



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences  
School of Education, Psychology and Sports Science

1IV535 Sports and Physical Education - Swedish and International Perspectives, 30 högskolepoäng

Sports and Physical Education - Swedish and International Perspectives, 30 credits

### **Main field of study**

Sport Science

### **Subject Group**

Sport Science

### **Level of classification**

First Level

### **Progression**

GIN

### **Date of Ratification**

Approved by the Board of the School of Education, Psychology and Sports Science  
2012-01-09

The course syllabus is valid from autumn semester 2012

### **Prerequisites**

General entry requirements. English course B

## Objectives

practical understanding of Sports and Physical Education (PE) in a Swedish context and the ability to make comparisons and reflections both from their own national conditions and in a general international perspective. Special focus is placed on the leadership role in Sports and Physical Education.

### **Module 1 Swedish Culture, Leisure and Sports 7.5 credits**

After completing the course the student is expected to:

- show basic knowledge and understanding of Swedish culture and values
- demonstrate theoretical and practical knowledge and understanding of Swedish Sports and Leisure and how they relate to Swedish cultural values
- show knowledge of culture and globalization and an understanding of how these concepts affect sports and leisure activities
- demonstrate an ability to relate the Swedish Sports and Leisure culture to the conditions of the student's own country

### **Module 2 Sports and Physical Education in a Cultural Perspective 7.5 credits**

After completing the course the student is expected to:

- demonstrate a general understanding of how sport and physical education is conducted in different countries
- be able to apply central concepts – such as age, gender, ethnicity and social class – while discussing the role of sports and physical education in a globalized world
- relate knowledge of international sporting activities and physical education in a development project in their own cultural context

### **Module 3 Coaching in Sports and Physical Education 7.5 credits**

After completing the course the student is expected to:

- show a understanding of the concept of coaching and how it relates to training and teaching
- at a general level analyse different coaches and teachers leadership
- demonstrate a deeper understanding and practical skills in the coaching of cross-cultural groups especially

### **Module 4 Field Study/Practise in Sport Organizations and Schools 7.5 credits**

After completing the course the student is expected to:

- demonstrate knowledge and understanding for an optional field of education or sport activities
- demonstrate the ability to prepare and plan for school or sport practice
- with supervision teach sport activities in school or in voluntary sports

## **Content**

### ***Module 1 Swedish Culture, Leisure and Sports 7.5 credits***

This course briefly introduces typical values that characterise Swedish and Scandinavian Culture and are related to traditions in the Swedish society. The focus is on experiencing typical Swedish Sport and Leisure activities and to discuss these experiences by comparing the different cultural perspectives within the student group. Typical and traditional sports, outdoors activities and wildlife experiences will be integrated with team building exercises. The module also provides an introduction to Globalization and Culture and central concepts such as commercialism, cultural values, ethnocentrism and subcultures are discussed.

### ***Module 2 Sports and Physical Education in a Cultural Perspective 7.5 credits***

The main objective of the course is to relate sports, physical education and physical activity to social class, age, gender and ethnicity. Another objective is to gain an insight into the organization and understanding of sports in Sweden as well as the role and the aims of physical education in the Swedish school system. From this insight we will discuss and reflect on sports and physical education in different countries.

### ***Module 3 Coaching in Sports and Physical Education 7.5 credits***

This course deals with coaching in sports and physical education. Significant issues in leadership and coaching are in focus, such as communication, motivation and feedback. Different coach and teacher leadership styles and theories are analysed, especially from a cultural perspective. A special topic will be the management of multicultural groups. The module also includes practical applications of coaching in different situations.

### ***Module 4 Study/Practise in Sport Organizations and Schools 7.5 credits***

The main content in the course is field practise, either in any sports organization or school (physical education). This provides an opportunity both to gain a deeper understanding of sports / physical education, and to develop the ability to teach in sport activities in school or in voluntary sports. Specific areas of cross-cultural research will be discussed, for example, around training perspectives on leadership and the teaching of physical education. The module also includes a written work.

## Type of Instruction

Besides lectures and seminars, the course is heavily based on experiential learning with participation in sports and leisure activities, especially the module on Swedish Culture, Leisure and Sports. These experiences are compared between students in seminars where they are related to the cultural backgrounds represented in the student group and to theoretical issues regarding culture as presented in lectures and in the literature. Learning methods also includes group activities, visits to schools and sports organizations and teaching practice.

## Examination

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

The course is assessed through participation in lectures and activities, group assignments, and written and oral presentations. The grading is based on the student's ability to perform analysis of arguments and events, and presentations of studies and activities. More information about the examinations is found in the study guide. No matter how the course is examined it is the individual student who is assessed. For the Pass grade the expected learning outcomes should be fulfilled.

## Course Evaluation

Course evaluation is performed in oral and/or written form throughout the course. A written course evaluation is performed and compiled into a report to be kept in the university school archives. The result and any measures taken are communicated to the course co-ordinator and presented to the students participating the next time the course is offered.

## Other

Any costs due to assignments or the like are paid by the student.

