



Course syllabus

Faculty of Social Sciences
Department of Social Studies

1SO135 Arbetsmiljö- och hälsoarbete - i ett tillämpat perspektiv, 7,5 högskolepoäng

Work Environment and Health Promotion in a Practical Approach, 7.5 credits

Main field of study

Sociology, Caring Science

Subject Group

Sociology

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2012-06-15

Revised 2017-10-04 by Faculty of Social Sciences. Change of teaching methods.

The course syllabus is valid from spring semester 2018

Prerequisites

General entry requirements.

Objectives

The overall aim of this course is that students should develop the ability to work in collaboration with others and act in changing work situations. In addition, students should also develop an insight into prevention and health promotion that can contribute to a conscious work for a "good workplace".

After completing the course, students shall be able to:

- have a basic understanding of the key areas covered by labour legislation
- give a general description of how the field of labour legislation is organised
- have a good understanding of the systematic approach to work environment activities and be able to evaluate and solve various work situations
- explain and demonstrate activities within prevention and health promotion at different workplaces.

Content

The course is based on the labour legislation, but focuses on an applied and reflexive approach in different work situations. The systematic approach to the work environment activities is a basic approach applied to for instance issues related to risk assessment, stress, intimidation and violence, occupational injuries, rehabilitation, discrimination and

various conflict situations. The ability to act in various situations and the liability issue are central. Furthermore, activities within the field of prevention and health promotion are highlighted in order to problematize the possibility to minimize such problems, and again, the action-oriented capability is essential in this area as well.

Type of Instruction

The course is a distance learning course and is given on part-time basis. The studies take place over the Internet and are based partly on work environment cases and partly on a development assignment on prevention and health promotion related activities. Parts of the studies take place in group work based on the legislation as well as on theory and individual experiences. However, the work is conducted during the individual study time. The course is introduced through films and a study guide, available through the course room in the virtual learning environment.

Examination

The course is assessed with the grades Fail (U) or Pass (G). Assessment of the student's performance takes place by means of individual written assignments and through an evaluation of the work done in the virtual learning environment. In order to receive a grade of Pass, the course objectives must be attained.

Students who do not pass the scheduled examination are given the opportunity to retake the exam close to the original examination date.

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 new students at the following course date. The course evaluation is conducted anonymously.

Required Reading and Additional Study Material

Work and Health promotion - in a practical approach, 7,5 hp

Arbetsmiljöverket (2012) *Den goda arbetsmiljön och dess indikatorer – Kunskapsöversikt, RAP 2012:07*, 62 pages,

<https://www.av.se/globalassets/filer/publikationer/kunskapssammanstallningar/den-goda-arbetsmiljon-och-dess-indikatorer-kunskapssammanstallningar-rap-2012-7.pdf>

Glemne, Mats *Hälsa och hälsoarbete på arbetsplatsen* (article). From anatology Bredden ger spetsen. Växjö University Press 2008 (provided by the course coordinators) 24 pages.

Hanson, Anders (2004) *Hälsopromotion i arbetslivet*. Studentlitteratur. 296 pages. ISBN: 9789144034928

Jakobsson, Robert & Aronsson, Gunnar (Latest edition) *Handbok - Bättre arbetsmiljö*. Prevent. (May be ordered at www.prevent.se), 255 pages.

Articles and lecture material (provided by the department and available on the Internet), 150 pages.

Acts in the field of work environment (on the Internet). Selection of pages, 200 p.

Checklists, tools within the field of work environment etc. (on the Internet), 50 pages.