



Course syllabus

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

1IV306 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 by the Board of the School of Education, Psychology and Sports Science
2009-12-14

Revised 2011-08-10. Revision of literature

The course syllabus is valid from autumn semester 2011

Prerequisites

NO VALUE DEFINED

Expected learning outcomes

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

On completion of the course, students should

- be able to demonstrate knowledge of and understanding for the fundamentals of coaching
- be able to demonstrate knowledge of and understanding for coaching's contextual dependence with regard to sex, age, ethnicity and level
- be able to demonstrate knowledge of and understanding for coaching of teams or individuals within their personal sport
- have developed a personal attitude towards the role of coaching
- be able to demonstrate knowledge of and understanding for working systematically and development-oriented in their 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, literary studies, group work, supervision 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.

Required Reading and Additional Study Material

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

Cox, Richard (2007) *Sport Psychology- concepts and applications* (Excerpt from printers) about 20 p.

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 & Hageskog, Carl-Axel. (2010) *Kreativ Coaching* SISU Idrottsböcker, 150 p.

Höigard, Rune (2002) *Coachingsamtal inom idrotten* Stockholm: SISU Idrottsböcker, 120 p.

Lindwall, Magnus, Johnson, Urban, Åström, Olle. (2002) *Världens Bästa Lag – om gruppdynamik inom idrotten* Stockholm: SISU Idrottsböcker, 231 p.

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.

Centrum för idrottsforskning www.centrumforidrottsforskning.se

Idrott och Kunskap www.idrottochkunskap.se

Printed material(provided by the Dep of Sports Science) 300 p.

Articles (provided by the Dep of Sports Science) 200 p.