## Required Reading and Additional Study Material

**List of references Module 1 - Swedish Culture, Leisure and Sports 7.5 hec**

### Required reading

Gannon, Martin. "The Swedish Stuga" in *Understanding Global Cultures*. SAGE. 10 p. Latest edition.

Geert, Hofstede. Dimensionalizing cultures: The Hofstede model in context. In *Online Readings in Psychology and Culture: International Association for Cross-Cultural Psychology*. (Unit 2 Ch. 14)

Available on Internet:  
[scholarworks.gvsu.edu/orpc/](http://scholarworks.gvsu.edu/orpc/)

Jarvie, Grant. *Sport, Culture and Society. An introduction*. London: Routledge. (selected parts) 15 p. Latest edition.

Shiraev, Eric B & Levy, David A. *Cross-Cultural Psychology*. Third edition. (provided by the dep. of Sport Science) (selected parts) 15 p. Latest edition.

Sussman, Nan M. Sojourners to another country: The psychological roller-coaster of cultural transitions. In *Online Readings in Psychology and Culture. International Association for Cross-Cultural Psychology*. (Unit 8, Chapter 1)

Available on Internet: [scholarworks.gvsu.edu/orpc/](http://scholarworks.gvsu.edu/orpc/)

Swedish Sports Confederation. *Sports in Sweden*.

Available on Internet:  
[rf.se/ImageVault/Images/id\\_166/scope\\_128/ImageVaultHandler.aspx](http://rf.se/ImageVault/Images/id_166/scope_128/ImageVaultHandler.aspx) 24 p.

Triandis, Harry, C. Subjective culture. In *Online Readings in Psychology and Culture. International Association for Cross-Cultural Psychology*. (Unit 15, Chapter 1).

Available on Internet:  
[orpc.iaccp.org/index.php](http://orpc.iaccp.org/index.php)

Additional articles (provided by the dep. of Sport Science) about 50 p.

**List of references Module 2 - Sports and Physical Education in a Cultural Perspective 7.5 hec**

**Required reading**

Bairner, Alan. *Sport, Nationalism and Globalization: European and North American Perspectives*. State University of New York Press. 207 p. Latest edition.

Jarvie, Grant. *Sport, Culture and Society. An introduction*. London: Routledge. 414 p. Latest edition.

Swedish Sports Confederation. (2002) *Sports in Sweden*. Stockholm. 24 p.

Available on Internet:

[rf.se/ImageVault/Images/id\\_166/scope\\_128/ImageVaultHandler.aspx](http://rf.se/ImageVault/Images/id_166/scope_128/ImageVaultHandler.aspx)

Swedish Sports Confederation. (2008). *Swedish Sport - International Policy*. Stockholm. 10 p.

Available on Internet:

[rf.se/ImageVault/Images/id\\_870/scope\\_128/ImageVaultHandler.aspx](http://rf.se/ImageVault/Images/id_870/scope_128/ImageVaultHandler.aspx)

**Articles:**

Evans, John. (2004). "Making a difference? Education and 'ability' in physical education." *European Physical Education Review*. vol. 1, nr.1 s. 95-108 (13 p).

Lundvall, Susanne. (2006). "It's really about understanding human beings"... – exploring PE-teachers perception of working in multicultural schools. (12 p).

Available on Internet:

[www.idrottsforum.org/articles/lundvall/lundvall060517.pdf](http://www.idrottsforum.org/articles/lundvall/lundvall060517.pdf)

Redelius, Karin, Fagrell, Birgitta & Larsson, Håkan. (2009). Symbolic capital in physical education and health: To be, to do or to know? That is the gendered question. *Sport, Education and Society*. 14 (2) (16 p).

Webb, Louisa, Quennerstedt, Mikael & Öhman, Marie (2008). "Healthy bodies: construction of the body and health in physical education." *Sport, Education and Society*. vol. 4, nr. 13, s. 353–372 (19 p).

Wright, Jan & Burrows, Lisette. (2006). Reconceiving ability in physical education: a social analysis. *Sport Education and Society*. 11 (3) (16 p).

**List of references Module 3 - Coaching in Sports and Physical Education 7.5 hec**

**Required reading**

Cassidy, Tania, Jones, Robyn & Potrac, Paul. *Understanding Sports Coaching: the social, cultural and pedagogical foundations of coaching practice* Routledge. 216 p. Latest edition.

Jones, Robyn L. *The sports coach as educator: re-conceptualising sports coaching*. Routledge. 185 p. Latest edition.

Lyle, John. *Sports Coaching Concepts - a framework for coaches behaviour* Routledge. 343 p. Latest edition.

*Additional articles.ocial analysis*. Sport Education and Society.// 11 (3) (16 p).

***List of references Module 4 - Study/Practise in Sport Organizations and Schools***  
***7.5 hec***

**Required reading**

Cohen, Louis, Manion, Lawrence & Morrison, Keith. *Research Methods in Education*. Routledge. (selected parts) 638 p. Latest edition.