



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 2017-10-04 by Faculty of Social Sciences. Modules changed.

The course syllabus is valid from autumn semester 2018

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 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, 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, 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).

The students' knowledge and skills are demonstrated by means of written and oral examination assignments, practical projects and by participation in seminars. A total of five examination assignments are carried out, of which two are written presentations in which the student's knowledge as well as the ability to critically review and reflect on aspects based on their own experiences is tested. One examination takes place by means of a practical session in which the student's communication skills are tested, including a project in which leadership in a student placement environment is examined. In addition, there are two tests as evaluation of knowledge.

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 presentations. Irrespective of examination format, it is the individual student's performance that is assessed and graded.

Course Evaluation

A course evaluation is carried out at the end of the course, which is compiled in writing and presented to the students. The results are presented to the departmental bodies and the programme council concerned, and filed by the course coordinating department.

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

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.

Högberg, Peter. (2009). *Coachingmental inom idrotten* Stockholm: SISU Idrottsböcker

Fløgaard, Rune. (2002). *Coachingsamtid inom idrotten* Stockholm: SISU Idrottsböcker, (120 p).

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 p). Available in 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).

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

Centrum för idrottsforskning www.centrumforidrottsforskning.se

Idrott och Kunskap www.idrottochkunskap.se

SOU 2008:59: *Föreningsfostran eller tävlingsfostran en utvärdering om statens stöd till idrotten* (pp. 191-240)
www.regeringen.se/content/1/c6/10/66/71/bc89126c.pdf

Idrotten vill (RF)
www.rf.se/ImageVaultFiles/id_32925/cf_394/IdrottenVill_2009_Webbversion.PDF

Etnisk mångfald
www.rf.se/ImageVaultFiles/id_34091/cf_394/Etnisk_m-ngfald_och_integrations.PDF

Canadian Sports for Life – LTAD canadiansportforlife.ca/

CIF - *I gråzonen* (2013) pp. 7-23
www.gih.se/CIF/Uppfoljning-av-statens-idrottsstod/Rapporter/I-grazonen-2013/

Scientific articles and reports also included, approximately 500 pages.