

**SYLLABUS**

# **Health Promotion, Physical Activity- in Theory and Praxis 15 credits H0006H**

**Hälsopromotion, fysisk aktivitet- i teori och praktisk tillämpning**

**Course syllabus admitted: Autumn 2023 Sp 1 - Present**

**DECISION DATE  
2022-09-06**

# Health Promotion, Physical Activity- in Theory and Praxis 15 credits H0006H

## Hälsopromotion, fysisk aktivitet- i teori och praktisk tillämpning

### First cycle, H0006H

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 physical activity and training. The objective is to be able to:

1. Describe theories and basic principles of exercise physiology, as well as evaluate and critically interpret scientific articles on physical activity and training.
2. Apply and analyse fitness tests for individuals and groups.
3. Plan and lead appropriate physical activities and training programs for individuals and groups
4. Perform health consultations and develop health plans based on individual needs concerning physical activity and training, as well as discuss professional ethical aspects in the subject area.

## Contents

- Exercise physiology and training
- Fitness testing and health consultation
- Health plans and training programs
- Physical activity: endurance training, flexibility training and strength training
- Literature study in physical activity and training
- Practical placement and 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 practical exercise sessions, 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 literature studies, group work, clinical assignments, practical exercises, 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, as well as compulsory attendance at practical exercise sessions. This course is part of the health promotion program. 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.

Objective 1 is examined individually through study assignments and examinations, both written and oral, in module 0001.

Objective 2 is examined individually through study assignments and examinations, both written and oral, in module 0002.

Objective 3 is examined individually and in groups, through study assignments and examinations that are carried out practically, in writing and orally in modules 0003 and 0004.

Objective 4 is examined individually and in groups, through study assignments and examinations that are carried out practically, in writing and orally in modules 0003 and 0004.

The criteria for G and VG are described in task descriptions on the learning platform.

## 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. The study guide is available in the course room in Canvas (web-based learning platform).

## Transition terms

This course replaces and corresponds to the physical activity in practice and theory part in the course S0052H

## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Sports Physiology and Training Theory	U G VG *	4	Mandatory	A13	
0002	Fitness Tests	U G#	2	Mandatory	A13	
0003	Plan and lead activities and training programs	U G#	4	Mandatory	A13	
0004	Health Talks and Health Plans	U G VG *	5	Mandatory	A13	

## Last revised

by Anna Öqvist HUL 2022-09-06

## Syllabus established

by Prefekt vid Institution för hälsovetenskap 2013-02-18