

COURSE CONTENT: BASICS

This is our existing course plans when we are using the freely selectable courses of 10 credits.

Björn Nylund, sport coordinator at Yrkesinstitutet Prakticum

Karl Ögland, remedial teacher at Yrkesinstitutet Prakticum



TABLE OF CONTENTS

COURSE: PHYSICAL ACTIVITY.....	3
Objective (high level)	3
Content.....	3
Method and assessment	3
Very well approved (3).....	4
Well approved (2)	4
Approved (1).....	4
COURSE: EXERCISE THEORY.....	5
Objective (high level)	5
Content.....	5
Method and assessment	5
Very well approved (3).....	6
Well approved (2)	6
Approved (1).....	6
COURSE: PERSONAL DEVELOPMENT	7
Objective (high level)	7
Content.....	7
Method and assessment	7
Very well approved (3).....	8
Well approved (2)	8
Approved (1).....	8
Course: LECTURES	9
Objective (high level)	9
Content.....	9
Method and assessment	9
Very well approved (3).....	10
Well approved (2)	10
Approved (1).....	10

COURSE: PHYSICAL ACTIVITY

Scope: 3 credits

Lessons: 54 x 45 min

Degree: Free elective courses

Objective (high level)

The student can

- prepare for themselves a training plan that promotes a healthy way of life, work ability and exercise and can follow the plan
- promote and maintain his / her study, function and work ability in his / her own sport
- promote the well-being of the own sports team
- Work in a safe and ergonomic manners, prevent accidents, act in emergency situations and call for help.

Content

- Fitness and strength training in different forms
 - exercise routine
 - warm up
 - workout
- stretching
- relaxation

Method and assessment

- lectures
- Compilation of different plans and diaries
- Personal trainer

VERY WELL APPROVED (3)

The student can

- prepare for themselves a training plan that promotes a healthy way of life, work ability and exercise and can follow the plan
- promote and maintain his / her study, function and work ability in his / her own sport
- promote the well-being of the own sports team
- work in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participate actively

WELL APPROVED (2)

The student

- Have an idea of how your own exercise plan should look and ask for help to implement it, as well as promote a healthy way of life, work ability and exercise, and can follow the plan
- can maintain his / her study, function and work ability in his or her own sport
- Is actively involved in the well-being of the own sports team
- work in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participate actively

APPROVED (1)

The student can

- with supervision draw up an exercise plan that promotes healthy living, work ability and exercise, and can follow the schedule with supervision
- with supervision maintain his working and working ability in his own sport
- Be part of the well-being of the own sports team
- Handle in a safe and ergonomic manner, prevent accidents, act in emergency situations and call for help.
- takes into account the differences between the other participants and different preferences when participating
- participates

COURSE: EXERCISE THEORY

Scope: 3 credits

Lessons: 54 x 45 min

Degree: Free elective courses

Objective (high level)

Students can use

- knowledge that promotes the implementation of training and training
- Knowledge that promotes health and recovery
- take care of various technical + IT tools in training planning
- the knowledge of the various sporting characteristics of the training plan and the implementation of the completed program.

Content

- Breakfast (school and course pays for it: good start of the school week)
- Principles of development
 - exercise
 - periodization of the training
 - the importance of the right diet
 - the importance of sleep and rest
- Weight Training
- skill Training
- speed Training
- cardio
- endurance training
- Mental training
- Maintenance of diary
 - exercise diary
 - diet diary
 - sleep diary

Method and assessment

- discussions
- Compilation of different plans and diaries

VERY WELL APPROVED (3)

Student

- Is able to plan and carry out his training activities according to a pre-defined plan.
- Plan and follow a plan for diet, recovery and rest
- uses technical aids to support training and recovery
- Continuously submits diaries
 - training
 - sleep
 - diet

WELL APPROVED (2)

Student

- Is able to plan and draw up a plan for their training activities.
- Be able to make a plan for diet, recovery and rest
- Can use technical aids to support training and recovery
- occasionally submit diaries
 - training
 - sleep
 - diet

APPROVED (1)

Student

- can make a general plan for their training activities.
- Know the general principles of diet, recovery and rest
- know technical assistance and can use them
- submits diaries, at course start and course completion
 - training
 - sleep
 - diet

COURSE: PERSONAL DEVELOPMENT

Scope: 2 credits

Lessons: 36 x 45 min

Degree: Free elective courses

Objective (high level)

Student

- Strongly develops their skills based on their sports and their conditions.
- On their own, can develop their skills, how to practice and how to put up their personal training in their branch.
- Understands the connection between success and goal awareness (structure in everyday life, regular routines, sleep, diet and exercise)
- Can act as a team player in different situations and different teams (individual team players)

Content

- At least one occasion per year the individual athlete, alone and / or in team, must be evaluated by a specialist from his/her sport.
- Mental training
- Exercise and exercise time in his sport / branch
- Critical reflection and self-evaluation

Method and assessment

- Field trips
- Written information
- Slides
- Own work (theoretical and practical)

VERY WELL APPROVED (3)

To student

- Is able to plan and carry out his training activities according to a pre-defined plan.
- Plan and follow a plan for diet, recovery and rest
- uses technical aids to support training and recovery
- participate actively

WELL APPROVED (2)

To student

- Is able to set up a plan for their training activities and follow it.
- Be able to make a plan for diet, recovery and rest
- Can use technical aids to support training and recovery
- participate actively

APPROVED (1)

To student

- Can do a general plan for their training activities and follow it.
- Know the general principles of diet, recovery and rest
- know technical assistance and can use them
- participate

COURSE: LECTURES

Scope: 1 credits

Lessons: 18 x 45 min

Degree: Free elective courses

Objective (high level)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can self-study in the different areas through literature, online studies and study visits.
- Understands the importance of the various special areas for the sport.

Content

Lecture series where invited experts lecture on their field of specialization. Based on experts' lectures, teachers continue to work on different themes, among other things

- Doping
- Game education
- Media education
- Mental training
- Stress
- Special areas of sport
- Teamwork and communication

Method and assessment

In addition to lecturing specialists, the course is conducted as

- Study
- Written information

VERY WELL APPROVED (3)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can self-study in the different areas through literature, online studies and study visits.
- Understands the importance of the various special areas for the sport.
- Active participation

WELL APPROVED (2)

- Know the basics of the special areas treated in the lecture series and apply the knowledge in their own education.
- Can deepen in the different areas through literature, network studies and study visits.
- Understands the importance of the various special areas for the sport.
- Active participation

APPROVED (1)

- Get acquainted with the basics of the special areas discussed in the lecture series and can, with supervision, use parts of the knowledge in their own education.
- Can study with insight into the different areas through literature, online studies and study visits.
- Get acquainted with the different areas of specialization and familiarizing themselves with their importance to the sport.
- Attending