



Course syllabus

Faculty of Social Sciences
Department of Sport Science

4IV329 Mästerskapscoaching - Coachens roll i prestationsutveckling
mot internationella mästerskap, 7,5 högskolepoäng
Sport Coaching in International Championships, 7.5 credits

Main field of study

Sport Science

Subject

Sport Science

Level

Second cycle

Progression

A1N

Date of Ratification

Approved 2020-02-19.

Revised 2024-06-19. Revision of examination formats.

The course syllabus is valid from spring semester 2025.

Prerequisites

General entry requirements for second-cycle studies and specific entry requirements with at least 90 credits in the main field of study Sports Science or the equivalent, or at least 5 years of documented leadership experience within elite sports.

Objectives

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

- account for the significance of value-based leadership,
- describe and argue for coaching before and during championships,

- explain and exemplify the creation of management and support teams at championships,
- develop and argue for a working method that can be applied at team trials for championships,
- identify and give examples of the coach's own preparations prior to a championship.

Content

The main aim of the course is to convey, describe and enhance the knowledge and understanding of challenges related to championships

- vision and philosophy
- value-based leadership
- the various dimensions of knowledge and the interaction between these
- coaching before and during a championship
- management and support teams
- the coach's preparations prior to a championship
- team trials

Type of Instruction

Teaching consists of lectures, seminars and case studies. Compulsory elements in the form of seminars.

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 written report and three seminars.

In order to receive a final grade of Pass in the course, all examination assignments must be assessed as Pass.

For a final grade of Pass with Distinction in the course, the written individual report requires the grade Pass with Distinction.

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.

Other Information

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

Required Reading and Additional Study Material

Required reading

Becker, Andrea (2009). It's Not What They Do, It's How They Do It: Athlete Experiences of Great Coaching. *International Journal of Sports Science & Coaching*, 4(1), (27 p.)

Coté, Jean & Gilbert, Wade (2009). An Integrative Definition of Coaching Effectiveness and Expertise. *International Journal of Sports Science & Coaching*, 4(3), (17 p.)

Dartsch, Christine, Norberg, Johan & Pihlblad, Johan. *I gråzonen. En antologi om idrottens etiska utmaningar*. Stockholm: Centrum för Idrottsforskning, (206 .) ISBN: 978-91-981833-1-3

Duffy, Pat, Hartley, Hazel, Bales, John, Crespo, Miguel, Dick, Frank, Vardhan, Desiree, Nordmann, Lutz & Curado, José (2011). Sport coaching as a "profession": Challenges and future directions. *International Journal for Coaching Science*, 5(2), (31 p.)

Elbe, Anne-Marie (ed). *Sport and Exercise Psychology Research: From theory to practice*. London: Elsevier/Academic Press, (34 p.)

Ericsson, K. Anders, Krampe, Ralf & Tesch-Romer, Clemens (1993). The Role of Deliberate Practice in the Acquisition of Expert Performance. *Psychological Review*, 100(3), (45 p.)

Gerrevall, Per & Hageskog, Carl-Axel (2019). *När allt står på spel - Erfarenheter från framgångsrik mästerskapscoaching*, Lund, Studentlitteratur, (369 p.) ISBN: 978-91-44-12239-7

Gilbert, Wade & Coté, Jean (2013). Defining coaching effectiveness: A focus on coaches' knowledge. I: Potrac, P. Gilbert, W. & Denison, J. (eds.), *Routledge Handbook of Sports Coaching*. London och New York: Routledge, (13 p). ISBN: 9781138860438

Holub, Miroslav (2006). Om vänlighet. I: Göransson, Bo. & Mouwitz, Lars. (eds.). *Det dubbla greppet. Dialoger*, no 77–78, (2 p.). ISBN: 9789186659059

Kirkhaug, Rudi (2015). *Värdebaserat ledarskap*. Lund: Studentlitteratur, (264 p.) ISBN: 9789144102764

Mallett, Clifford & Lara-Bercial, Sergio (2016). Serial winning coaches: People, vision and environment. I: Raab, M., Seiler, R., Hatzigeorgiadis, A., Wylleman, P. & Elbe, A-M. (eds.), *Sport and Exercise Psychology Research: From theory to practice*. London: Elsevier/Academic Press, (34 p.)

Additional study material

International Council for Coaching Excellence (ICCE), Association of Summer Olympic International Federations, Leeds Beckett University (2013). *International Sport Coaching Framework*. 1.2. Human Kinetics Champaign, Illinois, US, (54 p.) Available on the Internet.

Hemmestad, Liv (2013). *Balansekunst – Ledelse, Læring Og Makt I Håndballandslaget Kvinner Senior*. Norwegian School of Sports Sciences, Oslo, , (289 p.) (Doctoral thesis).