



Faculty of Social and Life Sciences

Programme Study Plan

Health and Wellness

Programme Code	VGWEL
Programme Title	Health and Wellness
Credits/ECTS	120
Programme Approval	The Programme Study Plan was approved by the Faculty Board for Social and Life Sciences on 10 December 2008 (Reg.no. FAK3 2008/336) and is valid from the autumn semester of 2009 at Karlstad University.
Language of Instruction	Swedish
Degree Level	Bachelor
Degree Type	General University Diploma
Prerequisites	General admission requirements plus upper secondary school level Social Science A, or equivalent (field-specific eligibility 5 with some exceptions, see www.kau.se/omradesbehorighet)

Dates of revision

6 May 2009 Faculty Board: Clarification on main field of study.

1 Oct 2009 Dean: Addition of field-specific eligibility to the prerequisites, valid from the Autumn term of 2010.

On 9 June 2010 by the Faculty Board: Change of elective areas, valid for admittants from the autumn semester 2010.

General Information

There is a growing interest today in wellness activities. Being healthy and knowing about ways to attain well-being are important to many people. Knowledge, activities and experiences can be aimed at maintaining health or preventing ill-health.

Despite increased welfare and life expectancy, many people suffer ill-health in their own estimation and are in need of retaining a balance and harmony in their lives.

A broad spectrum of stress factors affects health. Stress-related symptoms can be reduced sense of mental well-being such as fatigue, sleeping disorder, anxiety, or somatic problems such as aches and pains and obesity.

The aim of health promotion is that people become more aware of and demand the activities needed to maintain or create health and wellness. Health promotion can be adapted to the individual or performed in a group. For a disabled person efforts can concentrate on developing existing abilities and safeguarding against unnecessary strain and complications. The number of elderly people in Sweden is growing and will continue to do so. Municipalities face a great challenge in finding ways of promoting health and well-being in elderly people. On the whole, there is a growing demand for health promoting and preventive activities for children, young people and adults.

Health promotion is a multidisciplinary field. Efforts promoting health and well-being are studied, developed and applied by different professional people. A key area in health promotion is the relation based on respect and understanding between the coach and the individual. The relation requires trust and integrity as well as a pedagogical and ethical awareness on the part of the coach.

Upon completion of the programme, students should be able to partake in and carry out promoting activities aimed at developing healthy client aspects and based on a holistic view.

A health coach works in the spa business, at fitness centres, in corporate health care, and in different municipal health care and target group areas. Many health coaches also start their own business.

Aims and Learning Outcomes

To qualify for a degree or diploma at first level, students should meet the general and national requirements as stated in the *Higher Education Act*, and the specific requirements of a local programme.

National Objectives

First-level education should develop the students' ability to

- make independent and critical assessment,
- define, formulate and solve problems independently
- deal with changes in working life.

In addition to the knowledge and skills required by the particular area of study, students should develop their ability to

- seek and assess scientific knowledge
- upgrade knowledge

- exchange information with non-experts in the field
- (Ch.1 § 8 *Higher Education Act, SFS 2006:173*)

The requirements for obtaining a specific degree or diploma are stated in *the Higher Education Ordinance* (SFS 2006:1053) as follows:

Knowledge and understanding

To earn a University Diploma, students should be able to demonstrate

- knowledge and understanding of the main subject area, including general knowledge of the scientific basis of the field and knowledge of some applicable methods,

Skills and abilities

To earn a University Diploma, students should be able to demonstrate

- ability to seek, gather and critically interpret relevant information to formulate answers to well defined questions in the main field of study,
- ability to give an account of and discuss their knowledge with various groups, and
- ability to work independently with certain tasks in the main field of study.

Attitude and assessment abilities

To earn a University Diploma, students should be able to demonstrate

- knowledge of and ability to deal with ethical issues in the main field of study.

Independent project (diploma project)

To earn a University Diploma, students should have completed an independent project (diploma project) in an area of the main field of study.

