



Course syllabus

Faculty of Social Sciences
Department of Sport Science

1IV224 Hälsokommunikation, 7,5 högskolepoäng
Health Communication, 7.5 credits

Main field of study

Sport Science

Subject

Sport Science

Level

First cycle

Progression

G1F

Date of Ratification

Approved 2022-12-12.

Revised 2024-02-16. Revision of examination format to a more secure method.

The course syllabus is valid from autumn semester 2024.

Prerequisites

1IV213 Public Health, 7.5 credits, or the equivalent.

Objectives

Upon completion of the course, students shall be able to:

- describe and critically examine communication techniques and models,
- analyse and assess the importance of communication in health promotion activities,
- describe and critically examine scientific theories of motivation and processes of change,

- apply communication methodology in motivational conversations.

Content

In the course are discussed different theories and models within communication, focusing on health promotion. Lectures are held on theories and models of for instance motivation and change processes, as well as motivational conversations. A major part of the course is practical, where the students practice holding motivational conversations in the form of for instance role-play.

Type of Instruction

Teaching consists of lectures, seminars and workshops.

Examination

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

Examination takes place by means of an individual oral examination and a seminar.

In order to receive a grade of Pass, the course objectives must be attained. To be awarded a grade of Pass with Distinction in the entire course, the grade of Pass with Distinction is required for the seminar and the grade of Pass for the individual oral examination.

A new summative assessment 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, as well as to the students at the following course date. The course evaluation is conducted anonymously.

Other Information

The course is included in the Sport Science Programme.

Required Reading and Additional Study Material

Barth, Tom & Näsholm, Christina. (Latest edition). *Motiverande samtal – MI. Att hjälpa en människa till förändring på hennes egna villkor*. Lund: Studentlitteratur, (180 p.)

Jensen, Mikael. (Latest edition). *Interpersonell kommunikation*. Lund: Studentlitteratur, (324 p.)

Lindwall, Magnus., Stenling, Andreas & Weman Josefsson Karin. (Latest edition). *Motivation inom träning, hälsa och idrott - Ett självbestämmande perspektiv*. Lund: Studentlitteratur, (416 p.)