



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV553 Specialidrott - mentala funktioner och utveckling, 7,5
högskolepoäng

Special sport - mental functions and development, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2018-06-20

Revised 2018-06-27 by Faculty of Social Sciences. Modules added.

The course syllabus is valid from spring semester 2019

Prerequisites

General entry requirements.

Objectives

After completing the course, students shall be able to:

- explain how self-awareness processes affect the individual athletic performance
- prepare and develop a requirement and capacity profile for a sportsperson with respect to the emotional, cognitive, motor and social development in relation to the gender and age of the individual
- describe how various factors affect the individual athletic performance, in particular with respect to the individual development, motor learning and development within the chosen special sport
- explain and critically evaluate the need for planning of performance development based on sport specific requirements, and evaluate methods on the basis of psychologically health related aspects.

Content

The main focus in the course is on various aspects of the individual's development, studies are primarily focused on the self-awareness processes such as motor learning and development, but also the emotional, cognitive and social development in relation to performance sport. The course discusses in what ways these self-awareness processes affect the individual athletic performance, mainly based on individual differences and as a basis of the preparation of requirements and capacity profiles. Within the subject of motor development, students focus on how to describe, explain and analyse the

motor development, students focus on how to describe, explain and analyse the development of motor skills, and how movement is learned, maintained and improved within sports. Important theoretical starting points concern the social interaction and theories of group processes, with respect to issues within various forms of sport activities.

Type of Instruction

Teaching consists of lectures, practical sessions, practical 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 a written individual assignment.

In order to receive a grade of Pass in the course, the course objectives must be attained.

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 new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Jagtoien, Greta Langlo, Hansen, Kolbjørn & Amnerstedt, Claes. (2004). *Motorik, lek och lärande*. Enskede: TPB, (100 p.). ISBN: 91-974590-0-3.

Schmidt, Richard A. & Wrisberg, Craig A. (2001). *Idrottens rörelselära: motorik och motorisk inläring*. Farsta: SISU idrottsböcker, (203 p.). ISBN: 91-88941-04-3.

Tidén, Anna. (2016). *Bedömningar av ungas rörelseförmåga* [Electronically available]: *En idrottsvetenskaplig problematisering och validering*. Diss. (summary), 2016. Stockholm. (106 p.). ISBN: 9789198086270.

Wadström, Olle & Ekvall, Daniel. (2013). *Idrottsglädje, prestation, utveckling: kognitiv beteendeterapi för tränare, idrottare och föräldrar*. Linköping: Psykologinsats. (168 p.). ISBN: 978-91-981441-1-6.

Weinberg, Robert & Gould, Daniel. (2010). *Foundations of Sport & Exercise Psychology*. Leeds: Human Kinetics. (610 p., selected parts). ISBN 978-0-7360-8323-2.

Scientific articles also included, approx 400 pages.