



On the go since 1813

The Swedish School of Sport and Health Sciences (GIH), situated next to Stockholm Stadium, is Sweden's leading knowledge centre for sport, physical activity and health. GIH is also the world's oldest higher education institution of its kind. Physical education teachers, coaches, sports scientists, health educators and sport managers are trained here.

GIH also conducts high-quality research in the field of sport, physical activity and health, often in close cooperation with the sports movement, public and private stakeholders within the field, as well as with Swedish and international universities and university colleges.

History

Pehr Henrik Ling, the father of Swedish gymnastics and a member of the Swedish Academy, initiated the government's establishment of Kungliga Gymnastiska Centralinstitutet, GCI (The Royal Central Institute of Gymnastics), in Stockholm in 1813. Swedish gymnastics were developed here, and quickly gained a following both in Sweden and abroad as a tool for physical training at school, in the military and within physiotherapy. Historically, Swedish gymnastics are one of Sweden's best-known 'export products' in the educational field.

The Institute was soon talked about and well renowned far beyond Sweden's borders, and regularly accepted visiting students, teachers and researchers from seats of learning the world over.

In 1966, the Institute changed its name to Gymnastik- och idrottshögskolan, GIH. Throughout 2013, GIH is celebrating its 200th anniversary with a wide range of conferences, activities and other festivities.



Campus

GIH is situated in a genuine sporting environment, with its nearest neighbour being Stockholm Stadium, which hosted the 1912 Olympic Games. Immediately adjacent are Östermalm Sports Ground, Tennistadion for tennis, Rytтарstadion for riding and a stone's throw away the Swedish Sports Confederation and the Swedish Olympic Committee. GIH's campus is situated on the edge of Nationalstadsparken, an urban national park stretching for miles and miles. Also in the vicinity are the Royal Institute of Technology and the Royal College of Music.

GIH has a library, theory rooms, sports halls, gymnasium, a dance studio, a gym and an indoor swimming pool. There are also laboratories, test environments, computer rooms, as well as tennis courts and a large grass pitch. The outdoor courses that GIH offers are conducted, for example, in the mountains and in the archipelago.

Education

There are five study programmes at GIH: Health Education programme, Teaching programme, Master's programme, Sport Management programme and Coaching programme, with courses lasting between 2 and 5.5 years. GIH also continually offers stand-alone courses and further education for various professional categories.

One of GIH's leading characteristics is the strong link between education and research and between theory and practice.

A large number of people apply for GIH courses, and studies show that the students at GIH are among the most satisfied in Sweden. GIH is a leader in many ways – a very high proportion of our students find employment soon after completing their study programme.



International collaboration

GIH is part of extensive international networks for research and education. Through our student and teacher exchange agreements with universities in other countries, there are opportunities to study or work abroad.

Research and development

Research and development at GIH is conducted within several disciplines, ranging from natural sciences and medicine to pedagogy, sports psychology and the history of sport.

The largest research groups are found within physiology, biomechanics and educational science. The research is organized into three specialist areas:

- physical activity and health
- culture and teaching
- performance and training

Since the summer of 2010, GIH has had the power to award research degrees in Sport Science, within the field of sport, physical activity, and health. In May 2013, Pia Sundhage, coach of the Swedish women's football team and FIFA Women's Coach of the Year 2012, was awarded an honorary doctorate.



Library

GIH's library is Sweden's only specialist library for literature in the fields of sport, physical activity and health. The library has an interesting and unique historical collection of literature from the 16th century onwards, covering topics such as anatomy, physiology, physiotherapy, military gymnastics, fencing and acrobatics.

The library's primary task is to provide support for the students, researchers and teaching staff in their work. At the same time, it should be an asset to members of the public interested in sport.



GIH and society

GIH collaborates extensively with schools, the general public, the sports movement and various parties within the healthcare sector. This collaboration takes the form of lectures, themed days, further education, as well as research and development projects. Such projects can be about school pupils' health and sporting habits, preventive training for back problems, prescribed physical activity, the health benefit of cycling as a means of transport, the reasons for burn out and over training, the development of training equipment for the disabled as well as requirement and capacity analysis of elite sport.

Clubs are also able to hire GIH's sports facilities. GIH's swimming pool is open to the public at certain times and is run by the City of Stockholm.

FACTS IN BRIEF

Sweden's only independent higher education institution in the field of sport, physical activity and health

- The world's oldest higher education institution in the field of sport
- Five study programmes (for teachers, coaches, health educators, sport managers and sports scientists)
- Basic, advanced and postgraduate courses
- Postgraduate studies
- Integrating theory and practice
- 1000 students
- 20 postgraduates
- 140 employees
- 52% of the teachers have PhDs
- 6 professors
- Total turnover of just over SEK 130 million
- Research budget of SEK 35 million



THE SWEDISH SCHOOL
OF SPORT AND HEALTH
SCIENCES

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