



Course syllabus

School of Business and Economics
Department of Management

1FE94U Hälsofrämjande 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 2024-04-08.

The course syllabus is valid from spring semester 2024.

Prerequisites

General entry requirements.

Objectives

After completing this course the participant 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 än 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 via a learning platform and consists of lectures, seminars and project work. The course requires access to a computer with internet connection and a webcam.

Examination

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

The course is examined through a individual home-take examination 2.5 credits and a project work 5 credits, which can be done individually or in a group and which is examined regarding content and implementation through a written report and oral presentation.

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 participant's performance is assessed as fail.

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

Overlap

The course cannot be included in a degree along with the following course/courses of which the content fully, or partly, corresponds to the content of this course:
1FE943 with 7.5 credits.

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.