



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV306 Idrottscoaching, 15 högskolepoäng

Sports Coaching, 15 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved 2009-12-14

Revised 2020-06-24 by Faculty of Social Sciences. Revision of the course literature.

The course syllabus is valid from autumn semester 2020

Prerequisites

The courses Applied Teaching of Exercise, 15 credits, Sport Didactics, 7.5 credits and Leading and Organising in Sport and Health Organisations, 15 credits or the equivalent.

Objectives

The overall aim of the course is for students to develop the competence required to work as a coach in different sports contexts.

After completing the course, students shall be able to:

- describe and explain the foundation of coaching
- describe and explain the contextual dependence of coaching with respect to gender, age, ethnicity and level
- on the basis of the coaching context, plan and implement development processes for specific target groups
- identify, analyse and reflect on their own role as coach

Content

The course contains the following elements:

- team building
- coaching in different contexts
- communication
- analysis, evaluation
- performance psychology
- coaching techniques

Type of Instruction

Teaching is in the form of lectures, literature studies, group projects, supervision, practical application and seminars.

Examination

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

Examination of the students' knowledge and skills takes place by means of written and oral examination assignments, practical projects and by participation in seminars.

A total of eight examination assignments are carried out, of which four are written tests, one practical assignment in the form of a coaching discussion, two written individual assignments and one group assignment that contains a written as well as a practical part.

In order to receive a grade of Pass in the course, all examination assignments require a grade of Pass. To be awarded a grade of Pass with Distinction in the course, a grade of Pass with Distinction is required for both the written individual assignments and the group assignment.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis 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.

Other

Any additional costs that may arise in connection with the course are paid for by the students themselves.

Required Reading and Additional Study Material

Broberg, Ingela, Bäckström, Åsa & Fahlström, Per Göran, et al. (2004). *Perspektiv på Sport Management*. SISU Idrottsböcker, (348 p.)

Cassidy, Tania, Jones L. Robyn & Potrac, Paul. (2008). *Understanding Sports Coaching*. Routledge, (192 p.) ISBN 978-0415-44272-5

Côté, Jean & Gilbert, Wade. (2009). *An integrative definition of coaching effectiveness and expertise*. *International journal of Sport Science & Coaching*, 4, 16.

Eriksson, Sten. (2006). *Vägen till Elittränarskap*. FoU Rapport från Riksidrottsförbundet, (70 p.)

Expertgrupp från TEAM Danmark. (2006). *Talangutveckling*. SISU Idrottsböcker, (201 p.)

Fahlström, Per Göran. (2011) *FoU-rapport: Att finna och utveckla talang – en studie om specialidrottsförbundets talangverksamhet*. (69 p.) Available on the Internet.

Gilbert, Wade (2017) *Coaching better every season*. Human Kinetics, (411 p.) ISBN 978-1-4925-6

International Council for Coaching Excellence, Association of Summer Olympic International Federations, Leeds Beckett University (2013) *International Sport Coaching Framework 1.2*. Human Kinetics Champaign, Illinois, US (54 p.) Available on the Internet.

Nilsson, Björn & Anna-Karin Waldemarsson. (2007). *Kommunikation - Samspel mellan människor* . Studentlitteratur, (169 p.)

Weinberg, Robert S & Gould, Daniel. (2007). *Foundations of Sport and Exercise Psychology*. Human Kinetics, (570 p.)

Wheelan A. Susan. (2013). *Att skapa effektiva team*. Lund: Studentlitteratur, (163 p.) ISBN 978-91-44-08818-1

Scientific publications and reports also included, approximately 500 pages.