



# LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

## IDRN10 Applied Sport and Exercise Psychology – Team Sports

15 Higher education credits

Second cycle / A1F

### General Information

Main field

Sport Sciences

Subject

Sport and Exercise Psychology focusing on elite sport performance and the psychology of physical activity.

Type of course

Compulsory course in the Master of Sport Sciences programme and can be given on commission 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

The overall aim of the course is to provide knowledge of and practical work in how to communicate with researchers as well as with society in general, and knowledge and skills in planning, conducting, and reporting an intervention plan for teams.

Knowledge and understanding

On completion of the course the student shall

- demonstrate an indepth knowledge of the principles of team dynamics,
- independently analyse and reflect about the role of the leader and his/her interaction with the team members.

Skills and abilities

On completion of the course the student shall be able to

- independently plan, conduct and report a simulated psychological intervention in a sport team,
- identify characteristics of a well-functioning and a less well-functioning team respectively.

Judgment and approach

On completion of the course the student shall be able to

- show awareness of and reflect on team issues,
- comply with ethical rules in applied work,
- independently and critically interpret information,
- reflect about his/her personal development and the need of further knowledge in the subject area.

## Course Content

The course covers essential factors related to effective performance in team sports such as leadership, communication, team development, cohesion, cooperation/competition, and social loafing.

Subjects examined  
Team sports 15 credits

## Instruction and Examination

### Instruction

A short introduction of each topic will be provided, whereupon the student shall retrieve the relevant literature and individually or in group produce a paper on the topic based on the scientific literature and, if possible, on observations/interviews with athletes.

### Examination

The examination consists of active participation in group works and seminars, and on completion of individual assignments.

## 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. The courses IDRN01, IDRN03 and IDRN04 must be completed and passed.

## 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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The literature will be selected by the examiner upon proposal from the students. Moreover, relevant research articles will be used.