

SYLLABUS

Work Environment and Stress 7.5 credits M0021H

Arbetsmiljö och stress

Course syllabus admitted: Autumn 2023 Sp 1 - Present

**DECISION DATE
2020-08-19**

Work Environment and Stress 7.5 credits M0021H

Arbetsmiljö och stress

First cycle, M0021H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Medicinsk vetenskap	Medicine

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, be able to:

1. Describe physiological processes during stress
2. Describe how people are influenced by psychosocial and stress-related factors
3. Explain the relationship between private life, work, society and stress
4. Suggest and implement appropriate strategies for stress management at the individual, group, and organisation levels

Contents

- Central concepts in stress theory
- Physical, mental and emotional stress reactions
- Strategies for stress management at the individual, group and organisation levels

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 are based on active individual work that includes literature studies, individual assignments and several group assignments. An active participation in the course is therefore necessary. The course is also given as a module in 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 according to the following: Objectives 1-4 individual and group written assignments. Grading criteria for pass and pass with distinction are described 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

The education is organised as distance learning with a slower study tempo. Study supervision is provided in the course room in Canvas.

Overlap

The course M0021H is equal to HVM603

Replaces HVM603.

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Individual/group assignments	U G VG *	7.5	Mandatory	A07	

Last revised

by 2020-08-19

Syllabus established

by Prefekt vid Institutionen för hälsovetenskap 2007-05-15