



Course syllabus

Faculty of Health and Life Sciences

Department of Health and Caring Sciences

4HÄ038 Människans rörelser ur ett hälso- och hållbarhetsperspektiv,
7,5 högskolepoäng

4HÄ038 Human movements in a health and sustainability
perspective, 7.5 credits

Main field of study

Health Science

Subject Group

Other Interdisciplinary Studies

Level of classification

Second Level

Progression

A1N

Date of Ratification

Approved by Faculty of Health and Life Sciences 2019-09-02

The course syllabus is valid from autumn semester 2020

Prerequisites

General entry requirements for second cycle studies and English 6 or equivalent.

Objectives

After completing the course the student will be able to:

- describe basic prerequisites for sustainable human movements in relation to health
- apply basic ergonomic principles to identify general risk factors for load-related symptoms
- describe basic theories for movement learning and movement change
- apply digital tools used as educational methods for movement awareness and movement development

Content

- Basic concepts related to human movement
- Ergonomic principles
- Structured observational movement analysis

- Educational models for movement development

Type of Instruction

Seminars

Practical exercises

Group work

Interactive video analysis and self-reflection

Examination

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

The course is examined individually in a seminar (2 credits) and through a written assignment (5.5 credits). The seminar is assessed with the grades Fail or Pass. The written assignment is assessed with the grade Fail, Pass or Pass with Distinction. For the grade Pass on the course, this grade is required on all the examination assignments. For the grade Pass with Distinction, the grade Pass is required at the group exercises and seminars and the grade Pass with Distinction on the written assignment.

Repeated examination is offered in accordance with Local regulations for courses and examination at the first and second-cycle level at Linnaeus University.

If the university has decided that a student is entitled to special pedagogical support due to a disability, the examiner has the right to give a customised exam or to have the student conduct the exam in an alternative way.

Course Evaluation

During the implementation of the course or in close conjunction with the course, a course evaluation is to be carried out. Results and analysis of the course evaluation are to be promptly presented as feedback to the students who have completed the course. Students who participate during the next course instance receive feedback at the start of the course. The course evaluation is to be carried out anonymously.

Required Reading and Additional Study Material

Backåberg, S. (2016). *Video-supported interactive learning for movement awareness : a learning model for the individual development of movement performance among nursing students*. Växjö: Linnaeus University Press. (50 p). ISBN: 9789188357151

Everett, T & Kell, C. (2010). *Human movement: An introductory text* (6th ed.). Edinburgh: Churchill Livingstone. (288 p). ISBN: 9780702031342

Stack, T., Ostrom, L.T. & Wilhelmsen, C.A. (2016). *Occupational ergonomics: a practical approach*. Hoboken: Wiley. (200 p). ISBN: 9781118814215

Scientific reports and articles will also be added, (approximately 400 p).