



Programme Syllabus:

Masters Degree in Sports Science - Performance Optimisation with a Focus on Elite Sport, 60 credits

General data

Code	VIDVA
Cycle	Second cycle
Ref no	MIUN 2016/933
Credits	60
Answerable department	Department of Health Sciences
Answerable faculty	Faculty of Human Sciences
Established	2017-02-07
Date of change	2018-10-19
Version valid from	2017-09-04

Aim

The program is delivered at an advanced level and offers a qualified education at half speed, with a focus on performance analysis, sports physiology, elite training and coaching/leadership in the field of sports science. The program is aimed at students who have a Bachelor degree and are linked to elite athletes or have an interest in winter sports. However, the program also welcomes students with interests in other sports.

The program gives students the opportunity to develop and use their knowledge, both practical and theoretical, to better handle complex situations in sport, including at the elite level. The program is suitable for those who want to combine professional activity and education.

Upon completion of the program students will be well prepared to assume responsibility for and independently drive the change and development within (elite) sports science. The program provides access to postgraduate studies and work in research-based activities, where career paths are possible in both national and international contexts. The program has an inter- and multidisciplinary character and works in close cooperation with sports.

Programme objectives

In addition to the objectives set out in the Higher Education Act Chapter 1, § 9 and the Higher Education Ordinance, Annex 2, the Masters Degree in Sports Science – Performance Optimisation with a focus on Elite Sport has the following specific learning objectives:

After completion of the program students will be able to theorise and practically exercise knowledge in the field of sports science.

Skills and Abilities

After completing the program the student will be able to demonstrate an in-depth knowledge of different research traditions and scientific methods in sports science from a critical and analytical perspective. In addition, students will:

- Develop and guide (elite) athletes, both individually and in groups
- In an applied manner, show the importance of different factors that affect the performance of athletes in general and in selected sports
- Independently identify and formulate a problem, plan and implement projects based on the problem area, and finally, recognize and apply results within a specific sport or within the field of sport science
- Analyse and apply current development and research works in the field of sport science
- Be capable of writing and orally presenting their own conclusions based on scientific empirical evidence and theoretical arguments
- Handle ethical dilemmas in sport - both in terms of moral issues (such as justice, equality, equal opportunities) and regarding the impact of new technologies (both medical and other) in sport

In addition to the above, course-specific learning outcomes are specified in the syllabus.

Content

The courses described below are mandatory for the degree. The individual scientific work should be accomplished in the field of sports science.

Sports Science MA, Testing Methods and Performance Analysis, 7.5 credits

Sports Science MA, Sports Physiology II, 7.5 credits

Psychology / Sociology, Coaching, Leadership and Organisation, 7.5 credits

Sports Science MA, Training Sciences focused on Selected Sports, 7.5 credits

Sports Science MA, Master degree project, 30 credits

During the study period, courses and course modules, content, distribution of points and position in time may undergo some changes.

The education program is conducted in collaboration between the Department of Sports Science and the Swedish Winter Sports Research Centre.

Entry requirements

A Bachelor degree with at least 180 credits, including a degree project of at least 15 credits, or an equivalent foreign degree in sports science, teacher training in sports and health, physical therapy, medicine, biology or equivalent. English course 6/English course B from Swedish Upper Secondary School (Gymnasium) or the equivalent.

Description of programme

For decades the Swedish sports movement and its organisations have fostered and developed elite athletes to act as special sports coaches after completing their athletic career. The Swedish Sports Federation and the various special sports federations have supported this process by building up qualified training courses at different levels. The Swedish sports movement has trained many internationally recognized and competent special sports coaches, and will continue to do so with success.

Today's sports, in both new and established sports disciplines, are constantly under development. This development takes place on several different levels, but factors that promote performance, leadership development, injury prevention and new training methods, are consistent irrespective of sport. This development has also increased the need for research-supported knowledge, as well as the opportunity to interact and create synergies between different sports. Trainer's skills are therefore a vital cog in this complex interaction. Furthermore, the coach is often the essential link between an elite athlete's performance and the ever-shrinking margins that distinguishes one performance from another. In elite

sports, the interaction between athlete and coach is of utmost importance, which means that the coach must be able to establish a good relationship with the athletes.

The specific skills and abilities a trainer possesses to develop athletes needs to be complimented with academic knowledge in various fields. The competitiveness of international competition is increasing, therefore coaches and trainers should be capable to support the athlete in the best way possible. Although elite sport focuses on high performance of the individual, research connects elite sport to both social development and public health. There are several aspects from a social perspective: elite athletes inspire children and youth to participate in sport, and on a broader level, promote health in the community. Therefore the purpose of the master's program is to equip the coach/trainer with the knowledge to develop and help the athletes be competitive at the national and international level.

The program's goal is to develop the student's skills to mobilise and release resources for individuals and groups but also organisations in order to create a sustainable and long-term development of elite sport. The program increases the student's ability to understand the daily demands of an elite athlete with advanced knowledge in the field of sports science. The program also provides a good basis for further postgraduate studies in sports science. The program is suitable for those who have a bachelor's degree in sports science, physical education, physical therapy, medicine, biology and are inspired by personal experiences or by the success of others in sport.

The aim of the education is to instil an in-depth knowledge of individual and group performance, injury prevention training and physiology. The program incorporates a number of key components: test methodology, performance analysis, sports physiology, training science and coaching, which relate to the complex operations of national and international elite organizations. The program also involves scientific theory and methods, as well as an independent research project.

Selection rules and procedures

The selection process is in accordance with the Higher Education Ordinance and the local order of admission.

Teaching and examination

Teaching and examination is specified in each course syllabus.

Title of qualification

Degree of Master of Arts/Science (60 credits)

Magisterexamen med huvudområdet idrottsvetenskap
translated into

Degree of Master of Science (60 credits) with a major in Sport Science

Other information

The program will be delivered in English.

Evaluation of the courses in the program and the program as a whole follows the rules for course evaluation as set by the Mid Sweden University.

Student representation of the program is guaranteed by the Higher Education and local regulations at Mid Sweden University.

Fakultetsnämnden för humanvetenskap har fastställt utbildningsplanen 2012-10-03.