



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 2014-06-11 by Faculty of Social Sciences. Revision of prerequisites.

The course syllabus is valid from autumn semester 2014

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).

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

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). Tillgänglig å Internet.

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

International Sport Coaching for excellence and the association of Summer Olympic International Federation (2012) *International Sport coaching framework 1.1* Illinois: Human Kinetics Champaign, (43 s). Tillgänglig på Internet.

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).

Whoolley, A. Susan. (2012). *Att skapa effektiva team*. Lund: Studentlitteratur, (162 s).

Whitman A. Susan. (2015). *All skapa effektiva team*. Lund. Studentlitteratur, (103 s). ISBN 978-91-44-08818-1

Canadian Sports for life –LTAD. Tillgänglig på Internet.

Centrum för idrottsforskning www.centrumforidrottsforskning.se

CIF – I gråzonen (2013), (s 7-23). Tillgänglig på Internet.

Idrott och Kunskap www.idrottochkunskap.se

Idrotten vill (RF). Tillgänglig på Internet.

Vetenskapliga artiklar och rapporter tillkommer, ca 500 s.