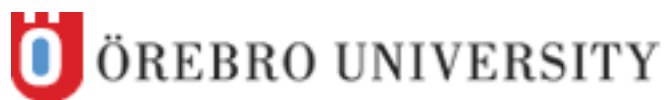

This course syllabus is discontinued or replaced by a new course syllabus.



Course Syllabus

School of Health Sciences

Sport Science, Mindfulness Based Stress Reduction, MBSR, 7.5 Credits

Course Code:	ID009G	Subject Area:	Field of Physical Education
Main Field of Study:	Sport Science	Credits:	7.5
Education Cycle:	First Cycle	Subject Group (SCB):	Sport Science
Established:	2014-11-25	Progression:	GXX
Valid from:	Spring semester 2017	Last Approved:	2016-09-27
		Approved by:	Head of School

Aims and Objectives

General aims for first cycle education

First-cycle courses and study programmes shall develop:

- the ability of students to make independent and critical assessments
- the ability of students to identify, formulate and solve problems autonomously, and
- the preparedness of students to deal with changes in working life.

In addition to knowledge and skills in their field of study, students shall develop the ability to:

- gather and interpret information at a scholarly level
- stay abreast of the development of knowledge, and
- communicate their knowledge to others, including those who lack specialist knowledge in the field.

(Higher Education Act, Chapter 1, Section 8)

Course Objectives

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Main Content of the Course

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Examination Methods

Examination I, 4 Credits. (Code: 0100)

Examination II, 3.5 Credits. (Code: 0101)

For further information, see the university's local examination regulations (in Swedish).

Grades

According to the Higher Education Ordinance, Chapter 6, Section 18, a grade is to be awarded on the completion of a course, unless otherwise prescribed by the university. The university may prescribe which grading system shall apply. The grade is to be determined by a teacher specifically appointed by the university (an examiner).

According to regulations on grading systems for first- and second-cycle education (vice-chancellor's decision 2010-10-19, reg. no. CF 12-540/2010), one of the following grades is to be used: fail, pass, or pass with distinction. The vice-chancellor or a person appointed by the vice-chancellor may decide on exceptions from this provision for a specific course, if there are special reasons.

Grades used on course are Fail (U), Pass (G) or Pass with Distinction (VG).

Examination I

Grades used are Fail (U) or Pass (G).

Examination II

Grades used are Fail (U), Pass (G) or Pass with Distinction (VG).

For further information, see the university's local examination regulations (in Swedish).

Specific entry requirements

Standard university admission requirements.

For further information, see the university's admission regulations (in Swedish).

Transfer of Credits for Previous Studies

Students who have previously completed higher education or other activities are, in accordance with the Higher Education Ordinance, entitled to have these credited towards the current programme, providing that the previous studies or activities meet certain criteria.

For further information, see the university's local credit transfer regulations (in Swedish).

Reading List and Other Teaching Materials

Required Reading

Carmondy, J. & Baer, R (2009)

How long does a mindfulness-based stress reduction program need to be? A review of class contact hours and effect sizes for psychological distress. Journal of Clinical Psychology
65, 627-638

Chiesa, AS. & Serretti, A (2008)

Mindfulness-based stress reduction for stress management in healthy people - a review and meta-analysis

The Journal of Alternative and Complementary Medicine, 15, 593-600

Crane, R., Kuyken, W., Hastings, R.P., Rothwell, N., Williams, M. J. G (2010)

Training teachers to deliver mindfulness-based interventions - learning from the UK experience
Mindfulness, DOI: 10.1007/s12671-010-0010-9

Grepmaier, L., Mitterlehner, F., Loew, T., Bachler, E., Rother, W., & Nickel, M (2007)

Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study. Psychotherapy and psychosomatics
DOI: 10.1159/000107560

Grossman, P., Niemann, L., Schmidt, S., & Walach, H (2004)

Mindfulness-based stress reduction and health benefits - a meta-analysis. Journal of Psychosomatic Research
57, 35-43

Jouper, John (2016)

Mental tuffhet - fokus på uppgiften
SISU Idrottsböcker. Stockholm, 254 pages

Klatt, M. Buckworth, J., & Malarkey, W. B (2008)

Effects of low-dose mindfulness based stress reduction (MBSR-I) on working adults. Health Education Behavior
DOI: 10.1177/1090198108317627

Mind-body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation, and qigong (2008)

Schure, M.B., Christopher, J., & Cristopher, S
Journal of Counseling & Development, 86, 47- 56

Additional Reading

Williams, Mark, Teasdale, John, Segal, Zindel & Kabat-Zinn, Jon (2007)
Mindfulness: En väg ur nedstämdhet.
Falun: Natur och Kultur