

Learning outcome for MEd programme in Sport and Health Education at RU

The goal of the program is to prepare the students for employment in physical education teaching and health coaching. Special emphasis will be placed on preparing students in the field of elite coaching and research related to that. The program will increase knowledge on pedagogy, health, psychology, health promotion and risk factors. Special emphasis on training students in communicating their knowledge in an effective manner. By the end of the program shall possess the following:

Knowledge

- the main concepts and theories of pedagogy, exercise science, sports physiology, and health promotion
- diverse and effective teaching methods that can be used in teaching with an emphasis on sport science
- diverse methods with the development of teaching materials
- research methods and utilization of research in teaching, sport and health promotion
- national curriculums in relation to sports at all school levels and understand the role and purpose of the curriculums
- diverse course assessment techniques and the main theories of course assessment
- methods to increase the confidence and self-respect of students as well as useful interview techniques
- organisation, management and strategic planning in sports teaching, coaching and health promotion
- main measuring techniques used in sports science and health promotion

Skills / Competence:

- apply diverse and effective teaching methods
- apply diverse course assessment techniques in relation to the objectives of the program at each time
- apply new research in the fields of health, sports and teaching
- develop health promotion programs designed for different groups / individuals
- demonstrate the most effective approaches when confronted with diverse situations in physical education and health training
- apply appropriate ethics in science and practice
- receptive to new ideas and innovation
- organize teaching and training for different groups / individuals that match their differing needs
- assess which way is most effective in different situations in physical education and training
- teach diverse student groups and determine which method is most suitable for different groups of students and different subjects
- deal with problems that arise in the work of teachers
- base teaching and health training on an interdisciplinary foundation
- organize teaching in accordance with the national curriculum and course descriptions

- employ independent and critical thinking in the field of sports work

Learning outcome for the MSc programme in Exercise Science and Coaching at RU

The goal of the program is to prepare the students for employment in research and coaching. Special emphasis will be placed on preparing students to work in the field of elite coaching and research related to that. The program will increase knowledge on physiology, theory of training, psychology, and nutrition in the context of sport while also developing research skills within the field of sport science. Special emphasis on training students in communicating their knowledge in an effective manner. By the end of the program, the student shall possess the following:

Knowledge:

- theoretical basis of quantitative and qualitative methodologies
- identify key measurements to evaluate the training condition and progress of athletes in sports
- main concepts and theories of training methods and sports physiology
- determinants of physical and mental health of athletes
- training methods and sports physiology, both in terms of research and work in the field
- organization, management and strategic policy making within coaching and sport
- ethics of sports
- basic concepts and theories in sports nutrition
- philosophy of coaching and training

Skills / Competence

- measuring and work with the results of measurements
- utilize the results of measurements in the planning of sports training
- apply main methods to assess movement and body position of athletes
- organize and carry out research in the field of sports and process/analyse data collected
- organize the training of individuals and teams based on the latest expertise in sport
- apply methodologically sound tests in sports training and the field of sport
- deliver evidence-based information about sport science
- able to develop own knowledge and learn new skills for coaching athletes and be able put it in an appropriate context
- work with elite athletes in such a manner that results are maximized
- respond to ethical issues
- advise athletes about nutrition
- apply mains techniques of sports psychology to enhance the performance of athletes