

SPORT SCIENCE AND SPORT COACHING PROGRAM

TRÄNARPROGRAMMET

180 credits

	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4
YEAR 3				
	<u>SPORT COACHING III (30 credits)</u>			
SPRING semester 6	<u>Coach retention, 7.5 credits</u>	<u>Coaching at championships, 7.5 credits</u>	<u>Optimal performance from a nutritional perspective, 7.5 credits</u>	<u>Peak performance from a multidisciplinary perspective, 7.5 credits</u>
	<u>SPORT SCIENCE AND COACHING III (30 credits)</u>			
FALL semester 5	<u>Theory and research methods, 15 credits</u>		<u>Degree work, 15 credits</u>	
YEAR 2				
	<u>SPORT COACHING II (30 credits)</u>			
SPRING semester 4	<u>Leadership, 7.5 credits</u>		<u>Organization, 7.5 credits</u>	
	<u>Sport pedagogy, 7.5 credits</u>		<u>Sport psychology II, 7.5 credits</u>	
	<u>SPORT COACHING I (30 credits)</u>			
FALL semester 3	<u>Theory and methodology of training 1, 7.5 credits</u>	<u>Theory and methodology of training 2, 7.5 credits</u>	<u>Theory and methodology of training 3, 7.5 credits</u>	<u>Sports Medicine, 7.5 credits</u>
YEAR 1				
	<u>SPORT SCIENCE AND COACHING II (30 credits)</u>			
SPRING semester 2	<u>Applied sport physiology and training methodology, 7.5 credits</u>		<u>Biomechanics and motor control, 7.5 credits</u>	<u>Sport psychology 1, 7.5 credits</u>
	<u>Sports didactics and applied sport science 2, 7.5 credits</u>			
	<u>SPORT SCIENCE AND COACHING (30 credits)</u>			
FALL semester 1	<u>Sport science an introduction, 1.5 credits</u>	<u>Anatomy and physiology I, 7.5 credits</u>	<u>Anatomy and physiology II, 7.5 credits</u>	<u>Sport history and sport in society, 6 credits</u>
	<u>Sport didactics and applied sport science, 7.5 credits</u>			