



Course syllabus

Faculty of Health and Life Sciences
Department of Health and Caring Sciences

2HÄ005 Transdisciplinära perspektiv på lycka och hälsa, 7,5
högskolepoäng

Transdisciplinary perspectives on happiness and health, 7.5 credits

Main field of study

Health Science

Subject Group

Public Health

Level of classification

First Level

Progression

G1F

Date of Ratification

Approved by Faculty of Health and Life Sciences 2020-09-28
The course syllabus is valid from autumn semester 2021

Prerequisites

30 hp from optional subject

English 6 or English B, or equivalent

Objectives

After completing this course, the student should be able to:

- identify and apply central theories and methods within the science of happiness, well-being and health
- explain and discuss philosophies of happiness in different contexts
- assess strategies to influence well-being and happiness

Content

- happiness as a concept and different definitions
- scientific understanding of subjective well-being, life-satisfaction and happiness
- science of happiness focus, aims, theories and methods
- Transdisciplinary perspectives on happiness (philosophy, positive psychology, biochemistry, immunology, sociology, economy, political science)

Type of Instruction

This is an online course in English
Individual and group assignments
Lectures

Examination

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

The course is examined through an individual written home exam. In order to gain a Pass grade (G) the expected learning outcomes must have been achieved.

Repeated examination is offered in accordance with Local regulations for courses and examination at the first and second-cycle level at Linnaeus University.

Grading criteria is stated for the examination and is the basis for the grading.

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

After each 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 the feedback at the start of the course. The course evaluation is to be carried out anonymously.

Required Reading and Additional Study Material

Happiness and Health

Bormans, L. (Red). (2016). *The World Book of Happiness* (1st Edition). Ontario: Firefly books ltd. (352 p.) ISBN10 1554079306 ISBN13 9781554079308.

Scientific articles and reports will also be added