



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV546 Specialidrott - kroppens byggnad och funktioner, 7,5 högskolepoäng

1IV546 Special sport - Body Structure and Functions, 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 2018-01-10

The course syllabus is valid from autumn semester 2018

## Objectives

After completing the course, students shall be able to:

- explain the fundamentals of human biology and sports medicine in relation to the individual practicing sports
- define the concepts coordination, movement, speed, strength, endurance, and identify how to develop these traits
- identify and suggest relevant methods for individual performance development taking into consideration gender and age, as well as relate these to safe sports leadership
- set up and develop a requirements and capacity profile for an individual within a chosen special sport
- develop and apply a development programme with the aim of promoting the performance within a chosen special sport
- critically evaluate planning of performance development based on sport specific requirements

## Content

The anatomy, cell system and organs of the human body are studied, and the joint function of organ systems with regard to special requirements in connection with

practicing sports at a high level. Physiological issues are also discussed, of importance to the practice of sports, and problem formulations within the field of sports science, where knowledge in human biology as well as in sports medicine play an essential part. In what ways the implications of illness affect children and young people in relation to sports is also discussed. The classification, effects and side effects of doping preparations are discussed, and how advice may be given regarding treatment and prevention of doping. The jurisdiction and penalty following the use of doping preparations are studied. As a conclusion in the course, students shall put the new knowledge gained in relation to their own chosen special sport, in which major emphasis is placed on the sport practicing individual's gender and age in relation to the body.

### Type of Instruction

Teaching consists of lectures, group projects, practical sessions and applications, field studies, supervision and seminars.

### Examination

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

Examination of the course takes place by means of two examinations; one written individual exam and one written individual assignment. In order to receive a grade of Pass, the course objectives must be attained, and at least the grade of Pass for the examination assignments. To be awarded a grade of Pass with Distinction in the course, in addition to the requirements for the grade of Pass, it is required that the individual written assignment is assessed by the grade of Pass with Distinction.

### 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 and to the students at the following course date. The course evaluation is conducted anonymously.

### Required Reading and Additional Study Material

Bompa, Tudor O. & Haff, Gregg. (Latest edition). *Periodization: Theory and methodology of training*. 5th ed. Champaign, IL: Human Kinetics, (424 p.), (selected parts).

Gjerset, Asbjørn, Annerstedt, Claes (Eds.) & Svendsen, Tom M. (Latest edition). *Idrottens träningslära*. Oslo: Gyldendal, (640 p.), (selected parts).

Kenney, W. Larry, Wilmore, Jack H. & Costill, David L. (2015) *Physiology of Sport and Exercise* 6th Edition. Leeds: Human Kinetics, (648 p.) (selected parts). ISBN1450477674.

Michalsik, Lars & Bangsbo, Jens. (Latest edition). *Aerob och anaerob träning*. Stockholm: SISU Idrottsböcker, (261 p.).

Skolverket (2011). *Ämne – Specialidrott*. Stockholm: Skolverket. (Available on the Internet)

Thomé, Roland. (Latest edition). *Styrketräning för idrott, motion och rehabilitering*. Stockholm: SISU Idrottsböcker, (352 p.).

Thurelius, Ann-Marie, Bäckström Rams, Catarina et al. (Latest edition). *Dopning*. Stockholm: Gothia, (72 p.).