

COURSE SYLLABUS

Sustainable Leadership, 7.5 credits

Sustainable Leadership, 7,5 högskolepoäng

Course Code: PSLG13	Education Cycle: First-cycle level
Confirmed by: Utbildningsrådet May 13, 2022	Disciplinary domain: Social sciences
Valid From: Aug 21, 2023	Subject group: SH1
Version: 1	Specialised in: G1N

Intended Learning Outcomes (ILO)

The Intended Learning Outcomes apply to the entire course. On successful completion of the course, students will:

Knowledge and understanding

1. Be able to explain theoretical perspectives on sustainable leadership.
2. Understand how to develop good conditions for creating a healthy leadership philosophy.
3. Be able to account for bearing concepts in sustainable and transformative leadership and how these concepts can be applied in sports.
4. Have knowledge of what transformative competencies are, and how they are relevant in an interdependent world.
5. Have an understanding of how people react to change, security and trust.

Skills and abilities

6. Illustrate the ability to reconcile tensions and dilemmas.
7. Apply their knowledge of leadership models and perspectives on leadership in practice or to specific cases.
8. Take factors that can promote sustainable and healthy leadership into consideration when planning, carrying out and evaluating both training, coaching and leadership.
9. Illustrate a capability to see consequences of specific behaviours and environmental factors for both leaders and members from psychological, health and performance perspectives.
10. Discuss ethical and moral aspects in sports are discussed.
11. Contribute actively to individual growth as well as development in teams.

Judgement and approach

The Intended Learning Outcomes concerning judgment and approach permeate and underscore the teaching methodology of the entire course and are not specific to any sub-course or exam.

- Self and peer reflection on the development of skills and abilities.
- Critical evaluation of relevant information related to the different parts of the course.
- Critically reflect on the leadership role and the implications of certain behaviours, also in relation to ethical as well as moral aspects

Contents

The course includes theoretical perspectives on sustainable long-term leadership, sustainable leadership in organisations, associations and sports clubs, prevention of stress-related problems, recovery promotion, vitality and well-being. This is paired with aspects of sustainable leadership in practice, to develop good conditions for creating a healthy leadership philosophy where the focus is on the athlete's development and well-being. The course helps develop the student's ability to reconcile tensions and dilemmas, their capability to see consequences of specific behaviours and environmental factors for both leaders and members from psychological, health and performance perspectives, as well as their understanding of how people react to change, security and trust. Furthermore, ethical and moral aspects in sports are discussed, such as the balance between the growth of the individual and the growth of the team. Students reflect on the factors that can promote sustainable and healthy leadership, in organisations, associations and sports clubs alike.

The horizontal aim is to develop and strengthen student skills for participating in higher education, life-long learning and global citizenship through group work, social engagement, peer learning, reflective learning and autonomous learning whilst developing agency, ability to reconcile tensions and dilemmas, intercultural communication skills, metacognitive skills, information literacy and critical thinking.

Type of instruction

Lectures, workshops, tutorials and mentoring sessions, as well as seminars, group discussions, study visits and similar types of instruction. Active participation is required in seminars and other forms of examination. Group work is compulsory in order to meet the requirements of the course. The final grade of the course is issued only when all course units have been passed.

The teaching is conducted in English.

Prerequisites

High School Diploma and English language skills corresponding to:
IELTS 6.5 (no part below 6.0) or equivalent
or Pathway English 2

Examination and grades

The course is graded Fail (U) or Pass (G).

The examination consists of written and oral assignments. Active participation throughout the course is required.

Registration of examination:

Name of the Test	Value	Grading
Examination	7.5 credits	U/G

Other information

Qualification Requirements

For a passing grade, the student shall complete the course requirements of 7,5 credits. Active

participation required in seminars, group discussions and mentoring sessions is compulsory in order to meet the requirements of the course.

Course literature

Articles, handouts and extra materials will be distributed by the class teacher.