



Per Nilsson, principal GIH

People in motion

The Swedish School of Sport and Health Sciences – GIH, next to Stockholm Stadium, is Sweden’s foremost knowledge centre for sport, physical activity and health.

Here, subject teachers in physical education, coaches, sport scientists, health promoters and sport managers are educated.

GIH conducts advanced research in the field of sport, often in close collaboration with the sports movement, schools, society and with Swedish and international universities and colleges.



Campus

GIH is located in a natural sport environment, with Stockholm Stadium as its nearest neighbour. Next door is Östermalm’s sport ground, Tennis Stadium, Equestrian Stadion, and a stone’s throw is the Swedish Olympic Committee. GIH’s campus is located right on the edge of the National City Park with its expansive nature. Also nearby are the Royal Institute of Technology and the Royal College of Music.

At GIH, there are libraries, theory halls, sport halls, gymnasiums, a dance studio, gym and swimming pool. There are also laboratories, test environments and computer rooms, and in front of the buildings there are tennis courts and a large lawn. GIH’s campus is located on a green hill behind Stockholm’s Stadium, just a five-minute walk from city life at Stureplan.

Education

GIH offers several educations at the undergraduate and advanced level – the Coaching programme, the Health Promotion programme, the Master programme, the Sport Management programme and the Subject Teacher



programme for Physical education. Since 2010, we have also had a degree permit for PhD studies in the subject of sport science.

One of GIH’s main hallmarks is the vital link between education and research, and between theory and practice. GIH also continuously offers independent courses, commissioned education and continuing education for various professional categories.

Many apply to our educational programmes, and students at GIH testify to stimulating studies and a unique community. A high proportion of our Subject Teacher graduates are employed immediately after completing their degree.

Research and Development

At GIH, research is conducted in the multidisciplinary subject of sport science, which consists of seven subject areas:

- Biomechanics
- Physiology
- Physical activity and health
- Sport culture
- Sport science
- Sport pedagogy
- Psychology

The research contributes to a positive societal development, especially for organized sports and performance development, the school subject physical education, as well as physical activity, sustainability and health. The university’s profile is “people in motion” from a salutogenic perspective.



International cooperation

GIH is part of extensive international networks for research and education. We are involved in international research projects on performance and elite development, parasport, physical activity, sedentary and health issues for larger populations, children and young adults.

Through our agreements on student and teacher exchanges with universities in other countries, there are good opportunities for studies or work abroad.

GIH and society

GIH’s goal is to be an attractive partner, both within and outside the university world. Based on our ambition to be a knowledge player in the construction of society, GIH collaborates, informs and implements its research results for the benefit of the surrounding society.

We have an extensive collaboration network. Among the most important stakeholders are the school, the sports movement, health care, business, decision-makers and the general public.

The Swedish Sports University, RIU Stockholm, is a collaboration between GIH, KTH, the City of Stockholm and the Swedish Sports Confederation SISU Stockholm. Together, we make it possible for young people to succeed in double careers – to combine their elite sports career with university studies.



History

Ling Gymnastics’ father and member of the Swedish Academy, Pehr Henrik Ling, initiated the state’s formation of the Royal Gymnastics Central Institute in Stockholm in 1813. Here gymnastics was developed, which quickly gained a hearing both in Sweden and abroad as a tool for physical education in school, military and physiotherapy. Historically, Linggymnastiken is one of Sweden’s most famous “export products”.

In 1966, the institute changed its name to the School of Gymnastics and Sports, and over the years, GIH has

consolidated its position as Sweden’s foremost knowledge centre for sports, physical activity and health.

Library

GIH’s library is Sweden’s only particular library for literature in sport, physical activity and health. The library has an exciting and unique historical collection of literature from the 16th century onwards, which deals with subjects such as anatomy, physiology, physiotherapy, military gymnastics, fencing and acrobatics.

The main task of the library is to be a support for the students, researchers and teachers in their work. At the same time, it should be an asset for the sport-interested public, who can participate in the latest literature in sport, physical activity and health.



SHORT FACTS

- Sweden’s only independent university of applied sciences in sport, physical activity and health
- Educational programs for physical education teachers, health promoters, sport managers, coaches and sport scientists
- Courses at undergraduate, advanced and postgraduate level
- Postgraduate education in sport science
- Integration of theory and practice
- 1 400 students
- 20 doctoral students
- 160 employees
- 58% teachers with a PhD
- 10 professors
- Revenue SEK 200 million
- Education revenue SEK 130 million
- Research revenue SEK 70 million



THE SWEDISH SCHOOL OF SPORT AND HEALTH SCIENCES – GIH

- in motion since 1813