



Course syllabus

Faculty of Health and Life Sciences

Department of Health and Caring Sciences

4VÅ106 Livsstil och hälsa, 7,5 högskolepoäng

Lifestyle and Health, 7.5 credits

Main field of study

Caring Science

Subject Group

Nursing Science

Level of classification

Second Level

Progression

A1N

Date of Ratification

Approved by Faculty of Health and Life Sciences 2020-11-30

The course syllabus is valid from spring semester 2022

Prerequisites

- Professional activity as a certified nurse corresponding to at least 12 months of full-time work
- Bachelor's degree in Caring Science or equivalent
- Swedish B/Swedish 3
- English A/English 5.

Objectives

Knowledge and understanding

Upon completion of the course, the student is expected to be able to:

1. Analyse and evaluate theories and models for health promotion work nationally, internationally and globally.
2. Problematiser and discuss the complexity of health promotion and disease prevention work in relation to person-centered care, ethical aspects and men's violence against women
3. Motivate health promotion and disease prevention work in relation to health determinants.

Skills and abilities

Upon completion of the course, the student is expected to be able to:

4. Based on scientific evidence, initiate, plan, prepare and evaluate a health-promoting and/or disease-preventing intervention with the aim of promoting physical, mental and

social health

Evaluation abilities and approach

Upon completion of the course, the student is expected to be able to:

5. Compare and critically discuss models for health conversations.
6. Reflect on and critically examine sustainability in health promotion and disease prevention work from an eological, social and economic perspective.

Content

- health theories and models
- health conversations
- health determinants
- health promotion and disease prevention work
- person-centered care
- ethica
- care pedagogics
- e-Health

Type of Instruction

Work in groups

Individual work

Seminars

Lectures

Simulation exercises

Parts of the teaching take place via a learning platform

Examination

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

The course's grading criteria are indicated for each summative assessment assignment and constitute the basis for grading.

The course is assessed via:

Summative assessment assignment 1, Individual written and oral reflection; 2,5 credits.

The assesement is assessed with the grades Fail/ Pass.

Summative assessment assignment 2, Individual written home exam; 5 credits. The assignment is assessed with the grades Fail/ Pass/ Pass with Distinction.

To receive a grade of Pass, the objectives of the course must be achieved. To receive a grade of Pass with Distinction for the course, a grade of pass is required for the individual written and oral reflection. along with a grade of Pass with Distinction for the individual written home exam.

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.

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: 4VÅ105, 7,5 credits.

Required Reading and Additional Study Material

Björngren Cuadra, C. (ed.) (2010). *Omvårdnad i mångkulturella rum frågor om kultur, etik och reflektion*. Lund: Studentlitteratur. (408 pp). ISBN 9789144053073.

Edberg, A-K., Ehrenberg, A., Friberg, F., Wallin, L., Wijk, H., Öhlén, J. (2013). *Omvårdnad på avancerad nivå kärnkompetenser inom sjuksköterskans specialistområden*. Lund: Studentlitteratur, (264 pp.). ISBN 9789144071459.

Hallberg, L. (2010). *Hälsa och livsstil*. Lund: Studentlitteratur, (358 pp.). ISBN 9789144058405.

Holm Ivarsson, B. (2014). *Sjukdomsförebyggande metoder. Samtal om levnadsvanor*. Stockholm: Natur & Kultur, (261 pp.). ISBN 9789127136670.

Sandman, L., Kjellström, S. (2018). *Etikboken. Etik för vårdande yrken*. (2nd ed.). Lund: Studentlitteratur. (485 pp). ISBN 9789144120539.

Scriven, A.(2013). *Ewles & Simnet Hälsoarbete*. (3rd ed.). Lund: Studentlitteratur, (439 pp.). ISBN 9789144073088.

The National Board of Health and Welfare (2018). *Nationella riktlinjer för prevention och behandling vid ohälsosamma levnadsvanor. Stöd för styrning och ledning*. (79 pp.). Available at www.socialstyrelsen.se. ISBN 9789175554709.