



## 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 2018-12-06 by the Faculty Board within the Faculty of Social Sciences

The programme syllabus is valid from autumn semester 2019

### Prerequisites

General entry requirements for university studies.

### 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 required to develop and strengthen Swedish sports in a broad sense, at the individual, group or organisational level. The programme shall also give the students the opportunity to develop the skills needed to participate in research and development work within sport.

### Objectives

#### Qualitative Targets in accordance with the Higher Education Ordinance

##### *Knowledge and Understanding*

Students of the Bachelor of Science programme shall

- 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.

##### *Competence and Skills*

Students of the Bachelor of Science programme shall

- demonstrate the ability to search out, 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 autonomously 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 shall

- 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 entails 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 make use of and systematize their own experiences as well as the experiences of others, and relevant research findings,
- critically review the basic values and ethics of the sports movement as well as be familiar with this and act accordingly.

## Content

### *Programme Overview*

During the first year, courses that deal with leadership and organisational theory, cultural conditions, 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, science of movement 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 functions is created.

During the second year, students perform deeper studies within leadership and communication, and performance psychology and the development of groups within sports are also studied. Project management and marketing are discussed and the study year is concluded with field work, which may be conducted abroad. At the start of the spring semester of the second year, the placement training of the programme begins, and this commission based learning is a way of practicing the theories previously studied in other courses. The method of implementation is mainly project oriented and based on assignments in cooperation with the surrounding society, through for instance sports clubs, athletic associations, municipalities and business and industry.

During the first semester in the third year, focus will be placed on financial management control and entrepreneurship, including the management and development of contemporary sports organisations and events. The final semester is focused on the degree project which is preceded by research methods. The programme is concluded with an illustration of international perspectives on sport. Certain studies during the third year may preferably be carried out abroad.

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

#### *Programme Courses*

##### **Semester 1**

Sport and Society, 7.5 credits, G1N\*  
Applied Teaching of Exercise, 15 credits, G1N\*  
Sport Didactics, 7.5 credits, G1N\*

##### **Semester 2**

Management and Organisation of Sport and Health Organisations, 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 in Sport and Health Organisations I, 7.5 credits, G1N  
Sport, Organisation and Society, 7.5 credits, G1N\*

##### **Semester 4**

Project Management in Sport and Health organisations, 7.5 credits, G1F\*  
Marketing in Sport 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**

Commission-based Learning within Sports and Health Organisations, (continuation from semester 4)  
Accounting and Law in Sport and Health Organisations, 12 credits, G2F4, G1F\*  
Entrepreneurship and Organisation Development in Sport 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 the main field of study

The order of the courses given within the programme may change.

### *Societal Relevance*

Sport is a huge part of everyday life for many people, young and old alike, as well as sport being an important part of society, on the grounds of several different perspectives. The sports movement has approximately 3.2 million members, and for the Swedish sports movement to live up to the demands imposed by society and the expectations of their members, a sustainable structure and organisation is required, built on scientific knowledge and best practice. The Coaching and Sport Management Programme is aimed at turning out students who will be able to develop activities within sports, at the individual level as well as at the group and social level. Graduates shall be able to contribute with the knowledge and competence required for qualitative activities within the field of sports and exercise.

During the programme, students may to some extent focus their studies on their areas of interest and future working assignments. External contacts with the surrounding environment are established through for instance recurrent seminars and lectures with various backgrounds in the sports sectors, field trips and not the least through the network established with collaboration partners. Practical cooperation is carried out via the course *Commission-based Learning* (see under heading Programme Overview). Students are also given the opportunity to use their own connections with the sporting community within the scope of various educational features.

During the programme, students participate in the Linnaeus University Career Training - *From University Life to Professional Life*. This training contains elements such as self-inventory, inventory of the external environment and action plan.

### *Internationalization*

International perspectives are continuously included in the courses in order to improve the quality of the programme. This is done through studying foreign literature as well as foreign guest lecturers being invited, and by specifically comparing and studying sports, leadership and organisations in other countries. Student and teacher exchange is also supported and encouraged in the Coaching and Sport Management programme.

