Vak: Vitality @ work — credits: 5

Vakcode	SKVP22VWO
Naam	Vitality @ work
Studiejaar	2025-2026
ECTS credits	5
Taal	Engels
Coördinator	R.M. van Rozen
Werkvormen	Gastcollege Probleem gestuurd onderwijs
Toetsen	Vitality @ work - Professioneel product

Leeruitkomsten

LILO 2: Research and development
The sports professional is inquisitive when it comes to sport and exercise. They work methodically under supervision and take a healthy interest in improving the industry. They ask questions, analyse and interpret research results and conduct applied and design-based research, under supervision, in a given context. They use the knowledge and insights they have gained to develop appropriate sports and exercise products, under supervision.

LILO 4: Leadership, management and organisation
Within a given context, the sports professional manages and organises proper business operations and the proper performance of duties (under supervision), and shows an enterprising attitude while doing so.

LILO 5: Evaluation and advice
The sports professional develops, advises on, implements and evaluates sports and exercise strategies and policies, under supervision. In doing so, the sports professional independently manages the policy cycle with a view to safeguarding and developing the continuity and quality of the sports and exercise products as well as the organisation itself.

Competency Level 2

Inhoud

Vital organizations are attractive organizations where people enjoy working. They are able to adapt well to circumstances, the work is being done with active engagement and enthusiasm and the employees work together to create a pleasant organizational culture. The employees are energetic, the customers are satisfied, and absenteeism is low. A vital organizational culture arises when employees take responsibility for their own health and employability (bottom-up approach) but can certainly be facilitated or supported by management and policy (top-down approach). Vital organizations arise from interventions on multiple levels: the (HRM) policy, the way of working (together) in teams and at an individual level.

In this course, students will develop a project which aims to make an organization (company, government, non-profit) more vital and to increase the sustainable employability of employees. Based on a diagnosis of the current situation, work is being done on the design of an approach to improve the vitality of the employees. Challenges at the various levels to create an active lifestyle at and around work are examined and innovative solutions based on existing knowledge are used to remove any barriers. Knowledge of behavioural change, active and healthy lifestyle and HRM are important here. Based on the performed research, the designed approach and the implementation of (part of) this approach is tested by means of an evaluation study, project report and a final presentation.

Opgenomen in opleiding(en)
Sport Studies

School(s)
Instituut voor Sportstudies

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