



Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IM117 Idrottsmedicin - Hälsöfrämjande styrketräning, 7,5
högskolepoäng

Sports Medicine - health related benefits of resistance training, 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 2017-02-24 by Faculty of Social Sciences.

The course syllabus is valid from spring semester 2018

Prerequisites

NO VALUE DEFINED

Objectives

After completing the course, students shall be able to:

- evaluate the health related benefits of resistance training in a life-long perspective
- independently identify how resistance training may be used for performance and prevention
- argue for how resistance training may be used as treatment of illnesses/injuries

Content

The course discusses resistance training in relation to an evidence-based perspective, from common exercise to elite sports. Advanced knowledge of the health related benefits of resistance training in a life-long perspective is provided. The course also addresses how resistance training may be used for increased performance and as prevention and treatment of illness/injury.

The course contains the following components:

- Muscle physiology
- Health related benefits of resistance training
- Illnesses and injuries
- Resistance training in a life-long perspective
- Gender differences

Type of Instruction

Teaching consists of lectures, individual studies, practical sessions/demonstrations, seminars and group presentations.

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 written and one oral examination performed in seminars, and one take-home exam. In order to receive a grade of Pass, the course objectives must be attained. To be awarded a grade of Pass with Distinction for the entire course, this grade is required for at least 5.5 credits of the total course credits.

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, and to the students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Kenney, W Larry., Wilmore, Jack & Costill, David (2011). *Physiology of Sport and Exercise 5ed.* Human Kinetics Publishers, (621 s).

Compendiums and scientific articles are also included, approximately 200 pages.

Pdf-files are provided by the university.