



Course syllabus

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

2IV110 Hälsopromotivt arbete ur ett nationellt och internationellt perspektiv, 30 högskolepoäng

Healthpromotion in a National and International Perspective, 30 credits

Main field of study

Sport Science

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
2011-01-15

Revised 2012-12-28. Editorial changes.

The course syllabus is valid from autumn semester 2013

Prerequisites

At least 90 credits in previous courses in physical activity, health and outdoor recreation within the Sport Science programme.

Objectives

After completing the course (1-30 credits), students shall be able to.

- study and draw conclusions on physical activity, health and outdoor recreation from a national and international perspective
- communicate and problematize health promotion activities from a national and international perspective
- account for and analyse activities within sport science in society
- account for and critically examine different scientific texts.

Module 1: Health Communication II, 7.5 credits

After completing the course, students shall be able to:

- account for and discuss the importance of media in a health-communicative perspective
- analyse and evaluate the importance of communication from a health education

- apply and analyse the importance of communication from a health education perspective
- analyse and critically examine national and international health related activities.

Module 2: Movement and Activity Analysis, 7.5 credits

After completing the course, students shall be able to:

- on the basis of current research, analyse and evaluate scientific observations concerning physical activity and its importance for health promotion
- analyse different environments' influence on physical activity

Module 3: Outdoor and Recreation, 7.5 credits

After completing the course, students shall be able to:

- compare and analyse outdoor recreation in the national and international context
- use and analyse different natural environments and recreational practices for health promotion
- analyse and evaluate man's place in nature with focus on sustainable development

Module 4: Placement in Sport Science, 7.5 credits (or another elective course in consultation with the course management)

After completing the course, students shall be able to:

- analyse and critically examine an existing activity connected to health promotion, physical activity and outdoor recreation
- on the basis of an individually chosen perspective relevant to the education, relate and evaluate their own placement studies (in an existing sport science organisation)

Content

The overall aim of the course is for students to further develop and broaden their knowledge and understanding within the fields of health, physical activity and outdoor recreation. Various course components are compared and studied on the basis of a national as well as international perspective. Students acquire knowledge within the field of sport science through individual demonstration of knowledge, and by learning from others. The course includes placement studies within the field of sport science, with the aim that students shall develop the skills required to work independently within the field of the education.

The course consists of four modules:

Module 1 Health Communication II 7.5 credits

The module contains the following elements:

- The importance of media within health related activities.
- Communication from a health promotion perspective.
- National and international health related activities.

Module 2 Movement and Activity Analysis 7.5 credits

The module contains the following elements:

- Work, effect and energy.
- Analysis of physical activity and movement in different environments.
- The importance of sociocultural and socioeconomic factors to physical activity.
- National and international environments in relation to physical activity.

Module 3 Outdoor and Recreation - Regional Perspective 7.5 credits

The module contains the following elements:

- Outdoor recreation from a national and international perspective.
- Natural environments and health.
- Responsibility and safety.
- Leadership in different recreational environments.
- Sport science organisations in relation to sustainable development.

Module 4 Placement in Sport Science 7.5 credits

The module contains the following elements:

- Applied sport science.
- Placement studies in a sport science related environment.
- Analysis of an activity within the field of sport science.

Type of Instruction

Teaching takes place in the form of lectures, seminars, case-based studies, literature studies, practical sessions, supervision, presentations and poster presentations, and placement in a sport science activity. Information about the compulsory elements is given in the study guide.

Examination

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

Examination takes place individually by means of written papers, practical presentations in the form of talks and poster presentations, writing of reports and active participation in seminars.

Irrespective of examination method, it is the individual student's performance that is assessed and graded. In order to receive a grade of Pass in the course, the course objectives shall be attained. To be awarded a grade of Pass with Distinction in the course, it is required that at least three modules are assessed as Pass with Distinction.

A retake of the examination is offered within six weeks after the scheduled examination date (within the scope of the regular semester period).

Additional information is given in the study guide.

Course Evaluation

At the end of the course, a course evaluation is carried out which is compiled in writing and presented to the students who have completed the course as well as to new students at the following course date, together with any measures taken. The results are presented to the departmental bodies and the programme council concerned, and are later filed by the course coordinating department.

Other

Teaching is partly held in other countries, which entails additional costs for students. The course is included in the Sport Science Programme - Physical Activity, Health and Outdoor Recreation.

Required Reading and Additional Study Material

List of references Module 1 - Health Communication II 7.5 credits

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

Jarlbro, Gunilla (Latest edition). *Hälsokommunikation – en introduktion*. (Third edition). Lund: Studentlitteratur, (selected parts, 151 p.).

Palm, Lars & Sandberg, Helena. (Latest edition). *Strategier för hälsokommunikation och deras användbarhet. En genomgång av forskningsläget*.
<http://up.lub.lu.se/hur/download?func=downloadFile&recordId=1550704&fileId=1550707> (42 p.).

Sandberg, Helena. (Latest edition). *Medier som arena för hälsokommunikation*.
Nordicom Information; 2:05; pp. 27–37.
www.nordicom.gu.se/common/publ_pdf/184_027-036.pdf (10 p.).

Statens Folkhälsoinstitut. (Latest edition). *Hälsa och ekonomisk tillväxt A 2008:02*
www.fhi.se/PageFiles/3532/a200802_Halsa_och_ekonomisk_tillvaxt0805.pdf (85 p.).

Svederberg, Eva, Svensson, Lennart & Kindeberg, Tina. (Latest edition). *Pedagogik i hälsofrämjande arbete*. Lund: Studentlitteratur, (selected parts, 292 p.).

Scientific articles and compendiums included.

List of references Module 2 - Movement and Activity Analysis 7.5 credits

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

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

Welk, Gregory J. (Latest edition). *Physical Activity Assessments for Health Related Research*. Champaign: Human Kinetics, (260 p.).

Faskunger, Johan. (Latest edition). *Aktivt liv i byggda miljöer*. Östersund: Statens Folkhälsoinstitut, (60 p.).

Scientific articles and compendiums included.

List of references Module 3 - Outdoor and Recreation - Regional Perspective 7.5 credits

Berntsen, Peter, Andkjaer, Søren & Ejbye-Ernst, Niels (Latest edition). *Friluftsliv-natur, samfund og pædagogik*. København: Munksgaard Danmark, (218 p.).

Emmelin, Lars, Fredman, Peter, Lisberg Jensen, Ebba & Sandell, Klas. (Latest edition). *Planera för friluftsliv-natur, samhälle, upplevelser*. Stockholm: Carlssons bokförlag, (414 p.).

Jönsson, Sofia & Lindström, Marianne. (Latest edition). *Metoder för att undersöka upplevelsevärden i landskapet- exempel på studier från kvantitativ till kvalitativ forskning*. Kalmar: Högskolan i Kalmar, Naturvetenskapliga institutionen, (35 p.).
Available as PDF file.

Scientific articles and compendiums included.

PDF files are provided by the university.

List of references Module 4 - Placement in Sport Science 7.5 credits

Literature chosen in consultation with the teacher depending on specialisation, (approx. 1,500 pages).