



Course syllabus

School of Business and Economics
Department of Management

1FE943 Hälsöfrämjande ledarskap, 7,5 högskolepoäng
Health Promotive Leadership, 7.5 credits

Main field of study

Business Administration

Subject

Business Administration

Level

First cycle

Progression

G1N

Date of Ratification

Approved 2020-06-24.

Revised 2025-02-10. Prerequisites, examination and standard texts.

The course syllabus is valid from spring semester 2025.

Prerequisites

General entry requirements.

Objectives

After completing this course the student should be able to:

- explain and problematise the influence of leadership on staff health
- implement, lead and critically review health promotive work in organisations
- analyse different work situations taking into account the risks for ill-health and opportunities for health promotive interventions regarding mental, physical and social aspects.
- critically discuss the connection between health, well-being, leadership and

quality

Content

The course contains:

- salutogenic leadership
- physiological and ergonomic conditions for improving working environments
- the impact of lifestyle on leadership and employeeship
- the link between health and quality management and quality development
- prevention and management of work-related stress
- the significance of the nervous system for leadership development and organisational learning

Type of Instruction

Teaching is carried out as distance learning via a learning platform and consists of self-studies based on instructions from the course coordinator. The teaching consists of lectures, seminars and project work. The course requires access to a computer with internet connection and a webcam. No compulsory meetings on campus are included.

Examination

The course is assessed with the grades A, B, C, D, E or F.

The course is examined through an individual written examination which is orally presented 2.5 credits and a project work that is carried out individually or in groups in which content, implementation, written report and oral presentation are examined 5 credits.

The grade A constitutes the highest grade on the scale and the remaining grades follow in descending order where the grade E is the lowest grade on the scale that will result in a pass. The grade F means that the student's performance is assessed as fail.

Resit examination is offered in accordance with Linnaeus University's Local regulations for courses and examination at the first- and second-cycle levels.

In the event that a student with a disability is entitled to special study support, the examiner will decide on adapted or alternative examination arrangements.

Course Evaluation

A course evaluation should be conducted during the course or in connection with its conclusion. The results and analysis of the completed course evaluation should be promptly communicated to students who have completed the course. Students participating in the next course instance should be informed of the results of the previous course evaluation and any improvements that have been made, no later than at the start of the course.

Required Reading and Additional Study Material

Required reading

Hanson, A. *Salutogent ledarskap för hälsosam framgång*. Salutogent ledarskap i Sverige AB. Latest edition. About 240 pages.

Lagrosen, S. & Lagrosen, Y. *Hälsa och kvalitet i arbetslivet – mentala, fysiska och sociala aspekter*. Studentlitteratur. Latest edition. About 240 pages.

Scientific articles. About 100 pages.