



Course syllabus

Faculty of Social Sciences

Department of Sport Science

IIV202 Hälsa, 7,5 högskolepoäng

Health, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2016-12-14

Revised 2020-08-18 by Faculty of Social Sciences. Revision of the course literature.

The course syllabus is valid from autumn semester 2020

Prerequisites

General entry requirements.

Objectives

After completing the course, students shall be able to:

- identify and account for various scientifically based definitions and theories of health
- describe and discuss the determining factors of health, on the basis of the national health situation
- summarize the work with public health in society
- account for the importance of living habits and outdoor recreation to people's health

Content

The course provides basic knowledge of the field of health, and the students gain an understanding of several different perspectives on health as well as relevant theories and concepts. The course also provides an overall view of public health activities at different levels in society, as well as the impact of different living habits and outdoor recreation on people's health.

- Key definitions and theories within the field of health
- The determining factors of health
- The importance of living habits and outdoor recreation to people's health
- Public health activities and objectives

Type of Instruction

Teaching consists of lectures, seminars and case-based studies.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course takes place by means of a written exam, an oral group presentation and an individual take-home exam. The written exam and the take-home exam are assessed by the grades Fail, Pass or Pass with Distinction. The oral group presentation is assessed by the grades Fail or Pass.

In order to receive a grade of Pass in the course, the course objectives must be attained. To be awarded a grade of Pass with Distinction in the course, this grade is required for the written exam as well as the take-home exam, and a grade of Pass for the oral group presentation.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course, and to new students at the following course date. The course evaluation is conducted anonymously.

Credit Overlap

The course cannot be included in a degree along with the following courses of which the content fully, or partly, corresponds to the content of this course: 1IV101 Sport Science - Physical Activity, Health, Outdoor Recreation I, 7.5 credits. Module 3 Health.

Other

This course is included in the Sport Science Programme - Physical Activity, Health and Outdoor Recreation.

Required Reading and Additional Study Material

Bringsén, Åsa & Nilsson Lindström, Petra (2019). *Hälsopromotion i teori och praktik – olika arenor och målgrupper*. Liber, (264 p.) ISBN: 978-91-47-12592-0.

Pellmer, Kristina & Wramner, Bengt. (Latest edition). *Grundläggande folkhälsovetenskap*. Stockholm: Liber, (264 p.)

Compendiums and scientific articles are also included, approximately 100 pages.