



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

2IV212 Hälsokommunikation, 7,5 högskolepoäng

Health Communication, 7.5 credits

### **Main field of study**

Sport Science

### **Subject Group**

Sport Science

### **Level of classification**

First Level

### **Progression**

G2F

### **Date of Ratification**

Approved by Faculty of Social Sciences 2017-06-14

The course syllabus is valid from spring semester 2018

### **Prerequisites**

NO VALUE DEFINED

## Objectives

After completing the course, students shall be able to:

- describe and critically review scientific theories of communication techniques and models
- apply essential theories of communication in health promotion activities
- analyse and assess the importance of communication in health promotion activities
- explain and discuss various theories of learning from a health educational perspective
- describe and critically review scientific theories of motivation and processes of change

## Content

- Theories, techniques and models in relation to health communication
- Health communication in health promotion activities
- Theories of learning from a health educational perspective
- Theories of motivation and processes of change

## Type of Instruction

Teaching consists of lectures, seminars and workshops.

## Examination

#### EXAMINATION

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

Examination takes place by means of a seminar, an oral examination and a written take-home exam. In order to receive a grade of Pass, the course objectives must be attained. To be awarded a grade of Pass with Distinction for the entire course, the grade of Pass with Distinction is required for the take-home exam.

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

#### Required Reading and Additional Study Material

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.).

Hanson, Anders. (Latest edition). *Hälsopromotion i arbetslivet*. Lund: Studentlitteratur, (selected parts, 296 p.).

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

Scientific articles are also included, approximately 50 pages.