



DEPARTMENT OF FOOD AND NUTRITION, AND SPORT SCIENCE

IKA307 Intervention Strategies in Health and Performance, 15 credits

Interventionsstrategier i hälsa och prestation, 15 högskolepoäng

Second Cycle

Confirmation

This course syllabus was confirmed by Department of Food and Nutrition, and Sport Science on 2017-10-23 to be valid from 2018-01-14, spring semester of 2018.

Field of education: Medicine 50% and Sports Science 50%

Department: Department of Food and Nutrition, and Sport Science

Position in the educational system

Main field of studies

Sport Science

Specialization

A1N, Second cycle, has only first-cycle course/s as entry requirements

Entry requirements

Bachelor degree in sport science, food and nutrition, nutrition, medicine, nursing, physiotherapy or equivalent.

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- develop a multi-disciplinary understanding of how people learn in health and performance contexts.
- develop knowledge of interventions for health and performance.

Competence and skills

- employ health and performance strategies based on ecological principles and concepts.
- demonstrate observation skills in health and performance work fields.

Judgement and approach

- critically evaluate interventions in health and performance contexts.
- reflect on how individual characteristics (such as age and gender) and needs affect health and performance development.
- reflect on how work situations affect the implementation of health and performance strategies.

Course content

Working from an ecological perspective, students will read, evaluate and discuss multi-disciplinary and practically-oriented literature related to learning, training and development in different health- and performance contexts. The module involves students familiarizing themselves with professional fields, developing observation schedules and attending supervision sessions to critically evaluate and discuss current intervention practices. Based on the literature and the field experience students will develop own coaching / teaching / training concepts to bring about health- or performance-related change in individuals or groups.

Form of teaching

Lectures, seminars, workshops, and supervision.

Language of instruction: English

Assessment

Examination takes place through written reports, written exams, oral presentations, and attendance in seminars.

All seminars require mandatory attendance. If a student is absent from mandatory course components (i.e. absence within reason), he/she is responsible to contact the course coordinator and organize for the component to be provided at another opportunity or as alternative task.

If a student, who has failed the same examined component twice, wishes to change examiner before the next examination, a written application shall be sent to the department responsible for the course and shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

In cases where a course has been discontinued or has undergone major changes, the student shall normally be guaranteed at least three examination occasions (including the ordinary examination) during a period of at least one year from the last time the course was given.

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

All mandatory course components must be completed to pass the course. To pass with Distinction written reports, written exams and the final presentation must be graded VG.

Course evaluation

A written course evaluation will be carried out at the end of the course. The results and possible changes in the course will be shared with the students who participated in the evaluation and to those who are beginning the course through publication on GUL.