



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV556 Kulturella perspektiv på Idrott, Fysisk aktivitet, Friluftsliv och Idrott och hälsa, 30 högskolepoäng

Cultural Perspectives on Sport, Physical Activity, Friluftsliv and Physical Education, 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 2016-08-24

The course syllabus is valid from spring semester 2017

Prerequisites

General entry requirements. English course B or equivalent.

Objectives

The aim of the course is to give students a theoretical and practical understanding of cultural perspectives on Sport, Physical Activity, Nordic Friluftsliv and the school subject Physical Education in a Swedish context, and for students to be able to compare and reflect on corresponding subject areas from an international perspective. There is a particular focus on the cultural similarities and differences that exist in the organisation and practice of Sport, Physical Activity and Nordic Friluftsliv, and in teaching the school subject Physical Education. There is also an emphasis on students experiencing and participating in traditional Swedish Sports and Nordic Friluftsliv at different times of the year and in different natural environments.

Module 1 The cultural contexts of Sport, 7.5 credits

After completing the course, students should be able to:

- identify ethical problems within sport and be able to distinguish them from other types of problem, such as psychological, legal and economic problems,
- account for the ethics and morals of sport based on different cultural perspectives, rationalities and targets
- devise concrete development initiatives for implementing work involving values within a sporting organisation

Module 2 Different perspectives on Sport, Nordic Friluftsliv and the school

subject Physical Education, 7.5 credits

After completing the course, students should be able to:

- experience and describe the Nordic tradition within Sport, Nordic Friluftsliv and the school subject Physical Education
- describe and compare different perspectives and traditions within Sport, Nordic Friluftsliv and the school subject Physical Education in different countries

Module 3 Cultural perspectives on physical activity, 7.5 credits

After completing the course, students should be able to:

- compare and discuss current views of physical activity and health in different countries
- compare and discuss the significance of sociocultural factors for carrying out physical activities
- analyse the significance of the cultural environment for carrying out physical activity

Module 4 Field work/work experience in Sports organisations and schools, 7.5 credits

After completing the course, students should be able to:

- evaluate and compare different sporting activities within voluntary sports and schools in different countries
- plan, organise and document sporting activities within voluntary sports and schools in Sweden
- give examples of and compare experiences of sporting activities in different countries

Content

Module 1 The cultural contexts of Sport, 7.5 credits

Different ethical problems that exist within sporting activities today are presented and discussed within the course. The way in which sport is organised is taken as a starting point, and the ethics and morals of sport are illustrated from different perspectives. The relationship between sport, the media and the variants of sport are problematized and discussed.

Module 2 Different perspectives on Sport, Nordic Friluftsliv and the school subject Physical Education, 7.5 credits

The module presents a Nordic perspective on Sport, Nordic friluftsliv and the school subject Physical Education. Experiences of traditional Nordic sports and leisure activities are compared and discussed from a global perspective. The course includes various Nordic Friluftsliv activities in winter environments.

Module 3 Cultural perspectives on physical activity, 7.5 credits

The module aims to illustrate the concept of physical activity from both national and international perspectives. The international recommendations for physical activity are the same the world over, but people's circumstances for achieving these vary in different environments and different countries. Within the course, the significance of the environment for how people can carry out physical activity is problematized.

Module 4 Field work/work experience in Sports organisations and schools, 7.5 credits

The ability to plan and organise different types of sporting activities is developed through study visits to sports organisations and schools. The course also includes evaluating and comparing different activities relating to sport in leisure time and at school in different countries.

Type of instruction

The teaching consists of lectures, literature studies, group activities, seminars, laboratory exercises, excursions and study visits. Parts of the teaching may be carried out via the internet/learning platform.

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 The cultural contexts of Sport, 7.5 credits

The objectives of the course are examined through four seminars worth 4 credits, together with a written and oral group assignment worth 3.5 credits.

The group assignment will be assessed with the grades AF, and the seminars will be assessed with the grades E and F.

In order to receive a final grade of E for the module, a minimum grade of E is required for all assignments. In order to receive a final grade of C for the module, a minimum grade of C for the written assignments and a grade of E for the seminar are required. In order to receive a grade of A for the module, a minimum grade of A for the written assignments and a grade of E for the seminar are required.

