



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV33U Rörelsecoach för rörelserika skolor, 7,5 högskolepoäng

Movement coach for active schools, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved by Faculty of Social Sciences 2019-01-16

The course syllabus is valid from spring semester 2019

Prerequisites

General entry requirements. Relevant prior knowledge required is determined by the assigner.

Objectives

After completing the course, students shall be able to:

- develop sports and physical activities within the scope of the school environment and practice
- describe activities within society related to physical exercise with the emphasis on the role of schools and sports
- account for how sports and physical activities in the local community can be made use of for the purpose of having active schools
- develop a plan for school activities in relation to increased physical exercise that involves pupils, personnel as well as parents.

Content

The aim of the course content is to provide a foundation for long-term activities concerning physical exercise in school. The school policy documents are discussed and put in relation to the pupils' daily need of physical exercise with regard to recommendations on physical activity, with the emphasis on school and sports. The concept of movement coaching is discussed with the aim to inspire pupils, personnel and parents into increasing the level of physical activity and exercise. The school yard is also discussed, as an arena for physical exercise and sports, and how the sports activities in the local community can interact with schools and school sports associations in order to adopt a unified view on physical activities and exercise in school.

Type of Instruction

The course is mainly given as a web-based distance learning course, with four physical meetings. These physical meetings involve teaching by the means of lectures, practical sessions and seminars. Distance learning takes place through a virtual learning environment by means of teaching materials and examination assignments as well as web-based discussion forums.

Examination

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

Examination of the course takes place by means of two written examination assignments (item 1 of the objectives), one oral seminar (item 2 of the objectives) and one written project plan (item 3 and 4 of the objectives).

In order to receive a grade of Pass in the course, all examination assignments must be graded as Pass.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis 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

Compulsory literature

Hansén, Anders (2016). *Hjärnstark. Hur motion och träning stärker din hjärna*. Stockholm: Månpocket, (250 p.). ISBN: 978-91-7503-845-2

Koski, Pasi; Matarma, Tanja; Pedisic, Zeljko; Kokko, Sami; Lane, Aoife; Hartmann, Herbert; Geidne, Susanna; Hämäläinen, Timo; Nykänen, Ulla; Rakovac, Marija; Livson, Matleena; Savola, Jorma (2017). *Sports Club for Health: updated guidelines for health-enhancing sports activities in a club setting*. Helsinki, Finland: Suomen Olympiakomitea, (28 p.). ISBN: 978-952-5794-51-9 (Provided by the department of Sport Science)

Skolverket (2018). *Läroplan för grundskolan samt förskoleklassen och fritidshemmet 2011*. Revised 2018. Stockholm: Norstedts Juridik Kundservice, (100 p.). ISBN: 978-913832733-3

Riksidrottsförbundet (2015). *Idrotten vill – en sammanfattning av idrottsrörelsens idéprogram*. Short edition. (20 p.). Stockholm: Riksidrottsförbundet.

Scientific articles also included, approximately 100 pages.

Web pages and booklets, approximately 100 pages.