



Faculty of Social and Life Sciences
Public Health Science

Syllabus

Course Approval

The syllabus was approved by the Faculty Board of Social and Life Sciences on 26 September 2011, and is valid from the Autumn semester of 2012 at Karlstad University.

Course Code: FHAHP1

Health Promotion, 7.5 ECTS Credits

(Hälsopromotion - att främja hälsa, 7.5 Swedish credit points)

Degree Level: Master

Progressive Specialisation: A1N (Second cycle, has only first-cycle course/s as entry requirements)

Language of Instruction

Swedish with the occasional lecture in English or a Scandinavian language

Prerequisites

General admission requirements for admission to Master-level courses plus at least 60 ECTS cr and upper secondary level Swedish B/Swedish 2 B and English A, or equivalent

Major Field of Study

FHA (Public Health Sciences)

Learning Outcomes

Upon completion of the course, students should be able to:

Knowledge and understanding

- problematise basic theories of health promotion,
- illustrate how social injustice and equality affect health,
- reflect on the intersectorial cooperation in health promotion from a top-down and bottom-up perspective,

Skills and abilities

- plan and argue for a change process in terms of basic theories on health improvement,

Judgement and approach

- integrate ethical aspects with health promotion,
- develop a critical approach to the potentials and limits of research.

Content and Form of Instruction

Instruction is in the form of lectures, group work and seminars. The planning of a seminar on course content and presentation of research is part of the course.

The course comprises the following five components:

- the scope and content of the holistic health concept, definition of health promotion and its development over time
- psychological, collective and organisational Empowerment compared with powerlessness, Antonovsky's

theories on salutogenesis, pathogenesis, resilience and a sense of coherence (KASAM)

- fair health described in terms of socioeconomic factors and human rights, equal treatment in terms of power structures and gender theory
- theories on change processes at the individual, population and social level
- Goals (WHO and nationally) and policies controlling health promotion, top-down and bottom-up perspectives, intersectorial cooperation of teams and organisations.

Reading List

See separate document.

Examination

Assessment is based on a seminar performance and on an written, individual take-home exam.

Grades

One of the grades Distinction (VG), Pass (G) or Fail (U) is awarded in the examination of the course. Assessment criteria for the grade Distinction are specified in study guides or equivalent.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course assessment is based on student views and experiences as reported in written course evaluations and/or group discussions. Students will be informed of the result of the evaluation and of the measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional Information

Students who enrolled before 1 July 2007 will complete their studies in accordance with the requirements of the earlier admission. Upon completion students may request degree and course certificates to be issued under the current ordinance if they meet its requirements.

The local regulations for studies at the Bachelor's and Master's levels at Karlstad University stipulate the obligations and rights of students and staff.

The course is optional for the Master's programme Health Promotion with an emphasis on public health science and open to non-programme students.

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