Local Objectives

Upon completion of the Diploma programme in Health and Wellness at Karlstad University, students should also be able to demonstrate

- the knowledge and skills required to perform wellness-oriented health promotion,
- ability to describe the basic concepts and theories of health promotion,
- ability to follow the research development in the field,
- knowledge of factors influencing health,
- knowledge of situations in which a certain treatment in the wellness field is contraindicated and clients should be referred elsewhere,
- ability to guide people towards awareness of their potential to attain increased well-being and quality of life,
- ability to guide people in the choosing and implementing of steps designed to increase well-being and increased quality of life,
- ability to discuss, compare and apply stress reducing methods,
- ability to discuss possible integrative therapies,
- ability to discuss existential needs and their impact on quality of life,
- awareness of ethnicity, class and gender issues,
- basic ability to approach literature and practical wellness projects critically,
- ability to carry out health intervention in the chosen area,
- basic knowledge of the conditions of entrepreneurship and enterprising.

Students should have completed an independent project (diploma project) of 7.5 ECTS credits.

Programme Structure

The programme requires two years of full-time study (120 ECTS cr.) and leads to a University Diploma with a major in health and wellness. Some course modules run parallel two and two at a slow pace to accommodate full-time and part-time students. Theoretical as well as practical components are included. In the second year students choose an area. The number of areas varies with the number of students choosing. Students complete practical training and a diploma project in the chosen area. A programme survey is attached.

Professional contact is provided through the practical training placement, study assignments and diploma project.

Instruction is in the form of literature, lectures, seminars, laboratory work/methods training and practical experience. Overnight field trips may incur extra cost. Different forms of conversation promote personal development, self-knowledge and internalisation of knowledge. Students are stimulated to responsible and active learning and are given opportunities to seek, process, arrange, reflect, analyse and document knowledge critically and independently.

Programme Curriculum

The main field of study is Health Promotion, which is a major for the University Diploma of 120 ECTS credits. Content is aimed at preparing students for future work in health promotion among people of all ages.

Health promotion is a process that gives individuals a better chance to control their well-being and health. It can take many forms depending on the perspective. Wellness refers to an activity, a process based on a holistic and humanistic view of people. The activity is characterised by a sound relation between the guide and the guided and by free but conscious and healthy choices.

The main field of study comprises theoretical and practical knowledge of health promoting methods in the field, all informed by disciplines such as public health studies, health care, clinical medicine, sports science and psychology.

Courses

All courses are first cycle courses and included in the main field of study:

- Introduction to Health and Wellness, 7.5 ECTS cr.
- Interdisciplinarity and Research Methods in the Health and Wellness Field I, 4.5 ECTS cr.
- The Psychology of Health, 7.5 ECTS cr.
- Introduction to Transpersonal Psychology, 3 ECTS cr.
- Integrative Health Methods, 7.5 ECTS cr.
- The Basics of Medicine, 30 ECTS cr.
- Practical Methods for Health Promotion and Coaching, 12 ECTS cr.
- Interdisciplinarity and Research Methods in the Health and Wellness Field II, 3 ECTS cr.

- Relaxation and Health 7.5 ECTS cr/Physical Activity and Health 7.5 ECTS cr/Diet and Health 7.5 ECTS cr/Massage and Health 7.5 ECTS cr
- Experience and Entrepreneurship, 7.5 ECTS cr.
- Practical training in health and wellness 15 ECTS cr (in the elective areas studied)
- Diploma Project, 7.5 ECTS cr.

Programme Content

The period of study is four terms. Here follows a description of all the courses (see also attachment).

Term 1

Introduction to Health and Wellness , 7.5 ECTS credits

The concepts health, well-being and wellness are defined and interrelated. The concepts emphasise the individual but people live in a community, which means that health behaviour has a social context and is influenced by factors such as gender, health inequality, education and economic factors. Basic theories of health promotion in relation to individual potential and ethical reflection on responsibility, freedom and justice are introduced.

Interdisciplinarity and Research Methods in the Health and Wellness Field I, 4.5 ECTS cr.

