

SYLLABUS

Health Promotion 7.5 credits H7004H

Hälsopromotion

Course syllabus admitted: Autumn 2016 Sp 1 - Spring 2017 Sp 4

**DECISION DATE
2016-02-15**

Health Promotion 7.5 credits H7004H

Hälsopromotion

Second cycle, H7004H

Education level	Grade scale	Subject	Subject group (SCB)
Second cycle	U G VG	Folkhälsovetenskap	Public Health

Entry requirements

Bachelor in occupational therapy or Bachelor in physical therapy or Bachelor in nursing

Selection

The selection is based on 30-285 credits

Examiner

Lars Nyberg

Course Aim

1. Describe and reflect on theoretical perspectives in health promotion and health promotion work.
2. Argue for the conditions and possibilities for health promotion work in different contexts throughout the lifespan, including children and adolescents, adults and older individuals.
3. Plan and critically review health promotion activities in the individual subject area from an individual, group or organisational perspective, which includes ethical, cultural and social aspects.

Contents

- Theories and models relevant to health promotion work
- Current public health perspectives
- Current perspectives on the health of children and adolescents.
- Current perspectives on health promotion work related to endemic and chronic disease
- Current perspectives on health in the working life
- Current perspectives on activity and health during aging.
- Individually chosen specialisation in the form of a plan for health promotion work or investigation of factors relevant to health promotion efforts in a context related to the individual subject area, with critical analysis and connection to theoretical perspectives.

Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

The studies start from individual active work that includes literature studies, individual assignments and work in groups. The course is based on a pedagogical strategy where meetings and exchanges between people are the focus. An active participation in the course is therefore necessary. Group work also aims to develop skills that only can be trained through interaction and experience sharing with others. The literature studies include theoretical perspectives and current research on health promotion work in different contexts. The group assignments are directed towards from a general perspective identifying differences and similarities in health promotion work in different contexts throughout the lifespan. The individual specialisation should consist of a plan for a health promotion effort or study of critical factors for health related to the individual subject area with critical analysis from theoretical perspectives and current evidence.

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. To pass the subject, the student should:

- Objectives 1 and 3 are examined through Individual written report, 5.0 credits
- Objective 2 is examined through oral presentation in groups at a seminar, 2.5 credits

Grading scale Fail, Pass, Pass with distinction. Criteria for grades are stated in the study guide.

Remarks

This course is given for second-cycle studies. Study supervision is provided in the course room in Canvas.

Overlap

The course H7004H is equal to H7002H

Literature. Valid from Autumn 2015 Sp 1

Nutbeam D, et al. Theory in a nutshell. A practical guide to health promotion theories (3rd ed.).

Course offered by

Department of Health Sciences

Items/credits

Number	Type	Credits	Grade
0001	Individual written report	5	U G VG
0002	Seminar	2.5	U G#

Last revised

by 2016-02-15

Syllabus established

by Prefekt vid Institutionen för hälsovetenskap 2014-03-20