



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV306 Idrottscoaching, 15 credits

Sports Coaching

### **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 2022-05-20 by Faculty of Social Sciences. Revision of course literature.

The course syllabus is valid from autumn semester 2022

### **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.

## 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 and complexity of coaching with respect to gender, age, ethnicity and level,
- observe, analyse and reflect on the development processes of specific target groups,
- identify, analyse and reflect on the role of the coach in terms of shaping and building culture,
- plan, carry out and analyse coaching discussions with people practicing sports.

## Content

The competence requirements increase along with the development within the field of

coaching, as well as the complexity, and the content covers the fields and aspects of psychology, pedagogy, culture as well as ethics.

The course contains the following elements:

- coaching in different contexts
- coaching competency
- communication
- performance psychology
- learning processes within sports
- ethical challenges of the coach
- sports culture
- observation of coaching in different contexts

### Type of Instruction

Teaching is in the form of lectures, 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 course takes place by means of one written exam, two written reports, one seminar and one practical session.

In order to receive a final grade of Pass, all the examination assignments require the grade of Pass.

To be awarded a final grade of Pass with Distinction, the written examinations require the grade of 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 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

#### Required reading

Dartsch, Christine, Norberg, Johan & Pihlblad, Johan. *I gråzonen. En antologi om idrottens etiska utmaningar*. Stockholm: Centrum för Idrottsforskning, (204 p.)

Available on the Internet.

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

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

Fahlström, Per Göran (2011). *Att finna och utveckla talang – en studie om specialidrottsförbundens talangverksamhet*. FoUrapport, (69 p.) Available on the Internet.

Gilbert, Wade (2017). *Coaching better every season*. Human Kinetics, (411 p.) ISBN 978149256

Hassmén, Peter & Kenttä, Göran (2021). *Praktisk idrottspsykologi: för en hållbar hälsa och prestation*. SISU idrottsböcker. (320 s). ISBN: 978-91-7727-079-9

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.

Kjær, Jørgen B., Bjärsholm, Daniel, Fahlström, Per Göran, & Linnér, Susanne (2022). *Breaking through? Exploring care in the early life of elite Swedish athletes*. Sports Coaching Review, (19 p.) DOI:10.1080/21640629.2022.2057695

Kjær, Jørgen B., & Agergaard, S. (2022). What's at play? Power, transnational coaches and the global hegemony of performance within Danish elite swimming. *Sport in Society*, (16 p.) DOI:10.1080/17430437.2022.2064113

Nilsson, Björn & Waldemarsson AnnaKarin (2016). *Kommunikation Samspel mellan människor*. Studentlitteratur, (169 p.) ISBN 9789144110660

Wheelan A. Susan (2013). *Att skapa effektiva team*. Lund: Studentlitteratur, (163 p.) ISBN 9789144088181

Scientific publications and reports are also included, ca. 500 p.

### **Works of Reference**

Cassidy, Tania, Jones L. Robyn & Potrac, Paul (2008). *Understanding Sports Coaching*. Routledge, (192 p.) ISBN 9780415442725

Weinberg, Robert S & Gould, Daniel (2018). *Foundations of Sport and Exercise Psychology*. Human Kinetics, (680 p.) International Federations, Leeds Beckett University (2018). International ISBN 9781492572473