



HL1902 Applied Physical Training Theory for Warfare 7.5 credits

Fysiskt stridsvärde

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

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

Establishment

Course syllabus for HL1902 valid from Spring 2013

Grading scale

VG, G, U

Education cycle

First cycle

Main field of study

Technology

Specific prerequisites

The student must have been accepted to the Officer's Program at the National Defence College (FHS).

Language of instruction

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

Intended learning outcomes

Broad objectives:

The Student shall show ability to apply his/her knowledge to handle different situations, events, and problems related to the requirements of the task and the needs of the individuals and the group. (Regulations (2007:1164) of the Swedish National Defence College - Examination description)

• Specific objectives:

After completed course the student shall:

– be able to describe the structure of the human body, its function, and its adaptation to physical exercise. The student shall also be able to account for methods to prevent exercise-induced injuries.

– be able to explain how the physical combat effectiveness is affected by physical fitness and external factors, and to use this knowledge to optimise the physical combat effectiveness.

– to be able to give examples of planning, performance, and follow-up of post-specific training in order to build and maintain the physical combat effectiveness of ones unit.

Course contents

After completed course the student shall be able to plan, to carry out, and to evaluate the effect of physical training on his/her own unit. To be able to do this, knowledge regarding physical performance is needed. To be able to optimise the physical combat effectiveness of ones unit knowledge regarding the effects on the body of external factors of more short-lived nature such as sleep, fluid balance, food intake, environment, hygiene and personal equipment is also essential. The student shall be able to convert the theoretical knowledge into practical handling of the external factors to optimise the physical combat effectiveness. The student will also learn the basics of setting up a task requirement analysis and to develop a training plan for a unit before and during a mission.

The course consists of a combination of lectures, laboratory practicals, team works, seminars, and practical exercises.

The course is divided into two parts:

Part 1: - Factors affecting the physical combat effectiveness, 4.5 hp

Part 2: - Applied physical combat effectiveness, 3 hp

Course literature

- Michalsik, Lars & Bangsbo, Jens. *Aerob och Anaerob träning*, (Stockholm: SISU Idrottsböcker, 2004)
- Thomeé, Roland., Augustsson, Jesper, Wernbom, Mathias, Augustsson, Sofia & Karlsson, Jon. *Styrketräning – för idrott, motion och rehabilitering*, (Stockholm: SISU Idrottsböcker, 2008)
- Fysiskt stridsvärde, kurskompendium

The course literature also consists of pertinent science articles, that will be handed out during the course.

Examination

- TEN1 - Examination, 4.5 credits, grading scale: P, F
- TEN2 - Examination, 2.0 credits, grading scale: VG, G, U
- ÖVN1 - Exercises and Assignments, 1.0 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.

Number of occasions for tests and practical exercises

The exams are conducted during the course according to the schedule in the course plan which the student receives at the start of the course. Time for ordinary examination and subsequent re-examination are given in the course plan. Further re-examinations are carried out close to the summer- or Christmas- vacations, and subsequently after the next course. In all, the student will have five examination opportunities for Part 1 of the course and the extended essay, and two examination opportunities for the practical examination.

Other requirements for final grade

Course requirements

Laboratory practicals, seminars, team works, and practical exercises are obligatory.

Examinations: :

- Written exam
- Practical tests
- Individual extended essay

Grades

The course is marked on a three-grade scale; pass with distinction (VG), pass (G), and fail (U). To obtain a passing grade the student must have taken part in all the practical items,

and passed all the written exams. To obtain a pass with distinction the extended essay must be graded VG.

Grade criteria according to appendix 1.

A student who has received a pass on an examination does not have the right to further examinations to improve the grade.

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.