



## Programme syllabus

Faculty of Social Sciences

Coaching och Sport Management, idrottsvetenskapligt program, 180 högskolepoäng

Coaching and Sport Management, Sports Science Programme, 180 credits

### Level

First Level

### Date of Ratification

Approved 2009-10-12

Revised 2013-12-04 by the Faculty Board within the Faculty of Social Sciences

The programme syllabus is valid from autumn semester 2011

### Prerequisites

General entry requirements.

### Description of Programme

Coaching and Sport Management, Sports Science Programme, provides students who have a keen interest in sports with the opportunity to educate themselves for qualified work within sport. The overall objective is for students to develop the necessary leadership competence needed to develop and strengthen Swedish sports, in a broad sense (on individual, group or organisational levels). The programme should also allow students the opportunity to develop the skills needed to perform research and development work within sport.

### Objectives

Central degree objectives in accordance with the Higher Education Ordinance:

#### *Knowledge and Understanding*

Students of the Bachelor of Science programme should

- demonstrate knowledge and understanding within the main field of study for the education, including its scientific basis; demonstrate knowledge of applicable methods within the field; carry out specialised studies within some part of the field, as well as demonstrate an awareness of current research questions.

#### *Skills and Abilities*

Students of the Bachelor of Science programme should

- demonstrate the ability to seek, compile, evaluate and critically interpret relevant information in their approach to a problem as well as critically discuss phenomena, issues and situations,

- demonstrate the ability to independently identify, formulate and solve problems as well as carry out assignments within a given time frame,
- both verbally and in writing, demonstrate the ability to account for, and discuss, information, problems and solutions with other groups, and
- demonstrate the skills needed to independently work within the field at which the education is aimed.

### *Judgement and Approach*

Students of the Bachelor of Science programme should

- within their main field of study, demonstrate the ability to make assessments with regard to relevant scientific, societal and ethical aspects,
- demonstrate an understanding of the role of knowledge in society as well as an understanding of peoples' responsibility for how this knowledge is used, and
- demonstrate the ability to identify their need for further knowledge and to develop their competence

### *Programme-specific Objectives*

In order to obtain a degree, students should have acquired comprehensive skills so that they may take on the role of leaders within the sporting community as well as assist in the development of their own sport. This means that, on completion of their studies, students should:

- have the ability to manage and work together with athletes so that they receive support in their development, according to their needs and capabilities,
- as a leader, be able to create conditions for achieving the sporting development of individuals as well as groups,
- be able to plan and carry out sporting activities based on good knowledge of human biology, sports medicine and teaching of exercise,
- independently and in cooperation with others, and with regard taken to basic knowledge of business administration, be able to manage and develop a sports organisation based on knowledge of organisational structures and interactions,
- be able to operate on the basis of good self-awareness and a reflective approach to their personal leadership,
- be able to market their own sport and the events associated with it,
- have the ability to communicate with the surrounding world both verbally and in writing,
- from class, gender and ethnicity perspectives, be able to understand and evaluate the importance of sport as a cultural and structural institution in society,
- as a ground for professional development, be able to look after and systematize their own experiences, and the experiences of others, as well as relevant research findings,
- be familiar, and act in accordance, with the values and ethics of the sports movement.

## Content

### *Organisation*

The programme is lead by a programme co-ordinator as well as a development group that is made up of representatives for included subjects and institutions. There is also a reference group whose participants come from different parts of the sporting community, municipality and businesses, as well as students. During the time of their studies, students will have the opportunity for individual discussions with the programme co-ordinator. Through these discussions, students will have the possibility to express their views on the education. An alumni network of past students has been made. This provides a network to promote the future of the programme.

### *Programme Overview*

During the first year, courses that deal with leadership and organisational theory, as well as the role of sport in society, will be given. Theory and practice will be layered within teaching of physical education, where participants' personal sports are central. Anatomy, physiology, movement analysis and teaching of exercise are also studied under sports research. Activities within the health and leisure sector are illustrated from a societal perspective and, at the same time, a foundation for how sports policy works is created.

During the second year, students perform deeper studies within leadership at the same time as education with the economical aspects begins. Communication, performance psychology and group development within sport are areas that are dealt with. Project work, marketing and cultural prerequisites of sport are given scope and the study year concludes with a field work, which can be carried out abroad.

