



Course syllabus

Faculty of Social Sciences

Department of Sport Science

2IV220 Hälsopromotivt arbete i praktiken, 7,5 högskolepoäng

2IV220 Health promotion in practice, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved by Faculty of Social Sciences 2023-06-26

The course syllabus is valid from spring semester 2024

Prerequisites

1IV222 Nutrition and physical performance, 7.5 credits, 1IV223 Health Promotional Physical Activity, 7.5 credits and 1IV224 Health Communication, 2.5 credits, or the equivalent

Objectives

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

- carry out different exercise related practices within mobility, strength and endurance training,
- from an ethical perspective, carry out and critically evaluate tests related to physical activity and health,
- plan, implement and analyse health promotion in practice focusing on different forms of physical activity,
- apply and carry out interventions focusing on physical activity and health.

Content

This course develops and deepens theoretical as well as methodology related issues relevant to how you work with physical activity and health as a personal trainer. Furthermore, the course also discusses how students may help individuals to attain their physical training goals, maximise the training effectiveness and minimise the risk of

injuries or health issues.

The course contains the following elements:

- design and lead training and exercise programmes
- apply and evaluate methods for health promotion
- organise and carry out tests related to health and physical activity
- placement as a personal trainer
- documentation and follow-up of results
- practical elements within mobility, strength and endurance training

Type of Instruction

Teaching consists of lectures, laboratory sessions, placement studies 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 one individual written take-home exam including a practical examination, and three practical sessions.

In order to receive the final grade of Pass in the course, the course objectives shall be attained.

For a final grade of Pass with Distinction in the course, the written take-home exam requires the grade of Pass with Distinction and the other examinations require a Pass.

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.

Other

This course is included in the Sports Science Programme. Any additional costs that may arise in connection with the course are paid for by the students themselves.

Required Reading and Additional Study Material

Augustsson, Jesper, Augustsson Ryman, Sofia, Thomeé, Roland & Karlsson, Jon (latest edition). *Styrketräning: för idrott, motion och rehabilitering*. Stockholm: SISU idrottsböcker, (425 p.)

Barth, Tom & Näsholm, Christina (latest edition). *Motiverande samtal – MI. Att hjälpa en människa till förändring på hennes egna villkor*. Lund: Studentlitteratur, (180 p.)

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

Selected parts, circa 200 p.

Kenney, W Larry, Wilmore, Jack & Costill, David (latest edition). *Physiology of Sport and Exercise*. Champaign, Illinois: Human Kinetics Publishers, (621 p.) Selected parts, circa 150 p.

Compendiums are also included, approximately 40 pages, and scientific publications, circa 40 pages.