



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 2014-12-17

Revised 2014-12-17 by Faculty of Social Sciences. Standard text added and minor revisions of mandatory elements.

The course syllabus is valid from autumn semester 2021

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 takes place in the form of lectures, discussions, seminars, group work and individual assignments. Compulsory attendance at seminars and one compulsory meeting at the end of the course.

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 giving an oral presentation of this.

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.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

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 new students at the following course date. The course evaluation is conducted anonymously.

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.