



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV555 Idrott, Friluftsliv och skolämnet Idrott och hälsa, svenska och internationella perspektiv, 30 högskolepoäng

Sports, Nordic Friluftsliv and Physical Education, Swedish and International Perspectives, 30 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 2015-12-16

The course syllabus is valid from autumn semester 2016

Prerequisites

General entry requirements. English course B or equivalent.

Objectives

The objective of the course is to give the student theoretical and practical understanding of sport, Nordic Friluftsliv and the school subject Physical Education in a Swedish context as well as be able to compare and reflect over corresponding areas in an international perspective. Special focus will be on leadership in sport, Nordic Friluftsliv and the school subject Physical Education. The course will also give the student practical experiences of typical Swedish sports and Nordic Friluftsliv.

Module 1 Swedish Culture, Leisure and Sports, 7.5 credits

After completing the course, the student should be able to:

- describe the Swedish cultural tradition in sports and outdoor activities and its fundamental values
- describe and compare different perspectives on sport and Nordic Friluftsliv in different cultures
- practice different types of sports and Nordic Friluftsliv that are performed in Sweden

Module 2 Coaching in Sports and Nordic Friluftsliv, 7.5 credits

After completing the course, the student should be able to:

- describe the basics of Swedish coaching

- identify and discuss coaching in comparison with gender, age, ethnicity and social class
- apply, compare and evaluate different types of sports and Nordic Friluftsliv in shifting context from a coaching perspective

Module 3 Sport Didactics, 7.5 credits

After completing the course, the student should be able to:

- identify and explain basic concepts of sport didactics
- describe and discuss sport and Nordic Friluftsliv from a didactic perspective
- with didactic awareness plan, organize, implement and document teaching within sport, Nordic Friluftsliv and the school subject Physical Education.

Module 4 Sport, Organization and Society, 7.5 credits

After completing the course, the student should be able to:

- describe the organization of the society within sport and Nordic Friluftsliv in Sweden and other countries
- explain the globalization of the sport movement
- discuss nationalism and national identity in relation to sport and Nordic Friluftsliv.

Content

Module 1 Swedish Culture, Leisure and Sports, 7.5 credits

The module introduces Swedish and Scandinavian culture and relates to traditions in the Swedish society. Experiences of traditional Swedish sports and Nordic friluftsliv are discussed from different perspectives.

Module 2 Coaching in Sports and Nordic Friluftsliv, 7.5 credits

The module deals with coaching in sports, Nordic Friluftsliv and the school subject Physical Education. The focus is on key issues within leadership and coaching, and different styles of teaching and coaching are analyzed. Practical application of coaching in different situations is also included in the module.

Module 3 Sport Didactics, 7.5 credits

In the module the basic theories of sport didactics are presented. Different types of didactic assignments within sport, friluftsliv and school are performed with focus on planning, organizing, implementing and document sport activities in shifting context.

Module 4 Sport, Organization and Society, 7.5 credits

The module deals with issues regarding the formation of the sports and Nordic Friluftsliv movement, both from a Swedish and an international perspective. Nationalism and national identity in relation to sports and Nordic Friluftsliv, as well as the globalization of sport, are also discussed.

Type of Instruction

The instruction consists of lectures, group activities, seminars, laboratory exercises and field trips.

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. 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.

Module 1 Swedish Culture, Leisure and Sports, 1.5 credits

The objectives of the module are examined through three individual written assignments (6 credits), and a concluding seminar (1.5 credits).

The written assignments are assessed with the scale A-F, and the seminar is assessed with the grade E and F.

To obtain the grade E in the module, a minimum of grade E on all assignments is required. To obtain the grade C in the module, a minimum of grade C on the written assignments is required, and a minimum of grade E on the seminar. To obtain the grade A in the module, a minimum of grade A on all the written assignments is required, and a minimum of grade E on the seminar.

Module 2 Coaching in Sports and Nordic Friluftsliv, 7.5 credits

The objectives of the module are examined through two seminars (3 credits), one oral presentation (1.5 credits) and one individual written assignment (3 credits).

All the assignments are assessed with the scale A-F.

To obtain the grade E in the module, a minimum of grade E on all assignments is required. To obtain the grade C in the module, a minimum of grade C on all assignments is required. To obtain the grade A in the module, a minimum of grade A on all assignments is required.

