



## Course syllabus

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

1IV551 Idrottsträna­rut­bil­dning II, 30 högskolepoäng  
Sport Coach Education II, 30 credits

### **Subject Group**

Sport Science

### **Level of classification**

First Level

### **Progression**

GIF

### **Date of Ratification**

Approved by the Board of the School of Education, Psychology and Sports Science  
2010-12-13

The course syllabus is valid from autumn semester 2011

### **Prerequisites**

General entry requirements.

## Expected learning outcomes

### **Objective**

The objective of the course is for students who are active leaders/coaches, or equivalent, in one of the specific sports, i.e., tennis, swimming, athletics or indoor bandy, to be able to take responsibility for and carry out performance-development sports for a specific target group from an individual perspective and with regard for safety aspects. This should be carried out using theories of physical learning and physical performance, as well as personal sports experiences, as a basis. The objective of the course is also to broaden students' understanding of how a safe sporting environment can influence the individual's learning.

On completion of the course, students should be able to

- In their own sport, demonstrate the ability to vary their method of training based on theories of physical learning and develop sporting abilities both on individual and group level.
- Plan, carry out and motivate activities in their personal sport that aim to develop sporting abilities both on individual and team level.
- Evaluate, identify risks, and react in emergency situations in their personal sporting environment, as well as demonstrate ways of reacting that ensure safety in the sporting environment.
- Using the prerequisites of the sport as a basis, organise and carry out competition-like elements that develop athletes.

- Contribute to organising necessary support functions for athletes of a specific sport and identify when these systems should be used more regularly in relation to the athlete's development.
- Mediate the value of and create acceptance for the individual development plan for the athlete.
- Analyse the psychological and physiological effects of training on individual level of the sport for which you are responsible.

## Content

The course contains specialised knowledge within the field of pedagogy, human biology and scientific methods with specialisation in sport, as well as basic knowledge of theories on physical learning, performance psychology and techniques of specific sports.

## Type of Instruction

The course contains varied working methods that can be carried out through lectures and literary studies, as well as observations, practical applications and seminars that are grounded in active coaching in the student's personal sport. The course runs as a web-based distance course and is part-time. Physical meetings will take place at Linnaeus University, Campus Växjö, and Malmö University to an extent of ten days per semester. Between these occasions, students will carry out literary studies, observations and practice active coaching.

## Examination

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

## Course Evaluation

Course evaluations are carried out verbally and/or in writing continuously throughout the course. At the end of the course, a written course evaluation is performed. Course evaluations are compiled and stored at the institution. The results are fed back to the students who have taken the course and are presented, together with the possible measures taken, to the students the next time the course is given.

## Other

Possible additional fees regarding assignments and such shall be paid by the student.

## Required Reading and Additional Study Material

Behnke, Robert & Glad, Anette (2008) *Anatomi för Idrotten*. SISU Idrottsböcker. 256 pages. ISBN: 9789185433520

Hamill, Joseph & Knutzen, Kathleen (2009) *Biomechanical basis of human movement*. Lippincott, Williams & Wilkins, Baltimore, MD, U.S.A. (selected parts) 250 pages. ISBN: 9780781791281

Högberg, Jan-Ola (2008) *Effektiv idrottsträning*. SISU Idrottsböcker. 128 pages. ISBN: 9789185433469

Karlsson, Jon, Thomeé, Roland, Martinsson, Lars & Swärd, Leif (1998) *Motions och Idrottsskador och deras Rehabilitering*. SISU Idrottsböcker. 317 pages. ISBN: 918894011X

Malina, Robert, Bouchard, Claude & Bar-Or, Oded (2004) *Growth, Maturation, and Physical Activity*. Human Kinetics, Champaign, IL, U.S.A. (selected parts) 400 pages. ISBN: 9780880118828

Piek, Jan. (1998) *Motor behavior and Human Skill* Human Kinetics Publishers, Champaign, IL, U.S.A. (selected parts) 300 parts. ISBN: 9780880116756

Schmidt, Richard & Wrisberg, Craig A. (2001) *Idrottens rörelselära*. SISU Idrottsböcker. 253 parts. ISBN: 9188941043

Weinberg, Robert S. & Gould, Daniel (2010) *Foundations of Sport and Exercise Psychology*, fifth ed. Human Kinetics (selected parts) 625 pages. ISBN 10: 0736064672 ISBN 13: 9780736064675

**One of the following books:**

Gratton, Chris & Jones, Ian (2009) *Research methods for sport studies* London  
Routledge, 288 pages. ISBN: 9780415493932

*Alternatively:*

Hassmén, Peter & Hassmén, Nathalie (2008) *Idrottsvetenskapliga forskningsmetoder*. SISU Idrottsböcker. (selected parts) 200 pages. ISBN: 9789185433292

Elective literature from specific sports 400 pages.

Video clips

Scientific articles