



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences  
School of Education, Psychology and Sports 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 by the Board of the School of Education, Psychology and Sports Science  
2009-12-14

Revised 2012-08-31. Revision of prerequisites.

The course syllabus is valid from autumn semester 2013

**Prerequisites**

Applied teaching of exercise, 15 credits, Sport Didactics, 7,5, and Management and organization of sports and health organizations, 15 credits or the equivalent.

## Objectives

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

- 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, analyze 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, 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 and are compiled in writing and fed back to the students. The compilation is presented to relevant institutional bodies and the programme council. The compilation is filed at the responsible institution.

## 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 s.

Cox, Richard (2007) *Sport Psychology- concepts and applications* (Utdrag som finns att köpa på repro)ca 20 s.

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

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

Fahlström, Per Göran. (2011) *FoU-rapport: Att finna och utveckla talang – en studie om specialidrottsförbundets talangverksamhet*. 69 s.  
[www.rf.se/ImageVault/Images/id\\_20218/scope\\_0/ImageVaultHandler.aspx](http://www.rf.se/ImageVault/Images/id_20218/scope_0/ImageVaultHandler.aspx)

Fahlström, Per Göran & Hageskog, Carl-Axel. (2010) *Kreativ Coaching* SISU Idrottsböcker, 150 s.

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

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

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

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

Centrum för idrottsforskning [www.centrumforidrottsforskning.se](http://www.centrumforidrottsforskning.se)

Idrott och Kunskap [www.idrottochkunskap.se](http://www.idrottochkunskap.se)

Stenciler och kompendier (tillhandahålles av Avd för idrottsvetenskap) 300 s.

Artiklar (tillhandahålles av Avd för idrottsvetenskap) 200 s.