

SYLLABUS

Health promotion, nutrition- in theory and praxis 7.5 credits H0005H

Hälsopromotion, kost- i teori och praktisk tillämpning

Course syllabus admitted: Autumn 2023 Sp 1 - Present

**DECISION DATE
2023-02-14**

Health promotion, nutrition- in theory and praxis 7.5 credits H0005H

Hälsopromotion, kost- i teori och praktisk tillämpning

First cycle, H0005H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Hälsovägledning	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, from a health promotion perspective, be able to act as a health guide in the area of nutrition. The objective is to be able to:

1. Describe theories of nutrition and diet as well as evaluate and critically interpret scientific articles relevant to the subject area.
2. Apply and interpret nutrition analysis, and justify dietary advice based on individual needs regarding nutrition and diet.
3. Perform health consultations and develop health plans for individuals and groups, and discuss ethical aspects in the area of nutrition and diet.

Contents

- Nutrition analysis
- Health consultations and health plans
- Nutrition and diet
- Dietary advice and diet consultation
- Literature study in nutrition
- Workplace assignments
- Professional ethical aspects in health consultations

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 delivered 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 are conducted on campus, primarily certain group seminars and examinations. 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 for their own learning by actively contributing to the achievement of course objectives through planning their work and use of time. The course content is explored through laboratory sessions, literature studies, group work, workplace assignments, lectures, oral and written presentations and seminars. A passing grade in this course requires successful completion of all study assignments and compulsory attendance and an active participation in discussions at examination seminars. This course is part of the health promotion program. The program has a consistent pedagogical strategy that stimulates an active learning where team development and career planning 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. Aim 1 is examined through individual written assignments and verbal presentation in seminar (code 0001). Aim 2 is examined individually through written rapports with dietary analyses (code 0002). Aim 3 is examined individually and in group through active participation in work placement and written assignments as well as verbal presentation in seminar (code 0003). Criterias for each assignment is presented in Canvas.

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.

Transition terms

This course replaces and corresponds to the nutrition section in S0052H

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Nutrition and Diet	U G VG *	3	Mandatory	A13	
0002	Diet Analysis and Diet Advice	U G VG *	2	Mandatory	A13	
0003	Health Talks and Health Plans	U G#	2.5	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