



Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences
School of Education, Psychology and Sports Science

2IV100 Hälsopromotivt arbete inom det idrottsvetenskapliga området, 30 högskolepoäng

Healthpromotion in Sport Sciences, 30 credits

Subject Group
Sport Science

Level of classification
First Level

Progression
G2F

Date of Ratification
Approved by the Board of the School of Education, Psychology and Sports Science
2011-01-24

Revised 2012-12-18

The course syllabus is valid from spring semester 2013

Prerequisites
NO VALUE DEFINED

Objectives

Module 1: Health education, 7.5 credits

On completion of the module, students should be able to:

- describe and critically analyse scientific theories, methods and models within communication
- describe and critically analyse scientific theories on motivation and processes of change
- account for and discuss different outlooks on learning from a health educational perspective.
- apply basic theories of communication in health promotion
- analyse and evaluate the importance of communication in health promotion.

Module 2: Health promotion with physical activity, 7.5 credits

On completion of the module, students should be able to:

- account for current outlooks on physical activities that aimed towards health
- describe common medical conditions where physical activity is prescribed
- make suggestions to concrete activity programmes where physical activity is prescribed
- apply current practical methodology within health promotional physical activities

- based on current research, account for tried and tested work in order to promote physical activity on individual level as well as on population level
- based on current research, analyse and evaluate scientific discoveries concerning physical activities and their importance for physical training
- account for the built environment's influence on physical activity

Module 3: Advanced Study Project, 7.5 credits

On completion of the module, students should be able to:

- identify and formulate scientific problems that are relevant to the subject
- choose, argue for and apply relevant scientific methods on the basis of chosen problems and theoretical advances
- on the basis of theoretical perspectives and in relation to chosen problems, critically examine, analyse and problematise results
- independently seek, compile, evaluate and critically examine information
- critically examine and act as opponent on another project of scientific character.

Module 4: Outdoor recreation, 7.5 credits

On completion of the module, students should be able to:

- on the basis of seasonal outdoor recreation, clarify the importance of experience within the field of outdoor recreation.
- from a health perspective, plan and carry out outdoor recreation for different groups.
- with support of scientific theories, reflect over personal experiences, and other peoples' experiences of outdoor recreation.
- use different natural environments as an arena for various outdoor practices.
- analyse and evaluate man's place in nature.

Content

The course is made up of four modules:

Module 1 Health education 7.5 credits

- Theories, methods and models within health education
- Theories on motivation and processes of change
- Theories on learning
- Health education in health promotion

Module 2 Health promotional physical activity 7.5 credits

- the concept promotional view of health.
- cardiovascular and metabolic effects of physical activity.
- measuring physical activity.
- health promotional physical activity suitable for different medical conditions.
- the building environment's influence on physical activity.
- business-related training

Module 3 Advanced Study Project 7.5 credits

- Problem formulation
- Scientific theories and methods with specialisation within the problem area
- Compilation, labouring and analysis of material
- Information management
- Research techniques
- The writing of a scientific report
- Active participation in seminars
- Presentation of degree project and opponenship

Module 4 Outdoor recreation 7.5 credits

- Experience-based learning
- Outdoor recreation as a platform for interdisciplinary studies
- Theories on group dynamic
- Leading groups in nature
- Outdoor recreation from theoretical perspectives

Type of Instruction

Teaching is built on teacher-student led elements where much emphasis is placed on the active role of students as well as their ability to use language as a tool, IT and other educational aids. Didactic reflection assignments based on placement elements and current research.

Obligatory attendance is expected throughout the entire course, or parts of it, and this is specified in all schedules or study plans.

Examination

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

Course Evaluation

Course evaluation on a continuous basis verbally and/or in writing throughout the course. When the course has finished, an evaluation is compiled. The results are reported to the students and then archived according to the rules of the school.

Required Reading and Additional Study Material

List of references Module 1 - Healtheducation 7.5 credits

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

Jarlbro, Gunilla. (latest edition). *Hälsokommunikation – en introduktion*. Lund: Studentlitteratur, (151 p).

Granbom, Anna-Karin. (latest edition). *Att motivera till hälsa*. Lund: Studentlitteratur. (102p).

Hanson, Anders. (latest edition). *Hälsopromotion i arbetslivet*. Lund: Studentlitteratur, (296 p, part of book).

Kostenius, Catrine. & Lindqvist, Anna-Karin. (latest edition). *Hälsovägledning. Från tanke till ord och handling*. Lund: Studentlitteratur, (272 p).

Svederberg, Eva m. fl. (latest edition). *Pedagogik i hälsofrämjande arbete*. Lund: Studentlitteratur, (292 p, part of book).

Illeris, Knud. (latest edition). *Lärande*. Lund: Studentlitteratur, (309 p).

List of references Module 2 - Health promotional physical activity 7.5 credits

Bouchard, Claude., Blair, Steven. & Haskell, William. (latest edition) *Physical activity and Health Champaign*. Human Kinetics, (407 p).

Faskunger, Johan. (latest edition). *Den byggda miljöns påverkan på fysisk aktivitet. (latest edition)* Östersund: Statens Folkhälsoinstitut 978-91-7257-581-3.

Raustorp, Anders. (latest edition). *Att lära fysisk aktivitet* Uppsala: Kunskapsföretaget, (120 p).

Wilmore, Jack.H., Costill, David., Kennedy Larry (2008). *Physiology of sport & Exercise (4th ed)*. Champaign: Human Kinetics, (574 p).

List of references Module 3 - Advanced Study Project 7.5 credits

List of references Module 4 - Outdoor recreation 7.5 credits

Fredman, Peter. (2008). *Friluftslivets ekonomiska värden*. Östersund: Friluftsliv i förändring, (89 p).

Larsson, Gerry. (2003). *Direkt ledarskap*. Stockholm: Försvarsmakten, (164 p).

Nilsson, Bruno. (2005). *Friluftsliv – folkhälsa – framtid*. Stockholm: Kungliga skogs och lantbruksakademien, (25 p).

Boverket, Rapport. (2007). *Landskapets upplevelsevärden*. Stockholm: Boverket, (70 p.)

Sandell, Klas. (2004). *Friluftslivets värden*. Stockholm: FRISAM, (62 p).

Danielsson, Tom. m.fl. (2006). *Att guida grupper i naturen*. Kalmar: Linnéuniversitet, (76 p.)

Current articles also included