Course: Challenge 2 International Vital City — credits: 10

Course code	SKVP22IVC1
Name	Challenge 2 International Vital City
Study year	2026-2027
ECTS credits	10
Language	English
Coordinator	G. van Dalfsen
Modes of delivery	Guest lecture International excursion Lecture Problem-based learning Tutorial
Assessments	International Vital City - Portfolio assessment

Learning outcomes

LILO 1. Professionalism of the sports professional. (Competency Level 1)
LILO 2. Design (Competency Level 1)
LILO 3. Implementing (Competency Level 1)
LILO 4. Advising (Competency Level 1)

Content

Content of the course component: The complex world of today consists of an enormous amount of challenges and wicked problems. These complex problems are problems that are beyond the scope of any single organisation, both in terms of understanding and response. Additionally, there is often disagreement about the cause of the problems and how to address them. Wicked problems lack clarity in both their aims and solutions and are subject to real-world constraints. This means that risk-free attempts to find a solution are highly unlikely. Within the sport studies program, students will work on challenges and wicked problems and will try to solve a part of the complex issues that exist.This course will be separated into two parts. Part 1 will consist of the use and collection of conceptual and empirical data. Part 2 consists of developing the sport/health intervention.

The European Vital City – part 1 is a challenge where students will work from a multidisciplinary perspective. The students acquire usable knowledge in the field of strategy formation to allow them to analyse the degree of vitality of the international city and apply this knowledge by conducting analyses of various policy fields and themes that are of importance in the city and which interface with sport and exercise (diagnostic research). The future is explored, developing various scenarios (Nekkers 2011), after which an inspirational vision and city strategy are developed.

The following questions need to be answered. How is the city currently set up to optimally use sport to create the greatest possible positive effect on the health of the urban population, quality of life and the economy of the international city? What strategic planning is needed to influence the vitality of the city in the future? Which scenarios could enhance and develop the city to be ready for future?

The European Vital City – part 2 also requires students to work from a multidisciplinary perspective where the student builds further on the discoveries and knowledge from the European Vital City – part 1. The creative vision and city strategy can now be further researched and elaborated into an actual sport/health intervention. The team of students must execute and coordinate sport/health and exercise programmes and projects in consultation with relevant stakeholders and collaborate with other disciplines. The intervention is of an innovative nature. The student team is responsible for costs related to traveling, accommodation etc, concerning the sport/health intervention.

Course structure: The course consists of guest lectures, regular lectures, and tutorials led by your instructor.

Assessment structure: Portfolio Assessment.

Portflow will be used for the portfolio, containing formative assessments and a final video.

Literature and any costs:
De Ruijter, P. (2014). *Scenario based strategy: Navigate the Future*. Ashgate Publishing, Ltd.

Included in programme(s)

Sport Studies

School(s)

Well-being, Education & Sport

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