

IDROTTSMILJÖER FÖR MOTIVATION, PRESTATION OCH HÄLSA

SPORT ENVIRONMENTS FOR MOTIVATION, PERFORMANCE AND HEALTH

7.5 högskolepoäng - 7.5 credits

Kurskod: MAIMPH

Nivå: Avancerad nivå

Huvudområde: Idrott/idrottsvetenskap

Fördjupningsgrad: A1F

Utbildningsområde: Idrottsliga området

Ämne: Idrottsvetenskap

Fastställd av: Institutionen för fysisk aktivitet och hälsa 2023-11-27

Version: 1

Gäller från: Höstterminen 2024

Specific entry requirements

7.5 credits in sports psychology, health psychology or equivalent.

Intended learning outcomes

Knowledge and understanding

- Explain sport psychology theories and research related to motivation, performance and skill/talent development in sports,

Skills and abilities

- design, prepare and present a product that practically applies theoretical knowledge about healthy sports environments and motivation,

Evaluation ability and approach

- critically reflect on and discuss how theoretical concepts regarding healthy sport environments and motivation can be used in practice.

Course content

The course includes studies in two thematic areas:

1. Motivation, with a particular focus on Self-Determination Theory (SDT) and how it can be used to create healthy sports environments,
2. Skill and talent development, with a particular focus on research into coaching behaviors that promote healthy and psychologically safe environments, as well as early specialization and diversification.

Examination

For each test, an ordinary test opportunity and an ordinary retest opportunity are arranged. Ordinary re-examination (opportunity 2) is offered no earlier than two weeks and no later than six weeks after the student has been notified of the grading decision from the first examination opportunity.

In addition to regular exams and regular re-examinations, additional re-examinations are given (opportunity 3 or more) for both theoretical and practical examinations. At least three examination opportunities must be offered within one year for each examination within a course opportunity.

A student who does not fully meet the goals of an examination may, at the decision of the examiner, be given the opportunity to supplement to achieve a passing grade. It is only possible to supplement up to pass, not to higher grades. Normally, the student is assigned the supplementary assignment in connection with the grade being announced on the regular examination occasion. Completion must be submitted within two weeks after the student is notified of the test result, but before the next re-examination. If the student does not meet this within the set time, the grade fails and the student is referred for re-examination.

Active participation at seminars are mandatory elements of the course.

If a course requirement (compulsory course element) is not fulfilled, the opportunity for a replacement assignment can be given by the examiner. The assignment must be submitted no later than in connection with the completion of a module or course.

If the student has a decision from GIH about special educational support due to disability or other reasons, the examiner has the right to give an adapted test or let the student complete the test in an alternative way.

Mode of examination

The course examinations are as follows.

Muntlig presentation, 3 hp
Oral presentation, 3 credits

Skriftlig examination, 4.5 hp
Written examination, 4.5 credits

When students are examined, the obligations and rights are set accordingly with GIS's policies and regulations.

Grades

On the course, one of the grades Pass with distinction (VG), Pass (G) and Fail (U) is given. To obtain a Pass grade for the course as a whole, a pass is required on all examinations in the course. For a grade Pass with distinction on the entire course, Pass with distinction on the written examination is required.

At the start of the course, at the latest, the student must receive precise information about grading criteria for each level.

Student influence and course evaluation

In accordance with 1 chapter section 14 of the Higher Education Ordinance (1993: 100) a written course evaluation is arranged after completing the course. Feedback from the results to the students is done after completing the course evaluation.

Course evaluations should focus on the students' learning and the pedagogical process in the course, where learning outcomes, learning activities and the outcome of the examination form the basis for a pedagogical reflection as well as the quality of the course.

Type of instruction

Teaching takes place in the form of lectures and seminars. Discussions based on the participants' different professions, knowledge, experiences and areas of interest are an important part of the course.

Other information

Teaching in English.

Literature and list of references

Gäller hela kursen

Obligatorisk litteratur och övriga läromedel:

Compulsory literature:

Baker, J., Copley, S., & Schorer, J. (2020). *Talent identification and development in sport: International perspectives*. (2nd Ed.). Routledge, 226 p. ISBN: 9780367501983.

Davis, L., Keegan, R., & Jowett, S. (2024). *Social Psychology in Sport*. (2nd Ed.). Human Kinetics, 480 p. ISBN: 9781718201811.

Farrow, D., Baker, J., & MacMahon, C. (2024). *Developing sport expertise: Researchers and coaches put theory into practice*. (3rd Ed.), 180 p. Routledge. ISBN: 9781003285168.

Scientific journal articles (approx. 300 pages) will be added.
Vetenskapliga artiklar om cirka 300 s tillkommer.