



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

11V568 Specialidrott - kroppens byggnad och funktioner, 7,5  
högskolepoäng

Special sport - Body Structure and Functions, 7.5 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 2021-01-13

The course syllabus is valid from autumn semester 2021

**Prerequisites**

General entry requirements.

### Objectives

Upon completion of the course, students shall be able to:

- account for the fundamental anatomy of the musculoskeletal system,
- account for how the different physiological systems of the human body function during exercise and rest,
- identify and define relevant training methods for the performance development of individuals, with respect to gender and age, and relate these to safe sports coaching within special sports.

## Content

The anatomy and the system of cells and organs of the human body are studied and how the system of organs interact is looked into, focusing on the special demands in connection with practicing sports at a high level. The course focuses on knowledge in relation to the students' own special sport, where major emphasis is placed on the importance of the age and gender in relation to the body of an individual practicing sports.

The course contains the following components:

- the anatomy of the musculoskeletal system (skeleton, joints, ligaments, muscles), planes and axes of movement, and functional anatomy,
- the structure and function of the nervous system, skeletal muscles, cardiovascular system and the lungs, and their acute response and adaptation during exercise,
- the concepts of coordination, movement, speed, strength, stamina are identified and how to enhance these qualities for individuals practicing sports, within the chosen special sport.

## Type of Instruction

Teaching consists of lectures, group work, 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 three examinations consisting of two individual written exams and one individual written assignment.

In order to receive a grade of Pass in the course, the objectives must be attained and all the examinations must be assessed with at least a grade of Pass.

For a grade of Pass with Distinction in the course, in addition to the criteria for a grade of Pass, the individual written assignment and at least one of the written exams require a grade of Pass with Distinction.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

## 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.

## Required Reading and Additional Study Material

Behnke, Robert S. & Glad, Anette. (Latest edition). *Anatomi för idrotten*. Stockholm: SISU Idrottsböcker AB, (320 p.)

Kenney, W. Larry, Wilmore, Jack H. & Costill, David L. (2015) *Physiology of Sport and Exercise* (Latest edition). Leeds: Human Kinetics, (648 p.) ISBN1450477674.

Skolverket (2011). *Ämne – Specialidrott*. Stockholm: Skolverket, (12 p.) (Available on the Internet)

Compendiums and scientific publications also included, approximately 200 pages.

