



Course syllabus

School of Business and Economics

Department of Management

1FE943 Hälsöfrämjande ledarskap, 7,5 högskolepoäng

1FE943 Health Promotive Leadership, 7.5 credits

Main field of study

Business Administration

Subject Group

Business Administration

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2020-06-24

Revised 2022-12-05 by School of Business and Economics. Change of department.

The course syllabus is valid from spring semester 2023

Prerequisites

General entry requirements + English 6.

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 with help from 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 and the internet. No compulsory meetings on campus are included.

Examination

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

The course is examined through a individual home-take examination (2.5 credits) and a project work 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. Grading criteria for the A–F scale are communicated in writing to the student by the start of the course at the latest, as well as how the weighting and weighting of grades on individual examining elements to the final course grade takes place. The basis for the student's grade is determined by the student's fulfillment of the objectives.

Repeat examination is offered in accordance with Local regulations for courses and examination at the first and second-cycle level at Linnaeus University. An examiner can, in exceptional cases, decide that a student who is close to the level for a passing grade may carry out supplementary assignments in order to reach the passing grade.

If the university has decided that a student is entitled to special pedagogical support due to a disability, the examiner has the right to give a customised exam or to have the student conduct the exam in an alternative way.

Course Evaluation

During the implementation of the course or in close conjunction with the course, a course evaluation is to be carried out. Results and analysis of the course evaluation are to be promptly presented as feedback to the students who have completed the course. Students who participate during the next course instance receive feedback at the start of the course. The course evaluation is to be carried out anonymously.

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.