



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV328 Sport Coaching 2 – Ledarskap i utvecklingsmiljöer, 7,5 högskolepoäng

1IV328 Sport Coaching 2 – Leadership in development environments, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved by Faculty of Social Sciences 2022-11-28

The course syllabus is valid from autumn semester 2023

Prerequisites

1IV322 Sport Coaching 1 - Leadership and Sports Didactics, 7.5 credits, or the equivalent.

Objectives

Upon completion of the course, students should be able to:

- identify and discuss the role of the coach in different contexts,
- identify and discuss specific competencies for different levels of coaching.

Content

The overall aim of the course is that the students shall acquire the knowledge required to work as a coach in different sports contexts. In the role as coach, they should be able to pursue development in sports for individuals as well as teams which requires communicative skills and the ability to put together teams, build sound development environments and coach during competitions.

Type of Instruction

Teaching takes place in the form of lectures and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place by means of two individual written assignments.

In order to receive a grade of Pass in the course, the course objectives must be attained. For a grade of Pass with Distinction in the course, both 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 of the evaluation 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.

Required Reading and Additional Study Material

Becker, Andrea (2009). It's Not What They Do, It's How They Do It: Athlete Experiences of Great Coaching. *International Journal of Sports Science & Coaching*, 4(1), pp. 93–119.

Bertram, Rachael, Diane M. Culver & Gilbert, Wade (2017). A university sport coach community of practice: Using a value creation framework to explore learning and social interactions. *International Journal of Sports Science & Coaching* (12.3), pp. 287-302. Provided by the department.

Coté, Jean & Gilbert, Wade (2009). An Integrative Definition of Coaching Effectiveness and Expertise. *International Journal of Sports Science & Coaching*, 4 (3), pp. 307–323.

Dartsch, Christine, Norberg, Johan R. & Pihlblad, Johan (eds.) (2014). *I gråzonen: en antologi om idrottens etiska utmaningar*. Stockholm: Centrum för idrottsforskning, (204 p.)

Edler, Karolina (ed.) (2015). *Motiverande samtal: handbok för coacher och tränare inom idrotten*. 1st ed. Stockholm: SISU idrottsböcker, (260 p.) ISBN 9789187745225

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

Fahlström, Per Göran, Glemne Mats & Linnér Susanne (2016). *Goda idrottsliga utvecklingsmiljöer. En studie av miljöer som är framgångsrika i att utveckla elitidrottare*. RF FoU-rapport 2016:6, 2016, (187 p.) ISBN: 978-91-87385-17-9

Gilbert, Wade (2017). *Coaching better every season: a year-round system for athlete development and program success*. Champaign, Illinois: Human Kinetics, (selected parts, ca. 200 p.) ISBN978149256

Hassmén, Peter & Kenttä, Göran (2021). *Praktisk idrottspsykologi: för en hållbar hälsa och prestation*. SISU idrottsböcker, (selected parts, ca. 150 p.) 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, Sine (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

Kjær, Jørgen. B. (2019). The professionalization of sports coaching: A case study of a graduate soccer coaching education program. *Journal of Hospitality, Leisure, Sport & Tourism Education*, 24, 50-62.

Mallett, Clifford. & Lara Bercial, Sergio (2016). The Practices and Developmental Pathways of Professional and Olympic Serial Winning Coaches. *International Sport Coaching Journal*, 2026, 3, Human Kinetics (pp. 221-239). Provided by the department.