Linnæus University

Jnr: 2020/3998-3.1.2.2

Course syllabus

Faculty of Social Sciences
Department of Sport Science

4IM117 Idrottsmedicin - Hälsofrämjande 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 2021-01-29 by Faculty of Social Sciences. Revision of examinations, and standard text added.
The course syllabus is valid from autumn semester 2021

Prerequisites
180 credits of which 15 credits in Anatomy/Physiology (at least 7.5 credits in Physiology), or Sport and Health, Sport Science, 90 credits or the equivalent.
Other education - Degree of Master of Science in Medicine, Degree of Bachelor of Science in Physiotherapy or Degree of Bachelor of Science in Nursing.

Objectives

After completing the course, students shall be able to:

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

Content

The course discusses strength training in relation to an evidence-based perspective, from common exercise to elite sports. Advanced knowledge of the health related benefits of strength training in a life-long perspective is provided. The course also addresses how strength 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 strength training
- Illnesses and injuries
- Strength 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 carried out 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 in the entire course, this grade is required for at least 5.5 credits of the total course credits.

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, 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 (latest edition). *Physiology of Sport and Exercise 5ed.* Human Kinetics Publishers, (621 p.).

Compendiums and scientific publications are also included, approximately 200 pages. PDF-files are provided by the university.

Pdf-files are provided by the university.