

PROGRAMME SYLLABUS  
**Pathway for International Sports, 60 credits**  
Programmestart: Autumn 2023

## PROGRAMME SYLLABUS

### **Pathway for International Sports, 60 credits**

*Pathway for International Sports, 60 högskolepoäng*

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**Programme code:** PINS3

**Programmestart:** Autumn 2023

**Confirmed by:** Dean 2022-05-18

**Education Cycle:** First-cycle level

**Revised by:** Utbildningsrådet 2022-11-30

**Version:** 2

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#### **Title of qualification**

This programme does not lead to a degree.

#### **Programme overview**

Pathway for International Sports is a dual career programme that enables potential international degree seeking students to prepare for a following first or second cycle university programme while continuing to develop their career and achievements in sports. The programme prepares the student for academic studies conducted in English in most fields, by improving the students's proficiency in and command of the English language, both in a broader sense and in an academic context. Pathway for International Sports also includes courses and modules that help students navigate teaching methods and university life, develop literacies and transferrable skills, as well as participate in the academic community. In parallel with this, the student is provided with opportunities to develop and practice knowledge, skills and competencies connected to their career in sports, both in terms of leadership and organizational perspectives as well as individual development. The programme includes courses that, depending on which track is chosen, will enable the student to continue their existing career in sport while opening up new pathways to an academic career. The programme prepares the student for education in an intercultural and international environment, and bridges between secondary education and the qualitative targets of tertiary education. In addition, the PathwayProgramme provides familiarity with higher education in Scandinavia and assists in developing communication in an academic environment as well as in the context of sport. 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.

The programme corresponds to one year of full-time studies, comprising a total of 60 credits where depending on the chosen track, either 10 or 25 credits of the programme consists of placement courses in affiliation with a sports club, association, team, organisation, or project connected to the student's career in sports and development in leadership.

#### **Objectives**

The foremost objectives are familiarity with the English language, preparation for following programmes and development in the student's chosen sport. The overall programme objectives can be summarised as an aim to create college readiness in knowledge, skills and behaviour. The

programme objectives focus on developing language proficiency, key cognitive strategies, academic knowledge and skills as well as contextual skills and awareness. Each of the courses in the programme share the horizontal aim but have separate Intended Learning Outcomes and content.

The programme objectives are qualitative goals that permeate the courses and teaching methods in order to develop the students' ability to:

### **Knowledge and understanding**

- demonstrate familiarity, proficiency and range in language use
- demonstrate knowledge and understanding in each of the specific subject courses
- understand which academic behaviours lead to success and demonstrate self-awareness about these behaviours
- demonstrate knowledge of factors that can promote sustainable and healthy leadership, in organisations, associations and sports clubs alike

### **Competence and skills**

- search for, gather, evaluate, discuss and critically interpret information
- engage texts critically and create well written, organized, and supported work products
- identify, formulate and solve problems autonomously
- complete tasks within predetermined time frames
- adapt to the context and recipient
- develop their own agency as well as collaboration skills, communication skills, critical thinking and creativity
- work in teams and communicate clearly
- apply theoretical knowledge both in their own development and in the development of others, the group and to an extent the association, organisation or project

### **Judgement and approach**

- take subject specific, social and ethical issues into consideration
- identify the need for further knowledge and ongoing learning
- critically evaluate their own learning based on self and peer reflection, as well as teacher feedback

### **Contents**

Each course in the Pathway Programme includes elements of the horizontal aims, including functional perspectives on ethical awareness, equal opportunities and equality that are thematically connected to the course content.

### **Courses**

#### *Pathway English 2*

The Pathway English 2 course is a preparatory course for students who do not meet the level of required English proficiency for university studies. The purpose of the course is to provide English language preparation in reading, writing, listening and speaking corresponding to the Swedish upper secondary school course English 6. The level of the course corresponds to English 6 in Swedish upper secondary school, but also includes elements of academic writing and academic practices as well as communication that are above the level of English 6. The purpose is also to prepare students for higher education by giving support in adjusting to the

demands, challenges and expectations of higher education institutions. The course consists of lectures, seminars and group activities in various fields of academic English and have been designed specifically to meet the needs of non-native English speakers who wish to develop their English language competencies and be able to communicate effectively in an academic environment. In addition to basic development of the four main areas of language (reading, writing, speaking and listening), there is also a strong focus on academic skills including research ethics, critical thinking, academic writing and presentations. English will be taught in an international context with a strong focus on active participation and group discussion. Students will be given opportunities to share their own experiences and in turn gain a deeper knowledge of living conditions, social issues and cultural features in different parts of the world.

#### *Pathway Mathematics 1*

The course is designed to prepare students for studies at their following programmes by learning how to use basic algebra, geometric sums, studies of polynomial, power and exponential functions, derivatives and differentiation rules for the functions mentioned above as well as applications using the derivative to solve optimization problems and integrals.

#### *Common Association Placement Course (CAPC) 1*

The first association placement course establishes the student's understanding of practical leadership. It connects leadership training in theory to practice in an association or sports club related to the student's own development. The course focus lies in practical applications of theoretical perspectives on sustainable long-term leadership, sustainable leadership, prevention of stress-related problems, recovery promotion, vitality and well-being. The student applies their knowledge both in their own development and in the development of others, the group and to a limited extent the association.

