



## Course syllabus

Faculty of Social Sciences  
Department of Sport Science

1IV36U Utveckling av idrottslig verksamhet utifrån ett kommunalt perspektiv, 10 högskolepoäng  
Development of sporting activities from a municipal perspective, 10 credits

**Main field of study**  
Sport Science

**Subject**  
Sport Science

**Level**  
First cycle

**Progression**  
G1N

**Date of Ratification**  
Approved 2023-01-23.  
Revised 2024-01-05. Editorial changes, module structure, and course literature.

The course syllabus is valid from spring semester 2024.

**Prerequisites**  
This course is a contract education and in order to be admitted to the course the student must be admitted to the education.

### Objectives

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

- account for how change processes in society impact sports and its different forms on the basis of a contemporary as well as future perspective,

- by the use of best practice, analyse current sports activities in general and for children and youth in particular,
- describe and reflect on the current situation in terms of integration and inclusion within the field of sports and leisure activities,
- design a development project contributing to strengthening the integration and inclusion within the field of sports and leisure activities,
- describe the existence and need for appropriate facilities and outdoor environments for sports and physical activities, in a national as well as municipal perspective,
- look into the facility as well as outdoor area situation at the municipal level and suggest long-term development measures,
- identify the roles and importance of different actors involved in terms of offering sports activities,
- define a plan for developing the collaboration between municipalities and other actors in order to provide improved sports activities.

## Content

The aim of the course is to provide a deeper understanding of today's sports activities, in order to provide the prerequisites for development of sports activities for primarily children and youth in the participating municipalities.

The course is aimed at officials working with development of leisure activities in municipalities which entails that the aim of the educational effort is also to enhance the competence in this target group.

The course is oriented towards providing a good picture of today's sporting activities and how they work. It deals with looking into who are included and excluded, respectively, and what the cause of this may be. Connections to social categories are made in this context, such as social class, sex, ethnicity and different forms of disorders. Issues concerning integration and inclusion work are particularly highlighted. The course also highlights the characteristics of a well-functioning sports environment, in particular concerning children and youth, and the determining factors for making this become a reality.

Furthermore, the situation regarding facilities and outdoor areas is also discussed, regarding different sports as well as exercise and outdoor activities, in relation to club activities and activities under private management, as well as in unorganised forms. Here, different interests and groups that are favoured respectively disadvantaged are highlighted. The role of the municipality in relation to well-functioning sports activities is also discussed, as well as how good cooperation with other actors may be made use of and developed.

The course consists of the following elements:

- Sports today and tomorrow, in particular children's and youth sports
- Integration and inclusion work in leisure and sports activities

- Facilities and activity areas for both organised as well as spontaneous sports/leisure activities
- The role of the municipality and the cooperation with other actors, in order to offer attractive sporting activities

## Type of Instruction

Teaching takes place in the form of lectures, interviews, podcasts and seminars.

## Examination

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

Examination of the course objectives takes place by means of eight seminars and four written assignments.

In order to receive a grade of Pass, 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 parties commissioning the contract education and to the students who have completed the course. The course evaluation is conducted anonymously.

## Required Reading and Additional Study Material

Centrum för idrottsforskning (2023). *Statistik om idrott och motion i Sverige*. Available on the Internet.

Centrum för idrottsforskning (2023). *Aktuell & användbar kunskap om idrott, hälsa och träning*. Available on the Internet.

Centrum för idrottsutveckling (2023). *Centrum för idrottsutvecklings blogg*. Available on the Internet.

Eliasson, Inger & Johansson, Annika (2014). *Att sluta med idrott – en analys av avslutsprocessen och varför flickor slutar att spela innebandy*. Pedagogiska rapporter 91(1). Pedagogiska institutionen, Umeå universitet. ISBN: 1403-6169:91, (88 p.)

Fahlström, Per Göran, Glemne, Mats & Linnér, Susanne (2016). *Goda idrottsliga utvecklingsmiljöer. En studie av miljöer som är framgångsrika i att utveckla elitidrottare*. Riksidrottsförbundet FoU-rapport 2016:6. Stockholm: Riksidrottsförbundet, 2016. ISBN: 978-91-87385-17-9, (77 p.)

Faskunger, Johan & Sjöblom, Paul (2017). *Idrottens samhällsnytta – En vetenskaplig översikt över idrottsrörelsens mervärden för individ och samhälle*. Riksidrottsförbundet FoU-rapport 2017:1. Stockholm: Riksidrottsförbundet, 2016. ISBN: 978-91-87385-19-

3, (selected pages, 75 p.)

Folkhälsomyndigheten (2023). *Folkhälsans utveckling*. Available on the Internet.

Kassman, Anders & Kneck, Åsa. (2021). *Idrott och hälsa bland flickor – uppfattningar och erfarenheter bland föräldrar från Somalia, Eritrea, Syrien och Sverige*. Delmi rapport 2021:1. Stockholm: Delmi, 2021, (105 p.).

Lindström Jonas & Mickelsson Blomqvist Tony (2022). *En match utöver det vanliga – Om ett kunskapsbaserat arbetssätt i idrottssvaga områden*. Riksidrottsförbundet FoU-rapport, (59 p.) Available on the Internet.

Norberg, Johan R, Dartsch Nilsson, Christine & Pihlblad, Johan (2022). *Idrottsanläggningar i dag och i morgon: Om behov, tillgänglighet, och konkurrerande intressen*. Stockholm: Centrum för idrottsforskning 2022:2, (140 p.)

Redelius, Karin & Eliasson Inger (2022). *Vår idrott – eller deras? – Unga idrottares perspektiv på delaktighet*. Riksidrottsförbundet FOU-rapport 2022:2. Stockholm: Riksidrottsförbundet. ISBN: 978-91-87385-35-3, (59 p.)

RF-SISU (Producent). (2017 - present). *Här pågår föreningsidrott*. [Podcast]. Publisher Poddtoppen. Available on the Internet.

Ungdomsbarometern & Centrum för idrottsforskning (2020). *Ungdomsbarometern – en engagerad idrottsgeneration*. Centrum för idrottsforskning, (55 p.)

Wagnsson, Stefan, Gustafsson, Henrik, Liback, Johan & Podlog, Leslie William (2021). Lessons Learned from a Multi-Level Intervention Program to Reduce Swedish Female Floorballers' Dropout Rate, *Journal of Sport Psychology in Action*, Volume 12, 2021 – Issue 4. Available on the Internet, (20 p.)

Scientific publications and reports included, circa 300 pages.