



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV35U Idrottsföreningens Human Resources-arbete för ledare, 7,5 högskolepoäng

1IV35U The sports association's Human Resources work for leaders, 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 2022-10-03

The course syllabus is valid from autumn semester 2022

Prerequisites

The course is a contract education and the entry requirements stipulate that the student must have been admitted to the overall education: Leaders and developers in children and youth sports, 30 credits

Objectives

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

- account for measures taken in order to recruit, keep and terminate commitments as leaders within the activities of associations, and develop improvement measures within sports associations,
- put the associations' work on the care and training of leaders in relation to the activities within sports associations, and define development efforts,
- describe and compare the work environment and health activities within different associations and prepare development measures in sports associations.

Content

The course is aimed at the Human Resource activities within sports associations, which entails looking into how associations recruit, keep and develop the human resources.

The target group is the association's leaders (involving activity as well as organisational leaders) - professional as well as leaders that are fee paid or who are not working for profit.

The course content is divided into the following blocks:

- recruit, keep and terminate commitments as leaders
- train, develop and take care of leaders
- the work environment and health activities within the sports association

Type of Instruction

Teaching takes place in the form of lectures and seminars.

Examination

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

Examination of the course takes place by means of individual written assignments and associated seminars.

In order to receive a grade of Pass in the course, the course objectives must be fulfilled.

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

Arbetsmiljöverket (2020). *Guide för en bättre arbetsmiljö*. Stockholm: Arbetsmiljöverket, (12 p.).

Einarsson, Torbjörn (2012). *Den framgångsrika idrottsföreningen – reflektioner från fokusgruppsamtal om framgång*. FoU-rapport 2012:1. Stockholm: Riksidrottsförbundet, (42 p.).

Von Essen, Johan & Wallman-Lundåsen, Susanne (2016). *Ideellt arbete inom idrottsrörelsen*. FoU-rapport 2016:3. Stockholm: Riksidrottsförbundet, (63 p.).

Glemne, Mats. *Hälsa och hälsoarbete på arbetsplatsen. I bredden ger spetsen*. Växjö University Press 2008, (24 p.).

Hägglund, Karin & Kenttä, Göran (2020). *Hållbart ledarskap – baserat på ett enkelt verktyg för ökad självreflektion och self-compassion*. FoU-rapport 2020:2. Stockholm: Riksidrottsförbundet, (40 p.).

Ibsen, Bjarne, von Essen, Johan & Segnestam-Larsson, Ola (2018). *Tränares*

kompetens och lärande i svenska idrottsföreningar. FoU-rapport 2018:3. Stockholm: Riksidrottsförbundet, (43 p.).

Svender, Jenny & Nordensky, Jonnie (2019). *Jämställdhet bland idrottens ledare*. FoU-rapport 2019:1. Stockholm: Riksidrottsförbundet, (41 p.).

Winroth, Jan (2016). *Hälsa & Hälsoarbete – om förebyggande och hälsofrämjande arbete*, (25 p.). Provided by the department.

Scientific publications, circa 100 pages.

Checklists and tools within the field of work environment, circa 200 pages. Provided by the department.

The Work Environment Act and the Working Hours Act, circa 50 pages. Available on the Internet.