelse för barns utveckling, lärande och hälsa*. Malmö: Kommissionen för ett socialt hållbart Malmö, (30 p.) Available on the Internet.

Skolverket (2010). *Läroplan för förskolan Lpfö 98*. (17 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.) ISBN 9789127445130

Ericsson, Ingegerd (2003). *Motorik, koncentrationsförmåga och skolpresentationer* (avhandling). Malmö högskola, (selected parts, approx. 75 p.) Available on the Internet.

Hammar, Lena & Johansson, Inger (2008). *Visst kan alla vara med*. Örebro: Varsam AB, (189 p.) ISBN: 9789163325908

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

Skolverket (2010). *Läroplan för förskolan Lpfö 98*. (17 p.) Available on the Internet.

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