

SYLLABUS

Health Promotion - Introduction 7.5 credits H0004H

Hälsopromotion - introduktion

Course syllabus admitted: Autumn 2023 Sp 1 - Present

**DECISION DATE
2023-02-14**

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Hälsopromotion - introduktion

First cycle, H0004H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Hälsövägledning	Therapy, Rehabilitation and Dietary Treatment

Main field of study

Health Promotion

Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language

Selection

The selection is based on final school grades or Swedish Scholastic Aptitude Test.

Course Aim

The student should, on completion of the course, based on science, be able to:

1. Describe and discuss the holistic view on health and basic theories in health promotion as a basis for a healthy life style
2. Identify current public health problems at individual, group and organisational levels as well as argue for and explain the choice of health promotion theories and tools in health guidance

Contents

- Perspectives and concepts in health promotion salutogenesis, pathogenesis and empowerment
- Prevention and promotion concepts
- Lifestyle-related public health problems (for example stress, obesity, inactivity and smoking)
- Ethical considerations
- Health promotion strategies at individual, group and organisational levels
- Health education and health promotion tools

Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The course is given by distance learning and is mainly web-based. The studies require computer experience and access to a broadband connection (at least 0.5 Mb/s, preferably 2.0 Mb/s) as well as a headset and web camera. Parts of the course take place on campus where above all introduction, seminars and examinations are given. In order to complete the course, the student should actively seek knowledge and solve problems using an inquiring and critically reflective approach. This means that the student should take responsibility by actively contributing to the achievement of course objectives through the planning of content and time. The contents of the course are treated through literature studies, group work, lectures, oral and written presentations and seminars. Course requirements are completed study assignments as well as compulsory attendance and an active participation in discussions at seminars. This course is part of the health guidance programme. The program has a consistent pedagogical strategy that stimulates an active learning where team development, career planning and the creation of a personal portfolio are recurrent elements in the courses. The group work aims to develop skills that can only be trained through interaction and the sharing of experience with others.

Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided. The course objectives are examined individually through study assignments and examinations that are carried out orally and in writing, individually and in groups. The criteria for pass and pass with distinction are described in the study guide.

Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term "unauthorized aids" refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

Remarks

This is a first-cycle course. Study supervision is provided in the course room in Canvas.

Overlap

The course H0004H is equal to S0018H

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Health promotive theories	U G VG *	4	Mandatory	A13	
0002	Application of health promotive methods	U G#	3.5	Mandatory	A13	

Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2023-02-14

Syllabus established

by Prefekt vid Institution för hälsovetenskap 2013-02-18