



## 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**

Public Health

### **Level**

First cycle

### **Progression**

G1F

### **Date of Ratification**

Approved 2020-09-28.

Revised 2025-05-19. Revision of prerequisites, course literature and standard formulations.

The course syllabus is valid from spring semester 2026.

### **Prerequisites**

30 hp from optional subject

English 6

### **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 a 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.

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

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

## Course Evaluation

A course evaluation should be conducted during the course or in connection with its conclusion. The results and analysis of the completed course evaluation should be promptly communicated to students who have completed the course. Students participating in the next course instance should, before the start of the course, be informed of the results of the previous course evaluation and any improvements that have been made.

## Required Reading and Additional Study Material

Bormans, L. (Red). (2025). *The World Book of Happiness* (2nd Edition). Lannoo Publishers. (320 p.) ISBN: 9789020955392.

Scientific articles and reports will also be added.