

Information in the intro module:

Exam: video assignment and multiple choice exam

The evaluation of this course consists of two components, a video assignment and a multiple-choice exam. Both components will be evaluated to pass/fail. Passing both is required to pass the course.

Video assignment

The video assignment is designed to assess your understanding of the course material, your ability to use relevant academic literature, and your ability to apply theoretical knowledge to your professional or personal practice.

We recommend that you work on the video assignment throughout the course, and make sure to submit your video before the due date 02. May 2025. You may respond to the assignment in English or a Scandinavian language.

[Please find the assignment and detailed requirements here.](#)

Multiple choice exam

The multiple choice exam consists of 100 questions within a time limit of max 90 min. To pass the exam, you must answer at least 80% of the questions correctly. You are allowed a maximum of three attempts. You can take the exam at any time you want after completing all the modules and quizzes, but please note that the exam closes 2. May 2025 at 23.59 PM (CET).

Videos and multiple-choice exams submitted after this date will not be evaluated.

Evaluation

You will see your final score of the multiple-choice exam after completing the exam, and the video assignment may be evaluated continuously if you submit before the deadline. However, the official result will not be available in Studentweb before the end of May 2025, regardless of when you finish the exam/submit the video. The video assignment and the multiple choice exam will be evaluated separately and both parts must be passed (evaluated to pass/fail) to pass the course.

If, for some reason, you have to withdraw from the course or apply for an extension of the study period, please take a look [at this site for more information.](#)[Links to an external site.](#)

Information about the video exam:

Assignment: Choose one topic of your interest or relevance among the themes presented in the "Female Athlete Health and Performance" course (e.g., endurance training, REDs, interpersonal violence). Prepare a 5–7-minute video presentation that demonstrates your understanding of the topic and its implications.

We recommend that you work on this assignment throughout the course, and make sure to submit your video before the due date 02. May 2025, 11.59 PM.

You may respond to the assignment in English or Norwegian.

You have one attempt.

Please see below for evaluation criteria. You must include all seven criteria in your presentation. To pass the assignment, you need a minimum score of 7 out of 9 possible points.

[When you submit your video, please also use this link to select which module the theme of your presentation aligns with.](#)

You may use any tool you prefer to record your presentation, but we recommend using PowerPoint (and export your file to a mp4-file).

English tutorial:<https://www.youtube.com/watch?v=2m60HT3OMOI>[Links to an external site.](#)

Norwegian tutorial:<https://www.youtube.com/watch?v=OO3suOOqbVU>[Links to an external site.](#)

CRITERIA:

Introduction and topic relevance

Clearly state your topic and its relevance to the Female Athlete Health and Performance-context (/1 pts)

Theory/key concepts

Explain key definitions/concepts/principles/mechanisms related to your topic in the context of female athletes' health and performance (/2 pts)

Literature/references

Refer to at least three relevant academic papers in your presentation. Provide the reference via text/visual aids in the video (/1 pts)

Practical application in sport

Reflect on how the knowledge from your chosen topic can be incorporated into your professional or personal practice in sports. This could be as an athlete, trainer, sports scientist, health care provider or any other relevant role in sport. Use specific examples or hypothetical scenarios to illustrate how you would apply the learning in real-world scenarios. Define the level and age group of your target group.

E.g., how to instruct athletes in pelvic floor muscle training, demonstrate how you would respond if you recognized signs/symptoms of mental health problems in an athlete, which

actionable steps you will do/have done to prepare your sport club to prevent and address interpersonal violence (/2 pts)

Conclusion/Take Home Message

Clearly sum up the most central aspects of your presentation, and the importance of your chosen theme in the Female Athlete Health and Performance-context (/1 pts)

Presentation format

You should create a verbal video-based presentation, but the format is of your choice (e.g., PowerPoint presentation, monologue, practical demonstrations with explanations). The presentation format will not be evaluated per se.

Your face should be visible during the entire video (e.g., small video in the corner of a power-point presentation like most of the video presentations in this course) (/1 pts)

Length of video

Ensure that the video is within the 5-7-minute limit.

Submissions that fail to adhere to the video-based format or too long or short videos will not be accepted or graded (/1 pts).