

Individual project INDIVIDUELLT PROJEKT

7,5 credits - 7,5 högskolepoäng

Course code: MAINDP

Level: Master's level

Main Field of Study: Sport Science

Progressive specialization: A1N

Disciplinary Domain: Sports

Subject group: Sport Science

Established by: Utbildnings- och forskningsnämndens kursplaneutskott 2025-12-05

Version: 4

Valid from: Spring semester 2026

Entry requirements

Bachelor's degree, Bachelor of Fine Arts, or a professional degree comprising at least 180 credits, or equivalent.

Intended learning outcomes

Knowledge and understanding

- Explain and report a relevant scientific background to the project chosen,

Skills and abilities

- Identify and outline own learning outcomes and a specific outcome for the project,
- Show ability to independently plan and implement the project,
- Report in writing from the completed project in an in-depth manner, where new experiences and knowledge related to sports science are described in relation to the own learning outcomes and the specific outcome of the project,

Evaluation ability and approach

- Reflect on how the project has contributed to your own development and learning in relation to the own learning outcomes and the specific outcome, and how these new knowledge and abilities relate to previously acquired knowledge from academic education in sports science.

Course content

This course gives the students the opportunity, under supervision, to immerse themselves in a method, theory, practical work or equivalent in the field of sports science. The project can be located at GIH, at another college/university or in an external setting. The planned project must be clearly related to sports science.

It is the student's responsibility to find a suitable project and establish contact with the intended supervisor. During the first week of the course, a preliminary project plan must have been approved by the course supervisor (see course requirements). The project plan must contain a brief description of the project, the identified personal learning outcomes and specific outcome,

the intended supervisor with a description of suitable scientific and/or practical competence for supervision, a timetable for the project and suggestions for scientific literature to be used as a starting point. The project plan must be signed by the intended supervisor or signature included in another appropriate format.

In the written final report, the students have the opportunity to give an account of the project, as well as describe and reflect on experiences and development from the implementation of the project in relation to their personal learning outcomes and the specific goal of the project.

Examination

(2501) 1.5 hp, Muntlig presentation, Tvågradig skala
(2501) 1.5 credits, Oral presentation, Two-grade scale

(2502) 6 hp, Skriftlig rapport, Tregradig skala
(2502) 6 credits, Written report, Three-grade scale

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.

A student whose report has been failed is offered the opportunity for one (1) additional opportunity to complete the assignment. Supplements must be submitted within two weeks after the student has been notified of the result. If the student does not fulfill this within the set time, the grade remains failed and the student is referred to a re-examination. If a student voluntarily cancels the project early, or is forced to cancel the project early, this is, however, counted as a spent exam opportunity.

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Course requirements

- a) Preliminary project plan to be submitted during the first week of the course and approved by the course supervisor.
- b) Completed project according to the project plan and time schedule. This is confirmed in writing by the supervisor as an appendix to the written report.
- c) Seminars during 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 the course.

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 report 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 through method deepening, theory deepening, practice or equivalent under the supervision of an approved supervisor, and according to the work and timetable specified in the project plan.

Supervision is given in Swedish or English as needed.

Other information

Supervision is given in Swedish or English as needed.

Literature and list of references

The course literature is determined in the project plan for each student in consultation with the supervisor.