

**SYLLABUS**

# **Health Promotion, mental practice- in theory and praxis 7.5 credits H0007H**

**Hälsopromotion, mentala träningsmetoder- i teori och praktisk tillämpning**

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

DECISION DATE  
**2022-02-11**

# Health Promotion, mental practice- in theory and praxis 7.5 credits H0007H

## Hälsopromotion, mentala träningsmetoder- i teori och praktisk tillämpning

### First cycle, H0007H

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 and Prior knowledge of health promotion equivalent to basic courses in health promotion consisting of at least 7.5 credits and the anatomy and physiology of the musculoskeletal system. The prior knowledge includes understanding of the health promotion perspective and how it should be applied to measures that contribute to a healthy lifestyle at the individual, group and community levels.

H0004H Health Promotion - Introduction, 7,5 credits

M0023H Anatomy and physiology in position to health counseling, 7,5 credits

## Selection

The selection is based on 1-165 credits.

## Course Aim

The student should, on completion of the course, from a health promotion perspective in the area mental training methods, be able to act as a health counsellor. The objective is to be able to:

1. Apply mental training methods for individuals and groups.
2. Highlight and reflect on important aspects in the area of mindfulness. Critically interpret and evaluate literature and scientific articles in the areas mindfulness and mental training methods.
3. Act as a mental trainer and as an instructor in mindfulness and mental training methods by suggesting, arguing, planning for and carrying out appropriate measure.

## Contents

- Mental training, applications for school, sports, working life etc
- Mindfulness
- Professional ethical and existential aspects within mental training methods
- Clinical assignments
- Research methods

## 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 are located on campus where practical exercises, seminars and examinations take place. 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, clinical assignments, 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. Compulsory attendance at practical exercises. 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 practically, in writing and orally, individually and in groups. Criteria for a pass and pass with distinction are stated 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.

## Transition terms

This course replaces and corresponds to the section on mental training methods in the course S0055H.

## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0004	Methods for mental training	U G#	2	Mandatory	A17	
0005	Methods for mental training in theory and practice	U G VG *	3.5	Mandatory	A17	
0006	Methods for mental training, field studies	U G#	2	Mandatory	A17	

## Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2022-02-11

## Syllabus established

by Prefekt vid Institution för hälsovetenskap 2013-02-18