



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences

School of Education, Psychology and Sports Science

1IV551 Idrottstränarutbildning II, 30 högskolepoäng

1IV551 Sport Coach Education II, 30 credits

### **Subject Group**

Sport Science

### **Level of classification**

First Level

### **Progression**

G1F

### **Date of Ratification**

Approved by School of Education, Psychology and Sports Science 2010-12-10

The course syllabus is valid from autumn semester 2013

### **Prerequisites**

General entry requirements.

## Objectives

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.

## 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

Bahr, Roald & Engebretsen, Lars (2010) *Undvik idrottsskador : preventionsinsatser vid träning och tävling*. SISU Idrottsböcker. 294 p.  
ISBN13: 9789186323653

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

Coker, Cheryl A. (2009). *Motor learning & control for practitioners*. (2. ed.)  
Scottsdale, AZ: Holcomb Hathaway (excerpts of) 150 p.  
ISBN: 9781890871956

Hassmén, Peter & Hassmén, Nathalie (2008) *Idrottsvetenskapliga forskningsmetoder*. SISU Idrottsböcker. (excerpts of) 200 p.  
ISBN: 9789185433292

Høigard, Rune & Jørgensen, Arild. (2002) *Coachingsamtal inom idrotten*. Farsta: SISU Idrottsböcker. 120 p.

ISBN13: 9789188941497

Kamen, Gary (2001) *Foundations of exercise science*. Baltimore, MD, U.S.A: Lippincott, Williams & Willkins. 304 p.  
ISBN: 0683044982

Kenney, W. Larry, Wilmore, Jack H. & Costill, David L. (2011) *Physiology of Sport and Exercise*. Human Kinetics Publishers. 621 p.  
ISBN13: 9780736094092

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

Nilsson, Björn & Waldemarsson, Anna-Karin. (2007) *Kommunikation : samspel mellan människor*. Studentlitteratur AB. 169 p.  
ISBN13: 9789144041285

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

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

Wirhed, Rolf. (2007) *Anatomi med rörelselära och styrketräning* . Harpoon Publications. 150 p.  
ISBN: 9789197078115

Elective literature from specific sports 400 pages.  
Video clips  
Scientific articles