
SPORT RELATED HIGHER EDUCATION PROGRAMS IN ICELAND

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All authors:
Birnir Egilsson (corresp)

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Synopsis:

Abstract:

This study maps sport education programs in the Icelandic higher education (HE) system with aim to find out what these programs offer, how they are structured, and how do these programs differ. As for the purpose of this workshop a short introduction of available programs are given in this abstract. The findings are based on website analysis of the HE institutions in Iceland. This abstract is a synopsis and more detailed description will be discussed in the workshop.

Icelandic higher education system consist of nine universities/colleges where only two of them provide education connected to sports, the University of Iceland (UI) and Reykjavik University (RU). UI features five schools: school of social science, school of health science, school of humanities, school of education, and school of engineering and natural science. Under the umbrella of school of education UI offers a three-year BSc or B.Ed. undergraduate degree (180 credits) and a two-year MSc or M.Ed. degree (120 credits) in "Sport and Health sciences" and falls into to the faculty of sports, social education, and leisure studies.

The bachelor programs consist of core requirements (130 credits), specialization as either a trainer or teacher (40 credits) and free electives (10 credits). The B.Ed. degree program aims to prepare students for teaching sports and health in preschools, basic schools and upper secondary schools. Students receive broad and good knowledge in the fields of movement and health, and become capable of strengthening health education in schools. The BSc. degree program aims to prepare students for various professional positions in the fields of health, such as training athletes, becoming personal trainers, training the elderly, and working on youth- and social projects for municipalities. Master's studies in sport and health sciences enable students to deepen their knowledge in specific discipline, and strengthen them as

professionals and researchers. The program composition of MSc. and M.Ed. in Sport and Health Science mainly consist of seminars in sport and health science, research methods and statistical analysis, and a final MS Thesis (30 credits). Students that have accomplished the MSc. degree have the opportunity to apply for PhD. or Ed.D. in educational sciences.

Reykjavik University (RU) features four schools: school of business, school of computer science, school of law, and school of science and engineering. Reykjavik University offers a three-year BSc degree (180 credits) in sport science and a two-year (120 credits) MSc. in Exercise and Coaching and M.Ed. in Sport and Health Education under the umbrella of school of science and engineering. The objective of the program is that students will gain excellent knowledge and skills to utilise in teaching, training, research, and management. Both in public- and elite sport. The first two years of the program is based on fundamentals of diverse sports, pedagogy and didactics, and sport science. In the third year, student then specialize in the following programs: sport training, sport instructor, or public health. The program is a composition of lectures, vocational lectures, internship, and final project.

MSc. in Exercise Science and Coaching are for those who wish to specialize in the coaching of athletes in competitive and high-performance sports as well as in research in the field of sport science. The program is mainly composed of courses that cover sport research and research methods, organization of training, theory of training, and the role of the trainer. The program also covers how to maximize athletic ability with training based on the premises of physiology, exercise science, psychology, ethics, nutrition, tactic, and technique. Purpose of the study is to prepare students for research and elite training in the area of sport science.

M.Ed. in Sport and Health Education are for those who wish to specialize in health training and sport education. The program is composed of courses, which cover, e.g. sport pedagogy, preventive value of exercise, influencing factors of health, organization and role of the health trainer/instructor. Also covered is how quality of life for people of all ages and abilities can be maximized with organized exercise based on the premises of pedagogy, psychology, nutrition, sport science, and public health science. Purpose of the study is to prepare students for teaching sport at all school levels and for public health promotion in general. All sport related programs in RU cooperate with international universities such as Seville University and German Sport University Cologne.

References:

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