



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV559 Specialidrott - prestationsutveckling och tester II, 7,5
högskolepoäng

Special sport, methods for achievement development and tests II, 7.5
credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved 2018-12-12

Revised 2019-01-07 by Faculty of Social Sciences. Modules added.

The course syllabus is valid from autumn semester 2019

Prerequisites

General entry requirements, 30 credits in Special Sport, the course IIV547 Special Sport, Performance Development and Testing I, and the below given requirements:

- 400 upper-secondary school credits at RIG/National Sports Elite Gymnasium or NIU/National Sports Education
- 3 years of documented experience in sports at the elite level within a special sport federation
- 3 years of documented coaching/leadership experience at the elite level within a special sport federation

Objectives

After completing the course, students shall be able to:

- in an advanced manner, describe relevant theories within the field of athletic performance development
- describe the implication of requirements and capacity profiles in sport and be able to implement these
- explain different forms of learning through sport with regard to age and gender
- describe tests and assessment methods within the field of performance sports and analyse the results of such methods
- give an account of the above-mentioned results and the choice of content for the teaching
- state the incentives for health related physical activities and sustainable learning

in connection with the choice of teaching elements.

Content

This course is the following course to *Special Sport, Performance Development and Testing I*, and the course is aimed at providing further knowledge of the areas speed, coordination, fitness, strength and endurance with special emphasis on special sport. Performance requirements within special sports are studied and discussed as well as put in relation to the individual athlete's conditions and capacity. Techniques and tactics within special sports are also discussed. Students shall be able to account for the signification of a healthy knowledge development and sustainable learning within sports in connection with the choice of teaching elements, as well as evaluate these elements during planning based on field-specific requirements and the individual pupil's capacity. In what ways different abilities within the own special sport may be assessed and/or tested are also discussed, and how these abilities may be learned and may contribute to the future knowledge development.

Type of Instruction

Teaching consists of lectures, group projects, practical sessions, 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 two written individual assignments.

In order to receive a grade of Pass, the course objectives shall be attained and both examination assignments must be graded with at least Pass.

To be awarded a grade of Pass with Distinction, in addition to the requirements for a grade of Pass it is required that both assignments are graded as Pass with Distinction.

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, as well as to new students at the following course date. The course evaluation is conducted anonymously.

Other

Any additional costs that may arise in connection with the course are paid for by the students themselves.

Required Reading and Additional Study Material

Bellardini, Helena, Henriksson, Anders, & Tonkonogi, Michail. (2009). *Tester och mätmetoder för idrott och hälsa*. Stockholm: SISU Idrottsböcker, (397 p.) ISBN: 9789185433131.

Kenney, Larry W, Wilmore, Jack, Costill, David L, (2015) *Physiology of Sport and Exercise*. Champaign: Human Kinetics, (648 p.). ISBN: 9781450477673.

Scientific articles included, approx. 200 pages.