The course deals with the ways in which field research can be linked to development, health promotion and public health promotion in practice. Interdisciplinarity and the research process of quantitative and qualitative methods are introduced along with training in searching for sources in databases and discussing research ethical issues.

The Psychology of Health, 7.5 ECTS cr.

Psychological factors and their impact on health are treated in a gender and life span perspective where health aspects are related to developmental psychology, identity, self-perception and self-esteem as well as to personality and socio-psychological factors.

Introduction to Transpersonal Psychology, 3 ECTS cr.

The history and general description of transpersonal psychology as a science is provided and concepts such as alternative states of consciousness, spiritual emergency and the importance of spirituality in everyday life are presented and discussed.

Integrative Health Methods, 7.5 ECTS cr.

Integrative health methods are introduced including alternative and complementary variants. Integrative methods are treated in a historical, national and international perspective and in terms of theory and application as well as Swedish legislation and ethical values.

Term 2

The second term consists of a course in basic medicine which integrates different areas. Course content is equivalent to what the trade association calls the basic integrative medicine.

The Basics of Medicine, 30 ECTS cr.

The basics of medicine includes extensive knowledge of human organisms and of ill health and lifestyle-related illness including addiction and violence, especially against women. The course includes and integrates anatomy, physiology, pathophysiology, microbiology, and hygiene, along with treatment such as surgery, pharmacology and CPR.

Terms 3 and 4

Term 3 includes joint courses as well as student elective area courses. The elective area courses are studied in theory with application at the university (term 3, part-time) and in practice at the workplace training period (term 4, part-time). There are four elective areas¹: Relaxation and Health, Physical Activity and Health, Diet and Health; Massage and Health. In term 3 students study a course in research methodology as preparation for the degree project in term 4. In addition to the degree project and practical training term 4 includes a course with a focus on experience and entrepreneurship.

Practical Methods for Health Promotion and Coaching, 12 ECTS cr.

Theoretical and practical components with an emphasis on the importance of relation and communication in health promotion. Different health promoting methods with a focus on motivation, coaching and conversation are introduced. Students learn how to make a health profile. They also learn stress-reducing methods and the importance of emotions for health.

Interdisciplinarity and Research Methods in the Health and Wellness Field II, 3 ECTS cr.

The course builds on the first term course I on how field research can be linked to development, health promotion and public health promotion in practice. Course content is related to the methods used for the degree project, which means practice in collecting quantitative and qualitative data and in basic analysis.

Elective area courses: Two of the following elective courses are required:

Elective: Relaxation and Health, 7.5 ECTS cr. (Area: Relaxation and Health)

Some of the concepts treated are states of consciousness, primary processes, stress response, relaxation response, pain and states of pain. The course gives a theoretical description of different relaxation methods with special emphasis on floatation tank therapy and treatments effects. Students also test this method themselves. They also learn professional conduct and “micro therapy” related to the therapy situation.

Elective: Physical Activity and Health, 7.5 ECTS cr. (Area: Diet and Health)

Students are introduced to the role of sports and health promotion in the past, present and the future. They study how health can be promoted in everyday life and at work. Different methods are studied and practiced in a health perspective. Outdoor activity components at an off-campus location with an emphasis on health are included.

¹ If few students choose an area, changes can be made in areas offered (in kind and number).

Elective: Diet and Health, 7.5 ECTS cr (Area: Diet and Health)

Food and meals are central and eating habits impact on our health and performance. The course deals with the importance of diet in promoting the health of people and groups at different stages, and of diet in relation to physical activity. Current diet trends are presented, analysed and discussed. The basics of diet investigation methods are covered theoretically and practically.

Elective: Massage and Health, 7.5 ECTS cr. (Area: Massage and Health)

Massage of various kinds is a frequent primary choice when integrative health methods are available. Students are offered the opportunity to acquire theoretical knowledge and practical skills regarding classical and tactile massage. Ergonomics and self-care are also treated as well as other common forms of massage. Historical perspectives and current research are included to stimulate further discussions of the area.