During the third year, focus will be placed on the field of sport management, which deals with the management, handling and development of modern sports organisations or sports events, but also with entrepreneurship. During the concluding year, students perform deeper studies either within coaching or sport management, which, together with a methodology course, lays the foundation for the degree project that is carried out during the concluding semester. The entire education concludes with an illustration of international perspectives in sport. Certain studies during the third year can be carried out abroad.

Students are also required to examine course content, for all courses included in the programme, from ethical, diversity and gender perspectives.

### *Programme Courses*

#### Semester 1

Sport Didactics, 7.5 credits, G1N\*

Sport in Society, 7.5 credits, G1N\*

Management and Organisation of Sports and Health Organisations, 15 credits, G1N\*

#### Semester 2

Applied Teaching of Exercise, 15 credits, G1N\*

Health Promotion with the emphasis on Sport and Leisure, 7.5 credits, G1N\*

Cultural Perspectives of Sport, 7.5 credits, G1N\*

#### Semester 3

Sports Coaching, 15 credits, G1F\*

Marketing within Sports and Health Organisations I, 7.5 credits, G1N

Sport, Organisation and Society, 7.5 credits, G1N\*

#### Semester 4

Project Management within Sports and Health organisations, 7.5 credits, G1F\*

Marketing within Sports and Health Organisations II, 7.5 credits, G1F

Sport-related Field Work, 12 credits, G1F\*

Commission-based Learning within Sports and Health Organisations, 6 credits, G1F\*

#### Semester 5

Accounting and Law in Sport and Health Organisations, 12 credits, G2F

Commission-based Learning within Sports and Health Organisations, (continuation from semester 4), G1F\*

Entrepreneurship and Organisation Development within Sports and Health Organisations, 15 credits, G2F

Semester 6  
Research Methods in Sports Science, 7.5 credits, G2F\*  
Degree Project Sport Science, 15 credits, G2E\*  
Global Sport, 7.5 credits, G2F\*

\*=course in main field of study  
Courses within the programme may change position.

#### *External Contacts*

During the programme, students are allowed to focus their studies on their areas of interest and future working assignments. It is possible for students to use their own connection to the sports movement as a basis for recurrent features in education. External contacts are created through recurrent seminars and café meetings, where guests from various sports sectors are invited. Practical cooperation is carried out via the course Commission-based Learning, which runs during semesters four and five. During this course, practical development work is practiced, and contact with a future labour market is made. The independent works that are carried out (field work and degree project) are linked to a problem or issue that is generated via external contacts, or that the students themselves find important to study.

#### *Studies Abroad*

Students also have the possibility of carrying out parts of the education at a seat of learning abroad. For this purpose, there is a well-functioning bilateral cooperation developed with institutions that have a long history of experience and that can offer our students valuable and complementary specialisms. Studies abroad can be carried out during the third academic year. What is more, it is possible to carry out the field work during the second academic year abroad.

#### *Perspectives in Education*

##### *Sustainable Development*

In order to have sustainable development, the programme has an alumni network connected to it. Here, we receive continuous feedback in regards to the content and relevance of the education.

##### *Gender*

During the programme, we illustrate various gender perspectives as well as endeavour to include both men and women in tuition, both in regards to lecturers and authors of literature.

##### *Diversity*

Many courses in the programme deal with this subject; for example, Cultural Perspectives of Sport, Management and Organisation of Sports and Health Organisations as well as Sports Coaching.

##### *Internationalisation*

We include, among other things, foreign literature and foreign lecturers in our programme as well as study other countries' sports, leadership and organisation.

#### **Quality Development**

Evaluations are carried out at the end of every course. A formative programme evaluation is carried out for all years at the end of each academic year. A final programme evaluation is carried out on completion of the education. Two to three times a year, the Programme Co-ordinator meets with representatives from all years to discuss the programme and its courses. During these discussions, students are given the opportunity to make suggestions for improvement. The objective with the alumni network is to assure the quality of the education in the light of students' experiences in working life. Course and programme evaluations are filed and stored at the university.

## **Degree Certificate**

Following completion of studies fulfilling the requirements as stated in the Higher Education Ordinance degree ordinance and the local degree ordinance for Linnaeus University, the student can apply for the award of the degree. Students who have pursued studies in Coaching and Sport Management, sports science programme may obtain the following degree:

*Bachelor of Science with specialisation in Coaching and Sport Management  
(Main field of study: Sport Science)*

## **Other Information**

During the programme, a number of study trips are made in order to create a network and closer ties to future businesses. Students are obliged to fund some of the costs for these trips.