



Course syllabus

Faculty of Health and Life Sciences

Department of Health and Caring Sciences

4VÅ106 Livsstil och hälsa, 7,5 högskolepoäng

4VÅ106 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 2020-11-30

Revised 2023-01-16 by Faculty of Health and Life Sciences.

The course syllabus is valid from spring semester 2024

Prerequisites

General entry requirements for studies at the second-cycle level, as well as special entry requirements:

- A bachelor's degree in Caring Science or the equivalent
- Professional experience as a registered nurse equivalent to at least 12 months of full-time employment
- Swedish 3
- English 5

Objectives

Knowledge and understanding

After completing the course, the student should be able to:

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

of health.

Competence and skills

After completing the course, the student should be able to:

- M.4 initiate, plan, develop, and evaluate a health promotion and/or disease prevention intervention aimed at promoting physical, mental, and social health.

Judgement and approach

After completing the course, the student should be able to:

- M.5 compare and critically discuss models for health conversations
- M.6 reflect on and critically examine sustainability in health promotion and disease prevention from an ecological, social, and economic perspective.

Content

- health theories and models
- health conversations
- health determinants
- health promotion and disease prevention
- person-centered care
- ethics
- care pedagogy
- e-Health

Type of Instruction

Group work

Individual work

Seminars

Lectures

Conversation exercises

Examination

The examination of the course is divided as follows:

Code	Designation	Grade	Credits
2401	Examination assignment 1- Individual written and oral reflection	U/G	2,50
2402	Examination assignment 2 - Individual written home examination	U/G/VG	5,00

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

The course grading criteria are specified for each examination assignment, and serve as the basis for grading.

In order to receive a final grade of Pass, the student must achieve the course objectives. In order to receive a final grade of Pass with Distinction, the student must have been awarded the grade of Pass for the individual written and oral reflection as well as for the individual written take-home exam.

Resit 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 adapt the exam or to let the student conduct the exam in an alternative way.

Objectives achievement

The examination elements are linked to the course objectives in the following ways:

Goal	2401	2402
M.1		<input checked="" type="checkbox"/>
M.2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
M.3		<input checked="" type="checkbox"/>
M.4		<input checked="" type="checkbox"/>
M.5		<input checked="" type="checkbox"/>
M.6	<input checked="" type="checkbox"/>	

Course Evaluation

During or shortly after the course, a course evaluation should be conducted. The result and analysis of the course evaluation should be promptly communicated to the students who have taken the course. Students who are taking the course when it is offered the next time should be informed of the result at the course introduction. The course evaluation is anonymous.

Credit Overlap

The course cannot be included in a degree along with the following course/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*. Studentlitteratur. (408 pp). ISBN 9789144053073.

Edberg, A-K., Ehrenberg, A., Friberg, F., Wallin, L., Wijk, H., Öhlén, J. (2021). *Omvårdnad på avancerad nivå kärnkompetenser inom sjuksköterskans specialistområden* (2nd ed.). Studentlitteratur, (264 pp.). ISBN 9789144136240.

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

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

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

Scriven, A.(2013). *Ewles & Simmet Hälsoarbete*. (3rd ed.). 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.