



## Course syllabus

Faculty of Social Sciences

Department of Sport Science

4IV001 Hälsoeffekter av friluftsliv och utomhusmiljöer, 7,5  
högskolepoäng

Health Effects of Outdoor Recreation and Natural Environments, 7.5  
credits

**Main field of study**

Sport Science

**Subject Group**

Sport Science

**Level of classification**

Second Level

**Progression**

A1N

**Date of Ratification**

Approved by Faculty of Social Sciences 2014-12-17

The course syllabus is valid from autumn semester 2015

**Prerequisites**

General entry requirements for second-cycle studies within the relevant field, alternatively general entry requirements for second-cycle studies and at least 15 credits in the field of outdoor recreation.

### Objectives

After completing the course, students shall be able to:

- Critically reflect on scientific evidence for various health effects as a result of the outdoor environment.
- Understand health-related physiological mechanisms as a result of natural environments.
- Analyse different outdoor environments and their possibilities for health improving physical activity and outdoor recreation in different stages of life.
- Analyse the use of natural environments in therapeutic contexts.

### Content

The course consists of the following elements:

- Physiological evidence for health benefits of outdoor recreation
- Environmental psychology
- Natural environments and health care.
- Methods for assessment of health effects as a result of outdoor recreation and natural environments.

## Type of Instruction

Teaching will be carried out in the form of lectures, discussions, seminars, group work and individual assignments. Lectures, individual assignments, seminars and other activities are conducted through the virtual learning environment, MyMoodle. Lectures can be attended both at campus as well as through the web-based platform.

## Examination

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

Examination takes place by means of writing a minor essay and by an oral presentation of this, as well as active participation in seminars at a compulsory physical meeting to be held at the end of the course.

In order to receive a grade of Pass in the course, the course objectives shall be attained. To be awarded a grade of Pass with Distinction in the course, it is required that the essay is graded as Pass with Distinction.

## Course Evaluation

At the end of the course, a written course evaluation is carried out, which is compiled and filed by the department. The results are presented to the students who have completed the course, as well as to new students at the following course date together with any measures taken.

## Other

Any additional costs that may arise in connection with the course are paid for by the students themselves.

## Required Reading and Additional Study Material

Relevant literature to be selected in consultation with the course coordinator and supervisors.