Mandatory course: Practical training in health and wellnes, 15 ECTS cr.

The practical training takes place in activities related to the elective areas studied in term 3. Work placement can be at sports or gym centres, or in health food organisations, restaurants, large-scale kitchens, flotation tank facilities, health teams, private practitioners or spa resorts.

Mandatory course: Diploma Project in Health and Wellness, 7.5 ECTS cr.

The student carries out a project aiming to describe and relate the chosen area to theory and praxis for evaluation purposes.

Examination

The examination format is stated in each course syllabus. Regarding the practical training period, a student, whose conduct at the practical placement is grossly unprofessional and grounds for failing the course, will be requested to discontinue the practical training module immediately.

Degree

Higher Education Diploma Major: Health Promotion

Transfer of Credits

Students have the right to transfer credits from other universities in Sweden or abroad. The recognition of previous education as credit for part of a course is subject to approval by the examiner. The recognition of previous education as credit for an entire course is subject to the approval of the Student Centre.

Additional Information

Further Education

A degree must include a main field of study which constitutes at least half of the degree qualifications according to the *Ordinance* (SFS 2006:1053). This programme leads to a Higher Education Diploma (120 ECTS cr.) in the major Health Promotion. Awardees at Karlstad University may continue towards a Bachelor's degree (180 ECTS cr.) for a third year (60 ECTS cr) in adjacent main fields of study, e.g. public health studies, sports science, health care and psychology.

Student Expulsion Procedures

As stipulated in the *Higher Education Act* Ch. 2, sect. 6, *SFS* 1992: 1434, and *Regulations of Student Expulsion from Higher Education* *SFS* 1987: 915, a student who suffers from mental disorder, abuses alcohol or drugs, or has been guilty of a serious offence endangering others or valuable property can be expelled until further notice. In such a case, the Rector files a complaint to the Expulsion Board of Higher Education, which investigates the matter and makes a decision. A decision of expulsion shall always entail that the student must discontinue the education until further notice. The Expulsion Board of Higher Education is responsible for all Swedish higher education institutions.

Local Regulations

Local regulations for first and second level education at Karlstad University stipulate the rights and obligations of staff and students.

Attachment: Programme Survey

Approved by the Faculty Board for Social and Life Sciences on 10 December 2008 (Reg.no. FAK3 2008/336)
 Dates of revision On 9 June 2010, valid for admittants from the autumn semester 2010.

SURVEY: Health and Wellness 120 ECTS credits

Term 1 (30 ECTS cr.)			
Course: Introduction to Health and Wellness, 7.5 ECTS cr.	Course: Interdisciplinarity and Research Methods in the Health and Wellness Field I, 4.5 ECTS cr.	Course: Introduction to Transpersonal Psychology, 3 ECTS cr.	Course: The Psychology of Health, 7.5 ECTS cr. (part-time) Course: Integrative Health Methods, 7.5 ECTS cr. (part-time)
Term 2 (30 ECTS cr.)			
Course: The Basics of Medicine, 30 ECTS cr.			
Term 3 (30 ECTS cr.)			
Course: Practical Methods for Health Promotion and Coaching, 12 ECTS cr. (part-time) Course: Interdisciplinarity and Research Methods in the Health and Wellness Field, 12 ECTS cr. (parttime)			
Elective area courses (two out of four electives, part-time) Physical Activity and Health 7.5 ECTS cr Diet and Health 7.5 ECTS cr Massage and Health 7.5 ECTS cr Relaxation and Health 7.5 ECTS cr			
Term 4 (30 ECTS cr.)			
Course: Experience and Entrepreneurship, 7.5 ECTS cr.	Course: Practical training in health and wellness 15 ECTS cr (in an elective are studied in term 3, part-time) Course: Diploma Project in Health and Wellness, 7.5 ECTS cr. (part-time)		

Programme Study Plan Health and Wellness 120 ECTS cr. (Reg.no. FAK3 2008/336)
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