



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences  
School of Education, Psychology and Sports Science

1IV303 Tillämpad träningslära, 15 högskolepoäng  
Applied Teaching of Exercise, 15 credits

**Main field of study**

Sport Science

**Subject Group**

Sport Science

**Level of classification**

First Level

**Progression**

GIN

**Date of Ratification**

Approved by the Board of the School of Education, Psychology and Sports Science  
2009-06-17

Revised 2010-12-15. Revision due to English translation.

The course syllabus is valid from spring semester 2011

**Prerequisites**

General entry requirements.

### Expected learning outcomes

The overall objective of the course is for students to acquire knowledge of the structure and function of the human body with specialisation in sports as well as a general and applied knowledge of the ways in which exercise can be conducted. This basic knowledge should be used to critically examine applied teaching of exercise, as well as provide possibilities for creative thinking during training.

On completion of the course, students should

- have basic knowledge of the structure and function of the human body
- have basic knowledge of how the human musculoskeletal system functions during different sports
- be familiar with the individual's physical and motoric development
- have basic knowledge of the physical qualities of exercise: endurance, strength, vigour/speed, coordination and agility
- have basic knowledge of how physical exercise can be planned and conducted
- be familiar with methods for testing physical qualities
- be familiar with the ways in which different sport-related injuries can be prevented

- have acquired basic knowledge for critically examining applied teaching of exercise, as well as been given the possibility to think creatively during training

## Content

The course deals with the following areas:

- the human musculoskeletal system's anatomy (skeleton, joints, muscles)
- energy metabolism
- the circulatory and respiratory system
- functional anatomy and biomechanics of sport
- physical and motoric development
- physical qualities
- training methods/forms
- training plan
- teaching of exercise within special sports
- tests/analyses
- prevention of injury

## Type of Instruction

Lectures, laboratory work, practical applications, literary studies and seminars.

Attendance at lessons is obligatory unless otherwise agreed upon with the examiner.

## Examination

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

## Course Evaluation

Course evaluations are carried out verbally and/or in writing continuously throughout the course. At the end of the course, a written course evaluation is performed. Course evaluations are compiled and stored at the institution. The results are fed back to the students who have taken the course and are presented, together with the possible measures taken, to the students the next time the course is given.

## Other

Possible additional fees regarding assignments and such shall be paid by the student.

A study trip may be included in the course.

## Required Reading and Additional Study Material

Gjerset, Asbjörn m.fl. (1997) *Idrottens träningslära* SISU Idrottsböcker. 464 pages

Karlsson, Jon m.fl. (1997) *Motions- & idrottsskador och deras rehabilitering* SISU Idrottsböcker. 317 pages

Wirhed, Rolf (2007) *Anatomi med rörelselära och styrketräning* Harpoon publications AB. 150 pages

Expertgrupp från TEAM Danmark (2006) *Talangutveckling* SISU Idrottsböcker. 40 pages

Articles (chosen in consultation with the examiner) ca 300 pages

Handouts and compendiums (supplied by the department of sports science) ca 250 pages