#### *Elite Track Advanced Association Placement Course (AAPC) 1*

The first advanced association placement course connects insights into practical leadership with its impact on individual (and personal) development. Elite track advanced association placement course 1 connects leadership training in theory to practice in an association or sports club related to the student's own development within the sport. The individual development, development on a group level as well as development within the association are starting points for practically applying leadership skills and knowledge. This includes soft skills, insights into mental and psychological development and growth as well as physical exercise and technical skill.

#### *Pathway Study Skills, Intercultural Competence and Advanced Literacies*

This course is designed for students/professionals wishing to gain the tools for study skills on an academic level with focus on communication and intercultural competence. By understanding transformative competences students/professionals gain skills in different learning communities and digital literacy.

#### *Sustainable Leadership*

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.

### *Academic English*

The purpose of the course is to provide students with a command of English that is functional for communication across many different fields, language spheres and Englishes. The communicative language competencies that are promoted in the course focus on intercultural communication as well as the student's own creativity, choice, and ownership of their language. Overall language proficiency, digital literacy, information literacy as well as foundational literacy skills are inextricably linked together in the course content. The course also emphasises two aspects of linguistic communicative language competencies: range and control.

### *Common association placement course (CAPC) 2*

This course builds on the CAPC1 for continuous development of leadership, coaching and professional aspects of leadership roles and their connection to individual development. The course provides an understanding of the practical connection, communication, co-agency and collaborations between the individual, different leadership roles and the organization of established organisations, projects, events or teams. This includes working with individuals and groups in the organization work to understand challenges for both formal and informal leadership in the association or team in areas such as creating motivation, conflict management, and cultural diversity.

### *Elite track advanced association placement course (AAPC) 2*

The advanced association placement course 2 builds on the AAPC1 by connecting individual development to best practices. This entails building an understanding for and ability to act on questions of sustainability and ethics, and to allow for co-creation, co-agency, perspectives on management, and implementation of change.

## **Dual Career Track**

Students who are admitted to the Dual Career Track study the following pre-selected courses:

### *Semester 1*

PE2G11 Pathway English 2, 20 hp

PCAG13 Common Association Placement Course 1, 2.5 hp

PM1F17 Pathway Mathematics 1, 7.5 hp

### *Semester 2*

PSSG13 Pathway Study Skills, Intercultural Competence and Advanced Literacies, 7.5 hp

PSLG13 Sustainable Leadership, 7.5 hp

PCAX13 Common Association Placement Course 2, 7.5 hp

PAEG12 Academic English, 7.5 hp

## **Elite Track**

Students who are admitted to the Elite Track study the following pre-selected courses:

### *Semester 1*

PE2G11 Pathway English 2, 20 hp

PCAG13 Common Association Placement Course 1, 2.5 hp

PETG13 Elite Track Advanced Association Placement Course 1, 7.5 hp

### *Semester 2*

PSSG13 Pathway Study Skills, Intercultural Competence and Advanced Literacies, 7.5 hp

PSLG13 Sustainable Leadership, 7.5 hp

PCAX13 Common Association Placement Course 2, 7.5 hp

PETX13 Elite Track Advanced Association Placement Course 2, 7.5 hp

### **Teaching and examination**

The teaching is conducted in English. To complete the programme, the student needs to fulfil the Intended Learning Outcomes and specific grading criteria for all courses. Active participation in examinations is mandatory, and active participation in placement courses is mandatory. Different methods of examination can be used within a single course.

In placement courses, the assessment is based on a performance review from the supervisor and the final assessment from the examiner of the student's progression in relation to the ILOs. The student will be offered examination opportunities within the time frame of the programme. Mandatory workshops, study visits and assignments can figure within the frame of the programme.

Four main modes of instruction are used for most, but not all, of the teaching on the programme: lectures, workshops, tutorials and individual sessions. Other types of instruction include seminars, group discussions and study visits, as well as instruction from trainers, coaches and supervisors. The grading scale used for the courses is defined in the course syllabus.

### **Prerequisites**

High School Diploma and English language skills corresponding to:  
IELTS 5.5 (no part below 5.0) or equivalent  
or Internet based TOEFL test 72 written test 17 or equivalent  
or Pathway English 1  
or Swedish Upper Secondary School course English 5 or equivalent  
and Mathematics 2a or 2b or 2c or equivalent

The applicant must also have documented and certified prospective placement in an association, sports club, team, organisation or project that meets the requirements for supervising students.

### **Continuation Requirements**

In each course plan, specific pre-requisites are specified that must be met for students to proceed to the second semester of the programme.

### **Qualification Requirements**

To obtain a Pathway Course Certificate the student shall complete the course requirements of 60 credits.

### **Other Information**

Pathway Course Certificates will be provided by Jönköping University Enterprise. A course that is included in the Pathway Programme, mandatory or elective, could be substituted by another course that is equivalent in credits, content and learning outcomes.

A web-based interview may be conducted with the student before enrollment.