



Course syllabus

Faculty of Social Sciences
Department of Sport Science

1IV538 Swedish Culture, Leisure and Sports, 7,5 högskolepoäng
Swedish Culture, Leisure and Sports, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

GIN

Date of Ratification

Approved 2014-10-01

Revised 2020-05-27 by Faculty of Social Sciences. Revision of the course literature.
The course syllabus is valid from spring semester 2021

Prerequisites

General entry requirements. One year of university studies (equal to 60 credits).
English course B.

Objectives

The aim of the course is for students to gain a theoretical and practical understanding of sports, outdoor activities and the subject physical activity and health in a Swedish context, and be able to compare and reflect on the corresponding areas from an international perspective. The students will also gain practical experiences of typical Swedish sports, and outdoor activities in the Nordic countries.

After completing the course, students shall be able to:

- describe the Swedish and Scandinavian cultural tradition and the fundamental values in sports and outdoor activities
- describe and compare different perspectives on sports and outdoor activities in different cultures
- apply different kinds of sports and outdoor activities existing in Sweden.

Content

The course discusses cultural traditions within sports and outdoor activities in relation to the Swedish society. Experiences of traditional Swedish sports and Scandinavian outdoor activities are discussed on the basis of various perspectives.

Type of Instruction

Teaching consists of lectures, group activities, seminars, practical exercises and study visits.

Examination

The course is assessed with the grades A, B, C, D, E, Fx or F.

The grade A constitutes the highest grade on the scale and the remaining grades follow in descending order where the grade E is the lowest grade on the scale that will result in a Pass. The grade F means that the student's performance is assessed as Fail (i.e. received the grade F). Fx is not a grade and is only used when a student is allowed to complement her/his examination.

Students who have not passed (i.e. received the grade of F) at the regular examination will be offered a new examination shortly after the regular examination date.

Information about the grading criteria for the A-F scale is provided in a separate document. The students are to be informed about the grading criteria for the course by the start of the course at the latest.

Examination of the course objectives takes place by means of three individual written assignments comprising 6 credits, and a final seminar comprising 1.5 credits. The written assignments are assessed in accordance with the A-F scale and the seminar is assessed by the grades E and F.

In order to receive a final grade of E in the module, the grade E is required for all assignments. For a final grade of C in the module, all the written assignments must be assessed as at least C and the grade E is required for the seminar. In order to receive a grade of A in the module, the grade A is required for the written assignments and the grade E for the seminar.

Course Evaluation

Oral and/or written course evaluations are carried out throughout the course and a written evaluation is carried out at the end of the course. The course evaluation is compiled and filed by the department. The results are presented to the students who have completed the course, as well as to new students at the following course date, together with any measures taken.

Credit Overlap

The course cannot be included in a degree along with the following courses of which the content fully, or partly, corresponds to the content of this course: 11V530 Swedish Culture, Leisure and Sports, 7.5 credits

11V535 Sports and Physical Education - Swedish and International Perspectives, 30 credits

Other

Any additional costs that may arise in connection with the course are paid for by the students themselves.

Required Reading and Additional Study Material

Annerstedt, Claes (2008). Physical Education in Scandinavia with focus on Sweden: a comparative perspective. *Physical Education & Sport Pedagogy*, 13:4 pp. 303-318 (16 p.)

Bairner, Alan. (Latest edition). *Sport, Nationalism and Globalization: European and North American Perspectives*. State University of New York Press, (chapter 1 and 7, 50 p.)

Fahlén, Josef & Stenling, Cecilia (2016). Sport policy in Sweden. *International Journal of Sport Policy and Politics*, 8:3, 515-531, DOI: 10.1080/19406940.2015.1063530

Geltner, Hans (Latest edition). Friluftsliv as a Slow Experiences in a Post-modern "Experience" Society in Henderson. I Henderson, Bob & Vikander, Nils (edit.) *Nature First. Outdoor Life the Friluftsliv Way*. Toronto: Natural Heritage Books, (chapter 2, 15 p.)

Gannon, Martin J. (Latest edition). "The Swedish Stuga". I Gannon, Martin, *Understanding Global Cultures – metaphorical journeys through 34 nations, clusters of nations, continents and diversity*. SAGE Publications, (15 p.)

Kuo, Ming (2015). How might contact with nature promote human health? Promising mechanisms and a possible central pathway. *Frontiers in Psychology*, 6:1093
DOI:10.3389/psyg.2015.01093

Naturvårdsverket (latest edition). *Right of public access – a unique opportunity*.
Online:<https://www.naturvardsverket.se/Documents/publikationer6400/978-91-620-8522-3.pdf?pid=4204> (5 p.)

Skolverket (2018). *Curriculum for the compulsory school, preschool class and school-age educare*. Online: <https://www.skolverket.se/publikationer?id=3984>, (150 p.)

Swedish Sports Confederation. (2013). Sports in Sweden. Online:
<https://idrottonline.se/Riksidrottsforbundet/globalassets/riksidrottsforbundet/gamla-rf.se/dokument/dokumentbank/documents-in-english/sport-in-sweden-a-presentation-of-sport-in-sweden.pdf>, (28 p.)

Optional literature from the student's home country (50 p.)

Scientific publications, (ca. 50 p.)