Module 3 Sport Didactics, 7.5 credits

The objectives of the module are examined through two practical presentations (4 credits), one individual written assignment (2 credits) and one oral presentation (1.5 credits). All assignments will be assessed with the grades A-F.

To obtain the grade E in the module, a minimum of grade E on all assignments is required. To obtain the grade C in the module, a minimum of grade C on all assignments is required. To obtain the grade A in the module, a minimum of grade A on all assignments is required.

Module 4 Sport, Organization and Society, 7.5 credits

The objectives of the module are examined through two seminars (4 credits) and a written report (3.5 credits) All assignments will be assessed with the grades A-F.

To obtain the grade E in the module, a minimum of grade E on all assignments is required. To obtain the grade C in the module, a minimum of grade C on all assignments is required. To obtain the grade A in the module, a minimum of grade A on all assignments is required.

Course Evaluation

During the course or in close proximity to the course, a course evaluation is performed. Results and analysis of the course evaluation will be given to the students who completed the course and the students who will participate on the next course date. The course evaluation is conducted anonymously.

Credit Overlap

The course cannot be included in a degree along with the following course/courses of which the content fully, or partly, corresponds to the content of this course: 1IV530/1IV538 Swedish Culture, Leisure and Sports, 7.5 credits
1IV535/1IV539 Sports and Physical Education – Swedish and International Perspectives, 30 credits

Other

Grade criteria for the A–F scale are communicated to the student through a special document. The student is to be informed about the grade criteria for the course by the start of the course at the latest.

In module 2 there will be additional costs for excursions in the nearby natural

environments.

In module 4 there will be additional costs for excursions in the nearby natural environments and for a field trip.

Required Reading and Additional Study Material

List of references Module 1 Swedish Culture, Leisure and Sports, 7.5 credits

Compulsory literature

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

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

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

Geltner, Hans (latest edition). Nordic Friluftsliv as a Slow Experiences in a Postmodern "Experience" Society. I Henderson, Bob & Vikander, Nils (edit.) *Natur first. Outdoor Life the Nordic Friluftsliv Way*. Toronto: Natural Heritage Books, (chapter 2, 15p.).

Swedish Sports Confederation. (2013). *Sports in Sweden*, (28 p.). Available on internet.

Swedish Sports Confederation. (2008). *Swedish Sport International Policy*, (10 p.). Available on internet.

List of references Module 2 Coaching in Sports and Nordic/Nordic Friluftsliv, 7.5 credits

Compulsory literature

Cassidy, Tania, Jones, Robyn & Potrac, Paul. (latest edition). *Understanding Sports Coaching*. London: Routledge, (192p.).

Jones, Robyn (latest edition). *The Sports Coach as Educator Reconceptualising Sports Coaching*. London: Routledge, (200 p.).

Ogilvie, Ken. (latest edition). *Leading and Managing Groups in the Outdoors*. 2nd edition. Penrith, Cumbria UK: IOL-Institute for Outdoor Learning, (300 p.)

Optional literature from the student's home country (approx. 100 p.).

Scientific articles (approx. 100 p.).

List of references Module 3 Sport Didactics, 7.5 credits

Compulsory literature

Armour, Kathleen (latest edition). *Sport Pedagogy – an introduction for teaching and coaching*. New Jersey: Prentice Hill, (360 p.)

Redelius, Karin & Larsson, Håkan (2010). Physical Education in Scandinavia: an overview and some educational challenges, *Sport in Society*, 13:4, p. 691-703 (14 p.)

Skolverket (2011). *Curriculum for the compulsory school, preschool class and the*

Skolverket (2011). Curriculum for the compulsory school, preschool class and the recreation centre. (250 p.). Available on internet.

Skolverket (2013). Curriculum for the upper secondary school. (200 p.). Available on internet.

Optional literature from the student's home country (approx. 100 p.).

Scientific articles (approx.100 p.).

List of references Module 4 Sport, Organization and Society, 7.5 credits

Compulsory literature

Coakley, Jay (latest edition). Sport in Society: Issues and Controversies. New York: McGrawHill Education, (approx. 400 p.)

Spracklan, Karl (latest edition). Leisure, Sport and Society. London: Palgrave Macmillan, (approx. 200p.)

Optional literature from the student's home country (approx. 100 p.).

Scientific articles (approx.100 p.).