



LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

IDRN02 Competences in Sport Sciences - Sports Medicine

7.5 Higher education credits

Second cycle

General Information

Main field

Sport Sciences

Subject

Sports Medicine focusing on the relationship between structure and function within the musculoskeletal system and exercise physiology.

Type of course

Compulsory course in the Master of Sport Sciences programme, and can be given as a special course for professionals. The courses within the programme have to be studied in the stated order. The course complies with the regulations of the Higher Education Ordinance (1993:100 with later amendments).

Language of instruction

English

Learning Outcomes

Knowledge and understanding

On completion of the course the student shall be able to

- demonstrate a deeper insight in the concept of sport sciences,
- independently identify relevant structures of the trunk, upper and lower limbs,
- independently describe the major divisions of the human nervous system,
- explain and discuss relevant topics in sport and exercise physiology.

Skills and abilities

On completion of the course the student shall be able to

- identify problems in the structure and function of the human movement system, particularly as it pertains to sport and exercise

Judgment and approach

On completion of the course the student shall be able to

- independently reflect and show awareness of individual resources and needs in relation to basic sports medicine and human movement,
- independently and critically interpret information,
- reflect about his/her personal development and the need of further knowledge in the subject area.

Course Content

The aim of the course is to provide an introduction to the field of Sport Sciences with an international focus and to develop a comprehensive understanding of the human anatomy and physiology in relation to sports and exercise.

Subjects examined

Competences in Sport Sciences – Sports Medicine 7,5 credits

Instruction and Examination

Instruction

Lectures and group discussions.

Examination

The examination consists of written assignments and an individual written examination.

Grades

Grades are set for a completed course. One of the grades Pass with distinction, Pass or Fail is awarded.

A student who has passed a course will be given a certificate to that effect by the higher education institution, on request.

Admission Requirements

Besides the basic eligibility, i.e. a Bachelor's degree of at least 180 credits or an equivalent foreign degree, a special qualification in the English language, i.e. English B or its equivalent, is required.

Literature

See appendix.

Further Information

Number of examinations, new examiner etc.

Theoretical courses

One examination and one opportunity to retake the examination are arranged soon after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion. Students who have failed an examination on a theoretical course are entitled to retake the examination four times.

New examiner

A student who has failed two examinations on a course or sub-course is entitled to have another examiner appointed, unless there are special reasons to the contrary. (SFS 2006:1053) The request is made to the Programme Director.

Appendix: Literature

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Coakley J (2003). *Sport in society, issues & controversies*. New York: McGraw-Hill. (200p)

Palastanga N. (2006) *Anatomy and human movement structure and function*. Oxford: Elsevier Ltd. (500 p)

Wilmore, JH., Costill, DL. & Kenney L. (2008) *Physiology of sport and exercise*. Champaign, IL: Human Kinetics. (300 p)

Additional literature up to 100 pages may be added.