Module 2 Different perspectives on Sport, Nordic Friluftsliv and the school subject Physical Education, 7.5 credits

The objectives of the module are examined through three individual written assignments worth 4.5 credits, a practical report worth 1.5 credits and a concluding seminar worth 1.5 credits.

The written assignments will be assessed with the grades AF, and the seminar and the practical report will be assessed with the grades E and F.

In order to receive a final grade of E for the module, a minimum grade of E is required for all assignments. In order to receive a final grade of C for the module, a minimum grade of C for the written assignments and a grade of E for the seminar are required. In order to receive a grade of A for the module, a minimum grade of A for the written assignments and a grade of E for the seminar are required.

Module 3 Cultural perspectives on physical activity, 7.5 credits

The objectives of the course are examined through an oral report worth 1.5 credits, an individual written assignment worth 3 credits and two seminars worth 3 credits.

The individual written assignment will be assessed with the grades AF, and the oral report and the seminars will be assessed with the grades E and F.

In order to receive a final grade of E for the module, a minimum grade of E is required for all assignments. In order to receive a final grade of C for the module, a minimum grade of C for the individual written assignment and a grade of E for the oral report and the seminars are required. In order to receive a grade of A, a minimum grade of A for the individual written assignment and a grade of E for the oral report and the seminars are required.

Module 4 Field work/work experience in sports organisations and schools, 7.5 credits

The objectives of the module are examined through practical and oral reports worth 2.5 credits, a seminar worth 1.5 credits and an individual written report worth 3.5 credits.

The written report will be assessed with the grades AF, and the practical and oral reports and the seminar will be assessed with the grades E and F.

In order to receive a final grade of E for the module, a minimum grade of E is required for all assignments. In order to receive a final grade of C for the module, a minimum grade of C for the written assignments and a grade of E for the seminar are required. In order to receive a grade of A for the module, a minimum grade of A for the written assignments and a grade of E for the seminar are required.

Final grade for the entire course

In order to receive a final grade of E for the entire course, a minimum grade of E is required for all modules. In order to receive a final grade of C for the entire course, a minimum grade of C is required for all modules. In order to receive a final grade of A for the entire course, a minimum grade of A is required for all modules.

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 carried out anonymously.

Other

In modules 1 and 2, there will be additional costs for excursions in different winter environments.

Required Reading and Additional Study Material

Module 1 The cultural contexts of Sport, 7.5 credits

Coakley, Jay (latest edition). *Sport in Society: Issues and Controversies*. New York: McGraw-Hill Education. (400 pages)

Literature of the student's choice from the student's home country. (100 pages)

Scientific articles. (approx. 100 pages)

Module 2 Different perspectives on Sport, Nordic Friluftsliv and the school subject Physical Education, 7.5 credits

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

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

Geltner, Hans (latest edition). *Friluftsliv as Slow Experiences in a Postmodern "Experience" Society*. In Henderson, Bob & Vikander, Nils (eds.), *Nature First*.

Outdoor Life the Friluftsliv Way. Toronto: Natural Heritage Books. (Chapter 2, 15 pages)

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

Swedish Sports Confederation (2013). *Sports in Sweden*. (28 pages) Available online.

Swedish Sports Confederation (2008). *Swedish Sport International Policy*. (10 pages)

Available online.

Module 3 Cultural perspectives on physical activity, 7.5 credits

Bouchard, Claude; Blair, Steven & Haskell William (latest edition). Physical Activity and Health. Champaign IL: Human Kinetics. (200 pages)

Swedish National Institute of Public Health (2011). Physical Activity in the Prevention and Treatment of Disease. (300 pages) Available online.

Literature of the student's choice from the student's home country. (100 pages)

Scientific articles. (approx. 100 pages)

Module 4 Field work/work experience in sports organisations and schools, 7.5 credits

Skolverket (2011). Curriculum for the compulsory school, preschool class and the recreation centre. (250 pages) Available online.

Skolverket (2013). Curriculum for the upper secondary school. (200 pages) Available online.

Swedish Sports Confederation (2016). En bra start i livet. A good start in life. (40 pages) Available online.

Literature of the student's choice from the student's home country. (approx. 100 pages)

Scientific articles. (approx. 100 pages)