



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 2017-06-14

Revised 2019-10-22 by Faculty of Social Sciences. Revision of the course literature.

The course syllabus is valid from spring semester 2020

Prerequisites

60 credits assessed with at least a grade of Pass in previous courses within Physical Activity, Health and Outdoor Recreation within the Sport Science Programme.

Objectives

Upon completion of 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

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 in 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.)

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

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

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

Lindwall, Magnus., Stenling, Andreas & Weman Josefsson Karin. (2019). *Motivation inom träning, hälsa och idrott - Ett självbestämmande perspektiv*. Lund: Studentlitteratur, (416 p.) ISBN: 9789144116020

Scientific publications are also included, approximately 50 pages.