



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 by Faculty of Social Sciences 2009-10-12

Revised 2022-12-15

The programme syllabus is valid from autumn semester 2023

Prerequisites

General entry requirements for university studies.

Description of Programme

The aim of the Coaching and Sport Management, Sports Science Programme, is to turn out students for qualified work within the sports and leisure industry. More specifically, the programme enhances the students' competence in relation to the development and strengthening of sports in a broad sense at the individual, group or organisational level, at the local, regional, national as well as international level.

Objectives

Qualitative Targets in accordance with the Higher Education Ordinance

Knowledge and Understanding

For a Degree of Bachelor, the student shall

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

Competence and Skills

For a Degree of Bachelor, the student 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 independently identify, define 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 for which the education is intended.

Judgement and Approach

For a Degree of Bachelor, the student 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 enhance 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 sports and leisure industry as well as assist in the development of such activities at the local, regional, national and international level. This entails that, on completion of their studies, students should be able to:

- as a leader, establish the conditions required to bring about sustainable development in sport for individuals as well as for groups and organisations within the sports and leisure industry,
- enhance their leadership philosophy by adopting a reflective approach,
- independently and in cooperation with others, lead and develop sports and leisure organisations, based on basic knowledge of business administration and organisational theory,
- market activities and events related to the sports and leisure industry,
- have an understanding of and evaluate the importance of sport as an institution in society, and
- examine critically the fundamental values of the sports movement and its relation to changes in society.

Content

Programme overview

Year 1

During the first year, courses are given that together give the students an understanding of the extent and scope of sports science. In the introduction to sports science, students gain a first insight into what sports science may entail and they practice a scientific approach. Furthermore, the anatomy and physiology of the human body, leadership in a didactic perspective, the Swedish sports model and how this has been developed and how it is organised and managed are also looked into. Based on the commercialisation and professionalisation of sports, basic knowledge of financial management control,

marketing and project management are also provided. The first year is concluded with a course in different theories and methods commonly applied in the field of sports science.

Year 2

The first semester in the second year consists of complementary as well as specialised studies of the subjects studied during year 1. In the course Physical Training in Sport 2, the studies are based on the previously acquired knowledge of the human body and the students draw up training schedules for different sports, in Sport Coaching 2 they study leadership in development environments, and the course Sport Management 2 involves studies in organisational development. In order for the students to practice their scientific approach and to practice all the steps involved in the research process, the semester is concluded by the students writing a minor independent project.

The fourth semester has an international touch where ethics, culture and sustainability are three concepts particularly emphasised. The students also study sports in the global arena and compare the sports models used in different countries to the Swedish model. In the course Sport Coaching 3, students shall form an idea of their own development as a coach. This is achieved by the students being out in the field observing as well as interviewing people who work in sports activities. The studies during the fourth semester may also be carried out abroad.

Year 3

The third year starts with the students learning about the political and media related conditions of sports. At the same time, the students also begin their assignment based learning, which may be regarded as placement studies. Here, the students are given the opportunity to apply the theories previously studied in the programme. The implementation method is mainly project oriented and is based on assignments that are carried out in cooperation with the surrounding society, in the form of for instance club activities, sports federations, municipalities and the business and industry. Furthermore, students will also during the third year acquire basic knowledge of sports law and entrepreneurship, as well as advanced knowledge of financial management control. The programme is concluded by the students writing a degree project preceded by an advanced course on theory and method in the field of sports science.

All courses are given on campus and the language of instruction is mainly Swedish, but some courses/components may be given in English. All the courses in year 1 and semester 6 are studied on full-time, while some courses in semester 3, 4 and 5 are studied on part-time (for further information, see the course syllabuses).

Programme courses

Semester 1

Introduction to Sport Science, 7.5 credits, G1N*

Physical Training in Sport 1 - Anatomy, Physiology and Sports Medicine, 7.5 credits
G1N*

Sport Coaching 1 – Leadership and Sports Didactics, 7.5 credits, G1N *

Sport Management 1 – The Development and Organisation of Swedish Sport, 7.5
credits, G1N *

Semester 2

Accounting and Law in Sport and Health Organizations , 7.5 credits, G1N
Marketing in Sport and Health Organisations I, 7.5 credits, G1N
Theory and Methodology in Sport Science 1, 7.5 credits, G1N*
Project Management in Sport and Health, 7.5 credits, G1N*

Semester 3

Sport Coaching 2 - Leadership in Development Environments, 7.5 credits, G1F*
Physical Training in Sport 2 - Applied Training in Sport, 7.5 credits, G1F*
Sport Management 2 - Organisational Development, 7.5 credits, G1F*
Degree Project Sports Science, 7.5 credits G1F*

Semester 4

Cultural Perspectives of Sports, 7.5 credits, G1F*
Sport Management 3 - Global Perspectives of the Organisation and Management of Sport, 7.5 credits, G2F*
Sport and Sustainable Development, 7.5 credits, G1F*
Sport Coaching 3 - Coaching and Leadership in Sports, 7.5 credits, G2F*

Alternatively

Studies abroad specialising in sports science equivalent to at least the level of G1F.

