

ASSESSMENT OF PHYSICAL ACTIVITY, 7.5 CREDITS **BEDÖMNING AV FYSISK AKTIVITET, 7,5 HÖGSKOLEPOÄNG**

Basdata

This is a separate course (Kursen är en fristående kurs).

Area of education (Utbildningsområde): Sport Science (Idrott)

Topic (Ämne): Sport Science (Idrottsvetenskap)

Credits (Omfattning): 7,5 högskolepoäng

Educational level (Nivå): Second cycle (Avancerad)

The syllabus has been processed by the dep of Sport and Health Sciences (Behandlad av Institutionen för idrotts- och hälsovetenskap)
2014-12-08.

The Faculty Board decided on the syllabus (Kursplanen är fastställd av Grundutbildningsnämnden)
2014-12-17.

Effective date (Ikraftträdande): This syllabus is valid from the academic year (Denna kursplan gäller från och med läsåret) 2014/2015.

Admission Requirement and Selection (Förkunskapskrav och urval)

Basic knowledge (Grundläggande behörighet)

Basic eligibility for second cycle

Grundläggande behörighet för avancerad nivå

Särskild behörighet

An completed BSc. Kandidatexamen i idrott/idrottsvetenskap eller motsvarande.

Urval

For more applicants than the number of seats assumed 50% of academic credits and 50% by lot (Vid fler behöriga sökande än antalet platser antas 50 % med akademiska poäng och 50 % genom lottning). Students enrolled in the master's program at GIH and PhD students will be prioritized. (Student på GIH:s masterprogram och forskarutbildning har företräde på kursen).

Expected learning outcomes (Förväntade studieresultat)

Students will be able to (Studenten skall):

- explain the principles of subjective and objective assessment techniques for physical activity pattern, including sedentary behaviour, low and high intensity physical activity and their pattern over short and prolonged periods of time,
- describe quality (validity and reliability) of assessment techniques in different populations (e.g. elderly, school children, patient groups),

- perform validation studies for various assessment techniques,
- perform assessments of the physical activity pattern using suitable methodology with regards to the population included, research design and purpose of the assessment,
- critically review published research reports based on validity of assessment techniques and analyse the implication for interpretation of results and current recommendations.

Content and structure (Innehåll och upplägning)

The course covers the following topics:

- validity and reliability of subjective (e.g. questionnaires, diaries, recall) and objective (i.e. accelerometry, combined motions sensors, heart rate),
- basic concepts of reference methods, such as indirect calorimetry, observations and doubly labelled water,
- practical handling of accelerometers, performing validity testing,
- data reduction, handling and analysis of above mentioned techniques.

The teaching-learning activities (Arbetsätt)

The teaching and learning activities consists of lectures, seminars and group work where practical participation is a prerequisite for the acquisition of skills and knowledge. Practical laboratory work using different methods and techniques as well as self-monitoring represents a large part of the course, along with analysing data and compiling results.

Progression

This course is given as a second cycle course, where the student is presumed to have basic knowledge in work physiology and general knowledge in relation between physical activity pattern and health or performance outcomes.

Examination

Requirements (Kurskrav)

Some of the laborations are mandatory (Obligatorisk närvaro vid laborationer).

Examination (Examinationsformer)

The following examination forms valid in the course (Följande examinationsformer gäller i kursen):

- one practical demonstrations of assessment and validation techniques,
- one written examination.

Number of examination and practice (Antal tillfällen för prov och praktik)

The examinations are completed during the course as described in course memorandum which will be accessible to the student at the start of the course, or ahead of the course upon request. Resits are offered no earlier than two weeks after the student has obtained exam results. Resits will be held no earlier than three weeks after the respective final moments, as well as before the fall semester and / or when the course is given at the next opportunity.

(Examinationerna avläggs under momentens gång vid separata tentamenstillfällen enligt anvisningarna i kurspromemorian som studenten får i och med kursstart. Omexamination erbjuds tidigast två veckor efter det att studenten har erhållit tentamensresultatet. Omexaminationstillfällen anordnas tidigast tre veckor efter respektive kurs slut, samt innan höstterminens början och/eller när kursen ges vid nästa tillfälle).

Grade (Betyg)

Grades are given using one of the expressions Pass with Distinction, Pass or Fail. At the start of the course; students will obtain precise information on the forms of examination and grading criteria for each level. Rating will be reported to the Study Administrator no later than three weeks after completion of the course. (Som betyg på kursen används något av uttrycken Väl godkänt, Godkänt eller Underkänt. Senast i samband med kursstart skall studenterna få preciserade kriterier för respektive betygsnivå. Betyg ska vara rapporterat till studieadministratör senast tre veckor efter avslutad kurs).

Övrigt

Evaluation (Utvärdering)

Upon completion of the course, each student will be invited to an evaluation of the course and the staff will do a self-evaluation. These are returned within three weeks to the student group and the examiner. (Efter avslutad kurs gör varje student en utvärdering av kursen och varje lärare gör en självvärdering. Dessa återförs inom 3 veckor till studentgruppen och examinator).

Student influence (Studentinflytande)

Student participation takes place through student representation in the Faculty Board (Studentinflytande sker genom studentrepresentation i Grundutbildningsnämnden).

Literature (Litteratur och övriga läromedel)

Obligatory (Obligatorisk):

Welk, G. (2002). *Physical Activity Assessments for Health-Related Research*. Champaign, Ill, USA: Human Kinetics, 140 p.

Additive scientific articles will also be used. (Vetenskapliga artiklar tillkommer)