



Course syllabus

Faculty of Social Sciences
Department of Sport Science

2IV224 Fysiska och mentala perspektiv på utevistelse och hälsa , 15
högskolepoäng

Physical and Mental Perspectives on Outdoor Activities and Health,
15 credits

Subject

Sport Science

Level

First cycle

Progression

G1F

Date of Ratification

Approved 2024-12-09.

The course syllabus is valid from autumn semester 2025.

Prerequisites

IIV224 Health Communication 7,5 credits and 2IV223 Outdoor environment from a health-promoting perspective 7,5 credits or the equivalent.

Objectives

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

- account for theories of exercise and health psychology and analyse the psychological and mental effects of physical activity to the self-esteem, body perception, stress management, risk of injury and exercise addiction,
- explain and discuss the mechanisms behind changes in behaviour and sustainable exercise habits, and analyse the factors contributing to long-term healthy physical activity habits and good health habits,
- analyse and examine critically how various cultural and natural environments impact the individual's health and physical activity in a participatory perspective, and give suggestions on how the environment can be adapted to strengthen the

health effects,

- reason about the relation between outdoor recreation, physical activity and health, and describe in what ways leadership in outdoor recreation may promote people's wellbeing,
- search out, identify, compile and present relevant research and theories in the field of outdoor recreation, particularly focusing on health and physical activity and reflect also on the importance of outdoor recreation to sustainable wellbeing.

Content

The course comprises specialised studies in the theories of exercise psychology and the psychological effects of physical activity to the individual's wellbeing, specifically focusing on self-esteem, body perception, stress management, risk of injury and exercise addiction. The course also deals with the mechanisms and behavioural changes that form the basis of developing sustainable exercise and health habits.

Furthermore, the course looks into the relation between outdoor recreation and health, particularly within physical activity and outdoor recreation, focusing on the leadership of outdoor recreation and the potential of health promotion. Outdoor recreation is studied in a physical perspective with respect to the importance to wellbeing.

Various cultural and natural environments are analysed and problematised to look into how these are used to promote physical activity and health, and how the environment impact the individual's experiences and how it can be adapted to maximise the health effects.

Research methods and theories of outdoor recreation focusing on health and physical activity are also discussed in the course. This includes critical examination of research to develop a deeper understanding of the importance of outdoor recreation to a sustainable and healthy lifestyle.

Type of Instruction

Teaching takes place in the form of lectures, seminars and excursions.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place by means of one individual case study to be presented in writing as well as orally, one practical examination, one seminar and one individual written assignment including an associated presentation.

In order to receive a grade of Pass in the course, the course objectives must be attained. For a grade of Pass with Distinction it is required that both the case study and the written assignment are assessed as Pass with Distinction.

Resit examination is offered in accordance with Linnaeus University's Local regulations for courses and examination at the first- and second-cycle levels.

In the event that a student with a disability is entitled to special study support, the examiner will decide on adapted or alternative examination arrangements.

Course Evaluation

A course evaluation should be conducted during the course or in connection with its conclusion. The results and analysis of the completed course evaluation should be promptly communicated to students who have completed the course. Students participating in the next course instance should be informed of the results of the previous course evaluation and any improvements that have been made, no later than at the start of the course.

Other Information

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

Some study elements may be carried out at another location.

Required Reading and Additional Study Material

Graham, John (1997). *Outdoor leadership: Technique, Common Sense & Self-Confidence*. The Mountaineers, (selected parts, 175 p.). ISBN: 9780898865028. Provided by the department.

Hedin, Anders (latest edition). *Presentationsteknik: En handbok i framgång*. Lund: Studentlitteratur, (76 p.).

Lindwall, Magnus, Stenling, Andreas & Weman Josefsson Karin (latest edition). *Motivation inom träning, hälsa och idrott - Ett självbestämmande perspektiv*. Lund: Studentlitteratur, (selected parts, 416 p.).

Martin, Bruce, Cashel, Christine, Wagstaff, Mark, Breunig, Mary (2006). *Outdoor leadership- Theory and Practice*. Human Kinetics Publisher, (selected parts, 306 p.). ISBN: 9780736057318. Provided by the department.

Ogden, Jane (latest edition). *Health Psychology*. London: McGraw-Hill Education, (selected parts, 515 p.).

Sparkes, Andrew C. (2020). Autoethnography: accept, revise, reject? An evaluative self reflects. *Qualitative Research in Sport, Exercise and Health*, 12(2), 289-302. DOI:10.1080/2159676X.2020.1732453 (14 p.). Provided by the department.

Compendiums and research journals also included (ca. 100 pages).