



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IM116 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 2013-09-05

Revised 2021-08-20 by Faculty of Social Sciences. Revision of objectives, content, examination and examination elements.

The course syllabus is valid from spring semester 2022

### **Prerequisites**

180 credits (Degree of Bachelor) in a relevant field or a relevant professional qualification such as doctor of medicine, nurse, physiotherapist or dietician.

## Objectives

After completing the course, students shall be able to:

- Independently identify and suggest various health related assessment methods for different populations and contexts,
- Suggest and evaluate adequate clinical study designs and methods applicable to map out and assess the effects of programmes related to health promotive physical performance, physical activity or body composition,
- Independently put their theoretical knowledge into practice.

## Content

The course contains the following elements:

- General aspects of assessment methodology such as measurement error, clinical study design, validity and reliability
- Assessment methods for health related physical performance
- Assessment methods for body composition
- Assessment methods for health promotional physical activity
- Practical exercise of a selection of the methods introduced in the course

## Type of Instruction

Teaching consists of lectures and presentations.

## 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 a written examination in the form of a project plan and four written presentations on measuring methodology.

In order to receive a grade of Pass, the course objectives must be attained. For a grade of Pass with Distinction, it is required that the element of a project plan on health related measuring methods is assessed as Pass with Distinction and the other elements require the grade of 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.

## Required Reading and Additional Study Material

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

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

Scientific publications, approximately 200 pages, provided by the course coordinator.