



# HL106V Systematic Preparations for Top Athletes 5.0 credits

Systematik och mentala förberedelser för elitidrottare

This is a translation of the Swedish, legally binding, course syllabus.

## Establishment

Course syllabus for HL106V valid from Autumn 2009

## Grading scale

P, F

## Education cycle

First cycle

## Main field of study

Technology

## Specific prerequisites

General entry requirements.

Knowledge and experience connected to sports practice as active sportsmen or women or as a coach.

# Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

## Intended learning outcomes

The course's objectives are to give understanding in and tools for how top athletes can structure their life with procedures for different activities when sports are set in focus.

The course will also give the students understanding in and tools for how mental pressure in connection with sports performances, training and competition will be handled.

The course will also give knowledge about how brain and body react before expectations and how one can accustom and prepare as well to handle these.

After completing the course student should be able to:

- Make up long-term aims for its sports investment
- Make up secondary aims (years' and period objectives)
- Make plans for important sports activities that must be organized in order to reach the aims
- Formulate plan periods
- Allocate each period, days, weeks and months a concrete content that joints against the aims
- Clarify decisions that are the basis of above described planning
- Understand how and why one reacts on both internal and extraneous expectations
- Understand how one can accustom oneself to better handle expectations
- Describe different methods in order to handle expectations
- Practice methods for personal development
- Prepare oneself to use these methods

## Course contents

Knowledge of systematic and mental preparations before training and competition:

- What about the life for top athletics on international level?
- Reasons, driving forces and decisions behind what a person want to experience
- How organize sport arena with respect to civilian career, family lives, economy etc?
- What does “a systematic procedure” mean?
- How is a plan containing “dream/vision - long-term objectives, secondary aims and periodicity of these ” formulated?
- Which details lead to the aims?

- Why does one become nervous? Why does the body react as it does at stress?
- Is it possible to accustom oneself in handling nervousness and stress?
- What kind of different methods are used within the competition sport?
- What kind of knowledge and what preparations will be done before we begin to accustom these methods?
- Practice in connection with training and competition

## Course literature

Compendium

## Examination

- TEN1 - Examination, 5.0 credits, grading scale: P, F

Based on recommendation from KTH's coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

If the course is discontinued, students may request to be examined during the following two academic years.

## Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.