



## Programme syllabus

Faculty of Social Sciences

Fysisk aktivitet, hälsa och friluftsliv - idrottsvetenskapligt program,  
180 högskolepoäng

Physical Activity, Health, Outdoor Recreation - Sports Science  
Programme, 180 credits

### Level

First Level

### Date of Ratification

Approved 2009-09-15

Revised 2014-12-04 by the Faculty Board within the Faculty of Social Sciences

The programme syllabus is valid from autumn semester 2015

### Prerequisites

Basic entry requirements

### Description of Programme

The programme provides students with a basic education within the field of Sports Science, which can be complemented with studies on the master's level and further research education. The education within Sports Science Programme – Physical Activity – Health – Outdoor Recreation aims to turn out students who meet the competence needs in idealistic and commercial, as well as public and private, businesses. The programme also prepares students for the developments within new branches of the health, outdoor recreation and physical activity sectors.

### 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 for peoples' responsibility for how this knowledge is used, and
- demonstrate the ability to identify their need for further knowledge and to develop their competence.

#### *Independent Work (Degree Project)*

In order to obtain a Bachelor of Science, students must complete an independent work (degree project) of a least 15 credits within the main field of study for the education.

#### *Programme-specific Objectives*

On completion of the education, students should be able to:

- demonstrate knowledge and critically relate to various theories and methods that are used within the field of Sports Science, particularly within the fields of physical activity, health and outdoor recreation.
- apply, analyse, evaluate and develop physical activities in relation to people's age, gender, ethnicity and other conditions.
- using current research and health-oriented physical activities as a basis, make suggestions for concrete activity programmes that aim to prevent diseases.
- identify and analyse theories and definitions of health
- apply and evaluate health-promotional work on individual, group and societal levels
- from theories concerning man's place in natural environments, plan, carry out and analyse outdoor recreational activities for different seasons, in different environments where safety and experience are central.
- from an interdisciplinary perspective, evaluate the importance of outdoor recreation in society by using sustainable development as a starting point

## Content

### *Organisation*

The programme is lead by a programme co-ordinator as well as a course coordinator from every course. There is also a programme board with student representatives, course teachers and course management representatives.

### *Programme Overview*

The Sports Science Programme is comprised of six semesters and 180 credits. The objectives of the first two semesters' base block is to create a fundamental understanding for the subject Sports Science with specialisation in Physical Activity, Health and Outdoor Recreation, which includes studies within nature-scientific, social-scientific and behavioural-scientific perspectives. The programme's three specialisations include prerequisites and effects, from cell to societal level, in a long-term perspective. Semester three includes the profiling of the programme towards sports medicine science. Semesters four and five provide deeper studies in the programme's specialisation subjects (Outdoor Recreation, Physical Activity and Health) as well as studies in entrepreneurship. During semester six, students work independently with further studies of their chosen specialisation with work placement, scientific methods and degree project of 15 credits. The semester can be seen as a gateway to working life or as a gateway to continued scientific studies.

The base-block Sports Science is made up of 90 credits and specialisations within the field of Physical Activity 15 credits, Health 15 credits and Outdoor Recreation 15 credits.

Only the advanced course in sports science C, 7.5 credits during semester 6 is elective; otherwise, all other courses are obligatory (see obl below).

### *Programme Courses*

#### Year 1

Semester 1: Sports Science, G1N

Sports Science and Society 7.5 credits, Sports Science, obl\*

Physical Activity, Health and Outdoor Recreation 7.5 credits, Sports Science, obl\*

Health and Body 7.5 credits, Sports Science, obl\*

Basic Anatomy and Physiology 7.5 credits, Sports Science, obl\*

Semester 2: Sports Science, G1F

Motion Learning 7.5 credits, Sports Science, obl\*

Body, Individual and Society 7.5 credits, Sports Science, obl\*

Organise, Present and Lead 7.5 credits, Sports Science, obl\*

Scientific Theory and Method I 7.5 credits, Sports Science, obl\*

#### Year 2

Semester 3: The Science of Sports Medicine, G1F

Specialised Anatomy and Physiology 15 credits, Sports Science, obl\*

Medical Orientation 7.5 credits, Sports Science, obl

Scientific Theory and Method II 7.5 credits, Sports Science, obl

Semester 4: Specialisation G2F including Work Placement

Health I 7.5 credits, Sports Science, obl

Physical Activity and Health 7.5 credits, Sports Science, obl

Outdoor Recreation 7.5 credits, Sports Science, obl

B-Essay 7.5 credits, Sports Science, obl

#### Year 3

Semester 5: Specialisation G2F

Health II 7.5 credits, Sports Science, obl

Physical Activity Movement Analysis 7.5 credits, Sports Science, obl

Outdoor Recreation and Tourism 7.5 credits, Sports Science, obl

International Studies 7.5 credits, Sports Science, obl

Semester 6: Sports Science G2F

Entrepreneurship I and II 15 credits, Sports Science, obl\*

Degree Project 15 credits, Sports Science, obl\*

\*=courses in main field of study

#### *Work Placement/ External Contacts*

Parts of the education are carried out at different businesses, on a regular basis. There is a five week work placement during the final semester; work placement should be connected to the field that the student has chosen to specialise in.

#### *Studies Abroad*

Studies abroad are most convenient during the specialisation courses in semesters 4 and 5.

#### *Perspectives in Education*

- All courses are imbued with a lifelong perspective of physical activity, health and outdoor recreation as well as sustainable development.
- Gender questions are studied within the different subject fields.
- Sports-scientific perspectives are studied from a diverse society.

#### *Internationalisation*

The programme illustrates the three main fields of study from an international perspective.

### Quality Development

Course evaluations, based on goals and expected learning outcomes achieved, are carried out on a regular basis. The compiled evaluations are forwarded to the programme board. Students should be involved in the analysis of evaluations and revised plans, working methods and examination methods, and possible decisions concerning measures brought about by the evaluations should be fed back to the students.

### 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 Sports Science Programme, Physical Activity – Health – Outdoor Recreation, 180 credits, may obtain the following degree:

Bachelor of Science

Main field of study: Sport Science

The degree certificate is bilingual (Swedish/English). The degree certificate will be accompanied by a Diploma Supplement (English).

### Other Information

Studies, with theoretical as well as practical knowledge content, are carried out in the form of lectures, independent studies, base-group work, field studies, seminars, project work, laboratory work as well as net-based learning and practice. All courses conclude with examinations.

Evaluations of various dimensions of knowledge and abilities demand diverse and various methods of examination. Grade levels are fail, pass or pass with credit.

In order to obtain a Bachelor of Science, students, within the framework of the course requirements, should have completed an independent work, comprised of at least 15 credits, within the main field of study for the education.