

## COURSE SYLLABUS

### **Pedagogies of Outdoor life and Sport Traditions in a Swedish Perspective, 7.5 credits**

*Pedagogies of Outdoor life and Sport Traditions in a Swedish Perspective, 7.5 högskolepoäng*

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Course Code: L1POOL	Education Cycle: First-cycle level
Confirmed: Nov 05, 2025	Disciplinary domain: Other fields
Valid From: Jan 18, 2027	Subject group: Education
	Specialised in: G1N First cycle, has only upper-secondary level entry requirements

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### **Intended Learning Outcomes (ILO)**

On completion of the course, the student should be able to:

#### **Knowledge and understanding**

- compare the Swedish compulsory school system and physical education curriculum to that of the student's home country
- explain key concepts of "friluftsliv" (outdoor life), including its philosophical foundations and its role in the Swedish physical education curriculum
- describe key principles of "Allemansrätten" (Right of Public Access) and its implications for "friluftsliv" in Sweden

#### **Skills and abilities**

- demonstrate skills in traditional Swedish "friluftsliv" activities

#### **Judgement and approach**

- reflect upon their own educational background and teaching assumptions in light of Swedish approaches to physical education
- discuss how traditional sport and outdoor traditions reflect broader social, cultural, and environmental values

#### **Content**

- Field study of physical education practice
- Typical Swedish outdoor and indoor activities and games
- The course includes several outdoor excursions across different seasons and conditions

#### **Type of instruction**

The teaching consists of lectures, seminars and workshops performed individually and in groups.

An e-learning platform is used.

Students who have been admitted to and registered for a course have the right to receive instruction/supervision for the duration of the time period specified for the particular course to which they were accepted. After that, the right to receive instruction/supervision expires.

Language of instruction is English.

## Examination and grades

The course is graded A, B, C, D, E, FX or F.

The grades A, B, C, D and E are all passing grades. For courses with more than one element of examination, students are given a final grade based on an overall assessment of all the elements included in the course. The final grade of the course is issued only when all elements of examination have been passed.

The examination is based on instruction and course literature.

The forms of examination are individual written assignment, seminar and group presentation.

The examination must allow for students to be assessed on an individual basis. Further information concerning assessment of specific intended learning outcomes and grading criteria is provided in a study guide distributed at the beginning of the course.

For the course the grade approved is required at least for all examinations.

Students are guaranteed a minimum of three attempts to pass an examination, including the regular attempt.

Registration of examination:

Name of the Test	Value	Grading
Individual written assignment	3 credits	A/B/C/D/E/FX/F
Seminar	3 credits	A/B/C/D/E/FX/F
Group presentation	1.5 credits	A/B/C/D/E/FX/F

## Course evaluation

The instruction is followed up throughout the course. A course evaluation is conducted at the end of the course. A summary and comments are published in the learning management system. The evaluation constitutes a basis for future improvements to the course.

## Other information

This course can be studied as a single subject course that will lead to an individually designed degree, but can also be a part of a teachers' programme course.

If a student has failed the same examination three times, the student is entitled to request that the next examination be assessed and graded by a new examiner. The decision to accept or reject such a request is made by the vice dean of education. A student may not make a second attempt at any examination already passed in order to receive a higher grade.

The examiner has the right to give an adapted examination or let the student carry out the examination in an alternative way provided that the intended learning outcomes can be secured and that there are exceptional reasons for this, including the student's right to targeted study support.

In case a course is terminated or significantly altered, examination according to the earlier syllabus shall be offered on at least two occasions in the course of one year after the termination/alteration.

## Course literature

Please note that changes may be made to the reading list up until eight weeks before the start of the course.

Gelter, Hans. (2000). Friluftsliv: The Scandinavian Philosophy of Outdoor Life. *Canadian Journal of Environmental Education*, 5, 77.

Quennerstedt, Mikael. (2019). Physical education and the art of teaching: transformative learning and teaching in physical education and sports pedagogy. *Sport, Education and Society*, 24(6), 611-623.

Sjödin, Karin., Quennerstedt, Mikael., & Öhman, Johan. (2024). The meanings of friluftsliv in Physical Education Teacher Education. *Sport, Education and Society*, 29(6), 744–757.

The Swedish National Agency for Education (2024). *Curriculum for Compulsory School, Preschool Class and School-Age Educare – Lgr22*, <https://www.skolverket.se/publikationer?id=13128> 20 pages.

Optional literature, approximately 100 pages, see also:

<https://www.naturvardsverket.se/4a4380/globalassets/media/publikationer-pdf/8500/978-91-620-8522-3.pdf>

Citing Sources – How to Create Literature References

<http://ju.se/library/search--write/citing-sources---how-to-create-literature-references.html>

Sourcewise: A Student's Guide to Avoiding Plagiarism

Information about plagiarism at higher education institutions

Available in the learning management system