



## Course syllabus

Faculty of Health and Life Sciences  
Department of Health and Caring Sciences

2VÅ610 I rörelse mot hälsa, 7,5 högskolepoäng  
On the way to gaining health, 7.5 credits

### **Main field of study**

Caring Science

### **Subject Group**

Nursing Science

### **Level of classification**

First Level

### **Progression**

G2F

### **Date of Ratification**

Approved 2011-03-16

Revised 2014-06-13 by Faculty of Health and Life Sciences.

The course syllabus is valid from autumn semester 2014

### **Prerequisites**

At least 60 credits on entry level including 22.5 credits Caring Science.

## Objectives

Upon completion of the course, students should be able to:

- Problematize and analyse the health concept and its significance
- Problematize the importance of the room for the patient's recovery
- Identify the need for and carry out health-promotional and preventative care
- Plan, carry out and evaluate health-support conversations
- Analyse the relationships in society that influence children's, women's and men's health

## Content

- different perspectives on health
- human vulnerability
- meaning and context
- life-rhythm and life-force
- caring room
- health-support conversations
- illness prevention and health-promotion

Obligatory elements are specified in the course schedule.

## Type of Instruction

- application exercises
- supervision
- individual work
- group work
- lectures
- seminars

Teaching will partly be carried out via the learning platform. The course contains training elements for the development of skills, abilities and attitudes. Part of the teaching will be carried out via campus-based teaching, health centre or other such operations.

## Examination

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

The course is examined in the form of health promoting conversations and written examination. For a grade of Pass, all expected learning outcomes must be fulfilled. For a grade of Pass with credit, students must receive a grade of Pass with credit of health promoting conversations and on the written examination. Assessment of students' performances is carried out in the form of individual written examinations and written assignments. A resit examination is offered in accordance with local rules for examination on entry level and advanced level at Linnaeus University (dnr: HL/2010-3069). Students at Linnaeus University can receive their grades in accordance with the seven-grade ECTS-scale. Such requests should be made at the start of the course.

## Course Evaluation

A written evaluation is carried out and compiled in a report, which is archived at the institution. The results, along with possible measures taken, are reported to the students the next time the course is given.

## Required Reading and Additional Study Material

Andersen, T. (2003). *Reflekterande processer: samtal och samtal om samtalen*. Stockholm: Mareld, 237 p., ISBN 9188872386, part of book, ca 150 p.

Dahlberg, K. & Segesten, K. (2010). *Hälsa och vårdande i teori och praxis*. Stockholm: Natur & Kultur, 345 p., ISBN 9127122115.

Edberg, A-K. & Wijk, H. (red). (2009). *Omvårdnadens grunder: hälsa och ohälsa*. Lund: Studentlitteratur, 856 p., ISBN 9789144048765, part of book, ca 50 p.

Ehrenberg, A. & Wallin, L. (red). (2009). *Omvårdnadens grunder: ansvar och utveckling*. Lund: Studentlitteratur, 512 p., ISBN 9789144049076, part of book, ca 50 p.

Friberg, F. & Öhlén, J. (red). (2009). *Omvårdnadens grunder: perspektiv och förhållningssätt*. Lund: Studentlitteratur, 480 p., ISBN 9789144049069, part of book, ca 50 p.

Hallberg, L.R. (red.) (2010). *Hälsa och livsstil: forskning och praktiska tillämpningar*. Lund: Studentlitteratur, 358 p., ISBN 9789144058405.

Lassenius, E. (2005). *Rummet i vårdandets värld*. Diss. Åbo : Åbo akademi, 269 p., ISBN 9517652372, part of book, ca 150 p.

Socialstyrelsen. *Folkhälsorapport*. Stockholm: Socialstyrelsen, part of report, latest edition.

Wright, L., Watson, W. & Bell, J. (2002). *Familjefokuserad omvårdnad*. Lund: Studentlitteratur, 405 p., ISBN 9144017758, part of book, ca 200 p.

Also included are scientific articles. Caring-scientific bases from different art forms, such as, fiction and film, are used.