Semester 5

Commission-based Learning within Sports and Health Organisations, 7.5 credits, G2F*
Sport Governance - Institutional, Political and Sociological Perspectives, 7.5 credits, G1F*
Accounting and Law in Sport and Health Organizations , 7.5 credits, G2F
Theory and Methods in Sports Science 2, 7.5 credits, G2F*

Semester 6

Sports Law, 7.5 credits, G2F
Entrepreneurship and Organization Development in Sport and Health Organizations, 7.5 credits, G2F*
Degree Project in Sports Science, 15 credits, G2E*

*=courses within the main field of study

Courses previously given under the same programme code, IGCSM, may also be included in the degree and will then replace courses with equivalent content.

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. In addition to sports having its own value (i.e. a value in itself) it also contributes to such aspects as care and integration in society, creating new ways of life, experiences, markets and job opportunities, as well as financial growth. For the Swedish sports movement to live up to the demands imposed by society and the expectations of their members, sustainable leadership and organisation are 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 in the wider sense, at the local, regional, national as well as international level. Graduates shall be able to contribute with the knowledge and competence required for qualitative activities within the field of sports and leisure, today as well as

in the future.

During the programme, students may to some extent focus their studies on their areas of interest and future assignments. External contacts with the surrounding environment are established through for instance recurrent seminars and lecturers with various backgrounds in the sports and leisure industry, field trips and not the least through the network established with collaboration partners. Practice-based collaboration is carried out primarily through the course Commission-based Learning in Sports. Students are also given the opportunity to use their own connections in 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.

Internationalisation

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. This entails that some courses or course elements may be given in English. 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.

Sustainable Societal Development

The concept of sustainability is a key feature in the programme. In addition to one specific course dedicated to a discussion about sustainability issues in sports, other aspects of sustainability, such as the economic, social, and ecological perspectives are also discussed in several courses. Every individual irrespective of living conditions and sporting ability etc. shall be given the opportunity to take part in sporting activities. In order to attain this goal, leadership is crucial, for coaches and sport managers alike. This requires for instance knowledge of such aspects such as equality, equal opportunities, ethical values, culture and democracy. Issues discussed concern for instance possible conflicts between grassroots and elite sports, different conditions depending on gender and socioeconomic aspects, not the least in relation to elite sports, and the conditions of practicing sports depending on where you live. Working on this social sustainability is a key feature in the programme, specifically from a societal point of view. Economic sustainability is primarily highlighted in the programme courses in economics.

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 in different contexts. 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. Knowledge of ecological sustainability is important in today's society. Sports also has an impact on the climate and environment in many different ways, such as through travels in connection with training and competitions, and when onlookers travel to and from the arenas at major events. These are issues that are becoming more and more important to discuss in relation to sports in the future.

Quality Development

The programme coordinator, course coordinators, examiners and other teaching personnel meet regularly (approximately 2-4 times a month) and work together on quality issues and development of both courses and the programme. An important part of this work concerns the course evaluations completed in connection with each course. The results are followed up and discussed at the faculty staff meetings, whereupon any revisions required are made. The results and any revisions made are communicated to the students who have completed the course as well as to new students the next time the course is given. Information such as timetables, examinations and study guides related to the courses are compiled in course files and are made available for all personnel at the department. During the preparation of the programme courses, the teachers involved meet in due time before the course is given for planning to be carried out and also at the end of the course to summarise and evaluate the course. In addition to the course evaluations, a programme evaluation is conducted once a year, forming the basis of the development activities within the programme during the following two years. Two student representatives from each year and the programme coordinator meet at least twice every semester in a programme council, where the programme and courses are discussed. At these meetings, the students are given the opportunity to give their views on the programme and give suggestions on possible areas of development. Students in the programme have a student association with the aim of making the study period as good as possible. There is also a network related to the Coaching and Sport Management Programme, where collaboration partners and current students meet in order to further collaboration both during as well as after the studies.

Degree Certificate

After completed studies in accordance with the objectives specified by the Higher Education Ordinance System of Qualifications and the Linnaeus University Local System of Qualifications, the student may apply for a degree. 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)

The degree certificate is written in both Swedish and English. The degree certificate also comes with a Diploma Supplement (English).

Other Information

A number of field trips are carried out throughout the programme, to form networks and establish closer ties to the future labour market. Any additional costs that may arise in connection with such events are paid for by the students themselves.