Students also have the opportunity to carry out parts of the education at higher education institutions 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 specialist competence. Students in the programme are also offered shorter periods of exchange with a clear link to specific courses. Such exchanges include both students, teachers and researchers coming to the university as well as leaving for a university abroad. Students coming to the university through such an exchange participate in the regular studies, which entails that students not leaving for studies abroad still benefit from the exchange.

### *Perspectives in Education*

#### *Sustainable Development*

Leadership is one of the areas of focus in the programme and various aspects of social sustainability and development are discussed. Issues concerning the working environment as well as ethical issues in relation to leadership in children's and youth sports are some of the themes addressed. Other aspects of sustainability, such as the economic and ecological perspectives, are also discussed in several courses. Economic sustainability is mainly illustrated in the courses in economics, and ecological sustainability is addressed in courses such as *Sport, Organisation and Society*.

### *Equal Terms*

During the programme, issues concerning diversity and equal terms are discussed and considered, and this subject is particularly discussed in the courses *Sport and Society* and *Cultural Perspectives of Sport*, but is also touched upon in several of the other courses. Possible conflicts between grassroots and elite sports are discussed, as well as different conditions depending on gender and socioeconomic aspects, not the least in relation to elite sports, and conditions of sports depending on where people live.

### *Broadened Knowledge Perspective (Education)*

Within the scope of the education, issues within the field of sports science are put in relation to other fields of knowledge. The aim of the programme is also that students shall develop a critical approach, which is useful for them in other areas as well. Sport is a part of the Swedish society, which makes it impossible to separate from society itself. Naturally, this means that students also have to adopt an approach to other areas than only the field of sports science. The courses *Sport and Society*, *Cultural Perspectives of Sport* and *Global Sport* contribute in particular to a broadened knowledge perspective. The programme also contributes to a general and broad foundation of the scientific and critical approach, applicable to a number of different areas.

### *Entrepreneurial Approach*

During the programme, students are given the opportunity to continuously develop skills related to the entrepreneurial approach. They are for instance encouraged to improve their initiative and the ability to be innovative, as well as the ability to communicate and cooperate with various parties and people. One of the courses in the programme addresses this subject in particular, *Entrepreneurship and Organisational Development*, where students are given the opportunity to come up with services or products related to the field of sports.

## Quality Development

The programme follows the systematic quality assurance plan issued by the institution, and in line with this plan, course evaluations are carried out at the end of each course. The results are presented to the students who have completed the course, as well as to the students participating at the following course date. The results are also taken into consideration during the course working team meetings. The course working team meets in due time prior to the course being held, for planning purposes, as well as in connection with the conclusion of the course in order to summarize and evaluate the course. In addition to course evaluations, a programme evaluation is carried out once a year, which forms the basis of the development activities within the programme for the following year. Compilations of these evaluations are filed at the university.

The organisation of the programme consists of a programme coordinator, a quality assurance coordinator responsible for the scientific quality assurance, and a working team consisting of course coordinators within the programme. Two to three times every semester, the course coordinators meet with the programme coordinator and the quality assurance coordinator to discuss the programme and its courses. Two student representatives from each year meet with the programme coordinator in a programme council twice every semester. During these discussions, students are given the opportunity to give their views and make suggestions for improvement. The students in the programme have a student association with the aim of making the three years of study as good as possible, concerning studies as well as leisure. There is also a network related to the programme Coaching and Sport Management, where collaboration partners and current students meet with the aim of promoting the future of the students as well as the programme, but also in order to promote cooperation during the studies.

There is also a reference group, with the aim of further strengthen the connection with the sporting community, and in particular maintain continuous quality development of the programme. This reference group focuses on strategic issues in order to improve the quality as well as respond to the social development within the field of sports. The reference group is composed of both internal (teachers, researchers and students) as well as external representatives. The external representatives are employees at the Swedish Sports Confederation, Växjö Municipality, the regional sports confederation (Smålandsidrotten), another higher education institution and the private sector.

### **Degree Certificate**

After completed studies in accordance with the objectives specified by the Higher Education Ordinance and the Linnaeus University Degree Ordinance, the student can apply for a degree certificate. Those having completed the Sport Science Programme in Coaching and Sport Management, 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 establish closer ties to future businesses. Students are obliged to pay for these trips as well as any additional costs themselves.