

**SYLLABUS**

# **Health Promotion in Society proceeding 7.5 credits H0015H**

**Hälsopromotion i samhället**

**Course syllabus admitted: Spring 2021 Sp 4 - Present**

**DECISION DATE  
2021-01-21**

# Health Promotion in Society proceeding 7.5 credits H0015H

## Hälsopromotion i samhället

### First cycle, H0015H

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 and Health Promotion equivalent to 40 credits. Previous knowledge includes an understanding of a health promoting perspective and how it applies to efforts promoting a healthy lifestyle at the individual, group and societal level.

## Selection

The selection is based on 1-165 credits.

## Examiner

Glenn Hall

## Course Aim

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

1. Explain and reflect on cultural perspectives on people's health
2. Describe and reflect on socially related reasons for the unequal distribution of health
3. Show how the health promotion perspective can provide the conditions to equalise social and structural health inequalities.

## Contents

- Introduction to the scientific method
- Health in relation to social categories
- Factors that promote health at the community level
- Factors that contribute to inequalities in health at the community level
- Social aspects of health promotion efforts
- International aspects of health

## 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 literature studies, group work, clinical assignments, 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 programme. The program has a consistent pedagogical strategy that stimulates active learning where team development, career planning and the creation of a personal portfolio 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. 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.

## Remarks

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

## Overlap

The course H0015H is equal to H0003H, H0016H

Replaces and corresponds to the earlier course H0003H.

## Literature. Valid from Spring 2021 Sp 4

Rostila, M., & Toivanen, S. (Senaste upplagan). Den orättvisa hälsan: om socioekonomiska skillnader i hälsa och livslängd. Stockholm: Liber.

Folkhälsomyndigheten. Folkhälsan i Sverige. Årsrapport (senaste upplagan). Stockholm: Folkhälsomyndigheten.

Olsson, H. & Sörensen, S. (senaste upplagan). Forskningsprocessen. Kvalitativa och kvantitativa perspektiv. Stockholm: Liber.

In collaboration with the supervisor/examiner the student will identify, evaluate and select additional scientific literature relevant to the research problem being studied.

Reference literature:

Marmot, M. (2006). Statussyndromet: Hur vår sociala position påverkar hälsan och livslängden. Stockholm: Natur och kultur.

## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Cultural perspectives on health	U G VG *	4.5	Mandatory	A15	
0002	Requirements for Health	U G#	3	Mandatory	A15	

## Last revised

by 2021-01-21

## Syllabus established

by Prefekt vid Inst för hälsovetenskap 2015-05-21