

SportED: Promoting University-Level Distance-Based Sport Education

Universitetslärardagarna 2025 – Pedagogiskt skickligare tillsammans

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- Born between 1960-2006
- Physiotherapists, nurses, physicians, psychologists, midwife, veterinarian, PE teachers, lecturers, S&C coaches, PTs, fystränare, team coaches, sport officials, active or former elite athletes, dancers, administration, management, marketing, accounting, child education, engineers, moms, 1st time at the university....
- Football, swimming, running, CrossFit, ice hockey, floorball, alpine skiing, orientation, badminton, poledance, cycling, dance, triathlon, strength training ...





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- Performance enhancement (~40%), Health & wellbeing (~20%), combined (~40%)
- Connect theory to practice, whether for athletes, patients, or their own training
- Individual personal situations

Project provides...

- Fully-distance self-paced courses in sport training
- Target wide audience
- Individual learning needs outside university setting
- New skills acquisition, upskilling and reskilling → remain competitive



Common Working Framework



- Standardised & time-efficient pre-designed set of digital tools for content creation
- Structure LMS that adheres to demands of digital learning
- Monitoring tools for quality, engagement, adherence, progression, etc.
- Trainable, scalable

Principles

- Student-centred learning
- Flexibility
- Interdisciplinary integration
- Continuous reflection



Ongoing courses



H7024-20252-inst7000

Idrott, Från trötthet till fitness: strategier för återhämtning inom idrott, HT25,...

Open

[Multiple Instructors](#)



H7025-20252-inst7000

Idrott, Styrketräning för elit och motionär, HT25, ID051G

Open

[Multiple Instructors](#)



H7026-20252-inst7000

Idrott, Kondition- och uthållighetsträning för elit och motionär, HT25, ID052G

Open

[Multiple Instructors](#)



H7020-20252-inst7000

Idrott, Träningslära för hälsa och prestation, HT25, ID012G

Open

[Multiple Instructors](#)



Idrott, Tillämpad idrottspsykologi inom ledarskap

7.5 poäng ID054G



Outcomes - Students

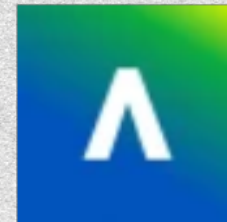


- Feasible to run large digital courses
- Wide range of ages, professional backgrounds, and profiles.
- Accessibility to high education, supports lifelong learning, and career development
- Completion rate: ~ 60 – 75%
- Networking and peer interaction

Outcomes – Learning Platform

- Scalable, sustainable, and adaptable to other programmes, courses, or subjects.
- Routines for digital content creation
- Structured BBLearn layout and reusable templates
- Computer, tablet, mobile...

Bb Learn



Outcomes – Competence Development (Staff)

- Many learnings can be transferred to presential courses
- Staff competence development in digital pedagogy, AI.
- Other perspectives: Learning environment, Sustainability, Broadened participation, Internationalization...
- Örebro University's vision is to lead the way toward a knowledge-driven society, pursuing continual progress, critical thinking, and societal impact.



Future Directions

- Expand to more themes
- Explore AI integration for education
- Cross-school collaboration to enhance digital learning capabilities.

testkurs-digital-tools-AI-LMS

Application of digital tools and AI for health sciences in LMS – Pedagogical Development



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