



# Programme Syllabus The Faculty of Health and Occupational Studies

For

**Sport Science 180 HE credits**

**Idrottsvetenskapligt program, inriktning hälsofrämjande livsstil 180 hp**

**Programme Code:** SGIDK

**Level:** First-cycle Studies

**Valid from:** Autumn Semester 2012

**Established:** 2012-02-08

**Diary Number:** HIG 2012/252

**Established by:** The Faculty Board

## **Entry Requirements**

General entry requirements

## **Expected Learning Outcomes**

**Qualification descriptor according to the Higher Education Ordinance, appendix 2**

### *Knowledge and Understanding*

For a bachelor's degree, the student should

- demonstrate knowledge and understanding of the main field of the education, including knowledge of the field's scientific basis, knowledge of applicable methods in the area, advanced study within some part of the field and orientation in current research questions.

### *Skills and Abilities*

For a bachelor's degree, the student should

- demonstrate the ability to search, collect, evaluate and critically interpret relevant information concerning a problem and critically discuss phenomena, issues and situations,
- demonstrate the ability to independently identify, formulate and solve problems and carry out assignments within given periods of time,
- demonstrate the ability to account for and discuss information, problems and solutions in dialogue with different groups, orally and in writing, and
- demonstrate the skills required in order to work independently within the field of the education.

### *Judgement and Approach*

For a bachelor's degree, the student should

- demonstrate the ability to make assessments with consideration to relevant scientific, social and ethical aspects, within the main field of the education

- demonstrate an understanding of the role of knowledge in society and of people's responsibility for how it is used, and
- demonstrate the ability to identify the own needs for additional knowledge and to develop the own skills.

#### *Thesis (degree project)*

For a bachelor's degree, the student must successfully complete an independent assignment (degree project) within the framework of the course requirements of at least 15 HE credits, in the main field of study of the education.

#### *Other/Programme-specific Expected Learning Outcomes*

The student should demonstrate theoretical and practical knowledge of sports as a nuanced and changing social phenomenon, which includes people and sports, the culture of sports as well as the availability of sports for everyone in a health promotion perspective.

The student should be able to analyse, evaluate and develop sports related and health promotion activities.

### **The contents and arrangement of the programme**

Sports science is an interdisciplinary subject where humanities/social science and natural science are included. Education and research within sports science cover knowledge of people and sports and the culture of sports as a part of society. The Study Programme in Sports Science at Högskolan i Gävle aims to provide both vocational and research-preparatory skills.

The general orientation of the Sports Science Programme is promoting a healthy lifestyle, where the students, after completed education, should be able to work with both preventive and rehabilitating health promoting sports and physical activity for everyone, in the working life and leisure-time. The education contains two main paths covered from different perspectives in the included programme courses. One main path is Adapted Physical Activity (APA). APA intends to highlight and include groups of people that for different reasons are physically inactive. The purpose of APA is to facilitate a healthy, physically active lifestyle for everyone. The education provides good skills in the area of physical activity for individuals and groups with different health problems in society. The other main path in sports science at HiG is doping and abuse of performance-enhancing drugs in sports and society. The education highlights the field from an interdisciplinary perspective, where fields within humanities/social sciences as well as natural sciences are covered. The education is based on the student's future labour market through work-related learning through field studies during the three years of the programme.

#### *Progression*

In the first year of the programme, the field of sports/physical activity and the two main paths of the programme are introduced in an interdisciplinary holistic perspective, with focus on a health promoting lifestyle. Early in the education, a scientific approach is introduced, which is followed up and developed through higher demands during the three years of the programme. The first year of the education provides basic knowledge of physical activity, diet and leadership from both scientific and social-science perspectives. This constitutes the basis for applying this knowledge at the end of the year, in a field study that focusses on adapted exercise for different target groups.

Based on this knowledge, sociological, educational and psychological perspectives on sports are problematised during the second year, where the main path of doping, among other things, is developed. Adapted physical activity is in focus, with a specialisation in health promoting

lifestyle where e.g. national diseases, physical disabilities and physical ergonomics and injuries in sports and working life are included. A field study with increased demands on scientificity in the implementation and presentation is included.

During the third year, the two main paths of the education are developed further through specific courses, where different perspectives from the previous years are merged. Studies in law and economics with a specialisation in sports improve the student's conditions for becoming an actor in the sports and health arena in a changing society. Sports science theories, research methods and a degree project constitute the last semester of the education and provides the opportunity of advanced studies. The students are well prepared to carry out the degree project due to the introduction in scientific theory and method in the first course, where they had occasion to develop a scientific approach throughout the education e.g. in field studies, with different specialisations and increasing demands. This improves the conditions for the student to achieve the expected learning outcomes.

## Courses

Year	Course Code	Course Name	Level	HE credits	Main Field of Study
1		Sports Science	G1N	15	Sports Science
		Anatomy, Physiology and Exercise Theory	G1F	15	Sports Science
		Leadership and Coaching I	G1F	7.5	Sports Science
		Diet and Physical Activity	G1F	7.5	Sports Science
		Applied Exercise Theory	G1F	15	Sports Science
2		Sports Sociology and Education	G2F	15	Sports Science
		Leadership and Coaching II	G2F	15	Sports Science
		Sport Psychology	G2F	7.5	Psychology
		Adapted Physical Activity (APA) I	G2F	7.5	Sports Science
		Physical Stress and Motor Training	G2F	15	Sports Science
3		Doping in Sports and Society	G2F	7.5	Sports Science
		Adapted Physical Activity (APA) II	G2F	7.5	Sports Science
		Sports Economics	G2F	7.5	Economics
		Sports Law	G2F	7.5	Economics
		Sports Science Theory and Research Methodology	G2F	15	Sports Science
		Sports Science - Degree Project	G2E	15	Sports Science

### Higher Education Qualification

Students who have successfully completed all the courses on the programme with approved results meet the requirements for a Bachelor of Sport Science.

*Kandidatexamen i idrottsvetenskap.*

### Student Influence and Evaluation

Counsellor for educational affairs should be linked to the study programme. The faculty programme director should be in the council and be the chairman and summoner. The purpose of the counsellor for educational affairs is to give students and representatives from the working

life/society influence over the study programmes. The programme students should annually be given the opportunity to express their views on the study programme through a programme evaluation. The programme evaluation should be carried out through a common higher education institution evaluation tool. A compilation of the results from the evaluation should be submitted to the Faculty Board.