



Course syllabus

Faculty of Social Sciences

Department of Sport Science

2IV213 Hälsofrämjande fysisk aktivitet, 7,5 högskolepoäng

Health Promotional Physical Activity, 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 2017-05-17

The course syllabus is valid from spring semester 2018

Prerequisites

NO VALUE DEFINED

Objectives

After completing the course, students shall be able to:

- on the basis of current research, explain and discuss proven measures taken to promote physical activities at the societal as well as the individual level
- explain the influential factors that have an impact on physical activity
- explain common illnesses for which physical activity can be prescribed
- suggest concrete activity programmes for prescribed physical activities
- plan, implement and assess practical methods within a health promotion physical activity.

Content

The course contains general knowledge of the factors that have an impact on whether or not an individual or groups of individuals are physically active. The concept of health promotion physical activity is also studied as well as the methods used to assess the type and level of physical activity. The benefits of preventing or treating different kinds of illnesses by the use of physical activities are also discussed, as well as the method of practically adapting a physical activity programme to a specific individual.

- Factors influencing physical activity
- The concept of health promotion physical activities
- Measuring physical activity
- Physical activity used as treatment for various illnesses
- Scientific knowledge within the field of health promotion physical activity

Type of Instruction

Teaching consists of lectures, practical sessions and seminars.

Examination

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

Examination takes place by means of a written examination and a written assignment. 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, it is required that the written exam is assessed as Pass with Distinction.

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.

Credit Overlap

The course cannot be included in a degree along with the following courses of which the content fully, or partly, corresponds to the content of this course: 2IV100 Health Promotion Activities in Sport Science, module 2 Health Promotion with Physical Activity 7.5 credits

Other

Any additional costs that may arise in connection with the course are paid for by the students themselves. The course is included in the Sport Science Programme - Physical Activity, Health and Outdoor Recreation.

Required Reading and Additional Study Material

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

Scientific articles included, approximately 100 pages.