



Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IM106 Idrottsmedicin - Hälsorelaterade mätmetoder inom idrottsmedicin och idrottsvetenskap, 7,5 högskolepoäng

Sport medicine - Health-related assessment methods in sports medicine and sports science, 7.5 credits

Main field of study

Sport Science

Subject Group

Medicine

Level of classification

Second Level

Progression

A1N

Date of Ratification

Approved by Faculty of Social Sciences 2014-09-18

The course syllabus is valid from autumn semester 2015

Prerequisites

A bachelor degree in a relevant subject or a degree from a relevant education such as medical doctor, nurse, physiotherapist, dietician or physical education.

Objectives

Expected learning outcomes

- Suggest and critically discuss the appropriate assessment method in different populations and contexts
- Develop a study protocol to assess different aspects of health-related physical fitness, body composition, physical activity and dietary intake
- Practically select and apply the studied methods.

Content

- General aspects of assessment methodology
- Assessment methods for health related physical fitness
- Assessment methods for body composition
- Assessment methods for Physical activity
- Assessment methods for dietary intake
- A practical exercise in which some of the presented methods are tested

Type of Instruction

The course instructions consists of recorded lectures, individual assignments and reports.

The course also contains practical moments.

Examination

The course is assessed with the grades A, B, C, D, E, Fx or F.

Assessment of the student's performance is carried out by the means of a written exam, seminars and practical sessions

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. (i.e. received the grade F)

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.

Course Evaluation

At the end of the course a written evaluation is conducted. The evaluation forms are compiled and stored at the department. The outcome of the evaluation and which measures that are taken based on the evaluation is communicated to the participants of the course and to those that enters the course at the next occasion.

Other

Grade criteria for the A–F scale are communicated to the student through a special document. The student is to be informed about the grade criteria for the course by the start of the course

Required Reading and Additional Study Material

Gibson RS (2005). *Principles of nutritional assessment*. Oxford University Press, New York

American college of sports medicine (2011). *ACSM's Guidelines for Exercise Testing and Prescription*. Lippincott Williams & Wilkins (Senaste upplagan)

American college of sports medicine (2010). *ACSM's Health-related Physical Fitness Assessment Manual*. Lippincott Williams & Wilkins (Senaste upplagan)

Scientific publications, approximately 200 p, will be provided by the course direction