

**SYLLABUS**

# **Culture and nature as tools in health promotion 7.5 credits H0013H**

**Kultur och natur som hälsopromotiva redskap**

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

**DECISION DATE  
2022-06-16**

# Culture and nature as tools in health promotion 7.5 credits H0013H

## Kultur och natur som hälsopromotiva redskap

### First cycle, H0013H

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

## 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

On completion of the course, the student should, with the support of science, be able to:

1. Explain and reflect on the effects on health that the arts and nature have. And to do this with the perspective through the lifespan and on an individual, group and an organizational and/or societal level.
2. Reflect on, and argue for, the use of the arts and nature as health promotive tools in the perspective of the different dimensions of health.
3. Apply the arts and/or nature as health promotional tools in practice, either on an individual, group or organizational and/or societal level.
4. Apply the foundations in presentation technique and multimodal approaches in the field of health promotion.

## Contents

- The arts and nature as health promotional tools.
- The dimensions of health.
- Appreciative approach.
- Technique in presentation.
- Multimodal approach.
- Diversity in methods of applying health promotional 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 a distance learning course that 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 mainly seminars and examinations take place. In order to complete the course, the student needs to actively seek knowledge and solve problems using an inquiring and critically reflective approach. This means that the student needs to 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 group work, lectures, oral and written presentations and seminars. Course requirements include completed study assignments, compulsory attendance as well as active participation in discussions at seminars. This course is part of the health guidance educational program. The program has a consistent pedagogical strategy that stimulates active learning where team development and career planning are recurrent elements in the courses. The group work aims at developing skills that can only be attained through interaction and 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 and 2 are examined using written reports and discussions in seminars (Code 0001).

Aim 3 and 4 are examined using verbal presentation and practical usage of health promotive tools (Code 0003).

## 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.

## Overlap

The course H0013H is equal to S0057H

## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0003	Verbal presentation and practical usage of health promotive tools	U G#	3.5	Mandatory	S23	
0004	Written reports and discussions in seminars	U G VG *	4	Mandatory	S23	

## Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2022-06-16

## Syllabus established

by Prefekt vid Inst för Hälsovetenskap 2014-06-29