

SYLLABUS

Physiotherapy: Health Promoting Practices 7.5 credits S0084H

Fysioterapi: Hälsöfrämjande arbetsätt

Course syllabus admitted: Autumn 2023 Sp 1 - Present

**DECISION DATE
2023-02-14**

Physiotherapy: Health Promoting Practices 7.5 credits S0084H

Fysioterapi: Hälsofrämjande arbetssätt

First cycle, S0084H

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

Main field of study

Physiotherapy

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 + Swedish upper secondary school courses Sport and Health 1, Mathematics 2a or 2b or 2c, General Science 2, Social Studies 1b or 1a1+1a2.

Selection

The selection is based on final school grades or Swedish Scholastic Aptitude Test.

Course Aim

The student, on completion of the course, should, based on science and ethics, be able to:

1. Describe basic concepts within epidemiology and public health
2. Describe national public health aims and guidelines for health promoting health care
3. Describe common public health problems, give examples of factors of significance for their occurrence and suggest measures that can be used on individual -, group-, and community level
4. Describe how people are influenced by stress and how stress coping methods can be applied on individual and group level
5. Apply and explain strategies for health promoting conversations from theories of behavioral change and motivation
6. Describe and give examples of development and improvement efforts, and how entrepreneurial principles can be used in health promotion practices.
7. Describe and explain diet advice based on knowledge of nutrition and Swedish nutritional recommendations for groups with different needs and public health problems.
8. Describe the physiological bases of massage and its application to promote health, and be able to use Swedish classical massage as a method from basic physiotherapeutic principles.
9. Apply basic body awareness training and describe for how one's training influences body perception.

Contents

Promoting health on individual, group and community level

- Health promotion methods within physiotherapy
- Epidemiology and its application in public health
- Public health problems, national public health aims and guidelines for health promotion and preventive methods in health care
- Perspectives and concepts in health promotion; holistic, salutogenesis, empowerment, participation.
- Conditions for behavioral change at individual level, health pedagogics and health educational tools to preserve and improve health.
- Central concepts in stress theory
- Physical, mental and emotional stress reactions and strategies for stress management on individual and group level.

Entrepreneurship in health promotion practice

- Entrepreneurial principles of relevance for health promotion practice
- Development and improvement efforts

Diet

- Influence of basic nutrition and diet influence on health
- Diet from a public health perspective

Classical massage from the perspective of basic physiotherapeutic principles

- Physiological bases of massage treatment, indications and contraindications
- Swedish classical massage, massage grips and techniques
- Energy-saving working postures, ethics and treatment

Basic body awareness

- Theory and practical training in basic body awareness

Realization

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

All parts of the course are based on the student's own studies, individually or in groups with study assignments, lectures and seminars. The basic body awareness component includes teacher-supervised exercises and the student's daily exercising of basic body awareness for a long period of time; along with documentation of how this practice influences the student's own body perception. The classical massage includes instruction in the form of teacher-supervised exercises where theory and practical training are integrated and individual training together with fellow students' takes place.

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.

- Learning outcome 1 is examined through individual examination (Internet examination) (Test 0007)
- Learning outcomes 2-6 are examined through a group assignment that is presented at a seminar, and through an individual report and a seminar (Test 0002)
- Learning outcome 7 is examined through a group assignment that is presented at a seminar (Test 0003)
- Learning outcome 8 is examined through a practical test with theory questions (Test 0004)
- Learning outcome 9 is examined through a seminar (Test 0005)

Criteria for 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. A Study Guide can be found in the virtual classroom in Canvas. A pass in this course is a prerequisite for Work Placement and the thesis.

Overlap

The course S0084H is equal to S0074H, F0018H

The course is equal to S0074H.

Course offered by

Department of Health, Education and Technology

Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0002	Health Promotion and Entrepreneurship: gr assignm, sem, rep	U G VG *	4.3	Mandatory	A14	
0003	Nutrition: Group Assignment and Seminar	U G#	0.7	Mandatory	A14	
0004	Massage: Practical and Theoretical test	U G#	1	Mandatory	A14	
0006	Basic Body Awareness: Seminar	U G#	1	Mandatory	S16	
0007	Epidemiology: Individual Web Examination	U G#	0.5	Mandatory	A19	

Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2023-02-14

Syllabus established

by Prefekt vid Inst för Hälsovetenskap 2014-06-29