



Faculty of Health, Science and Technology
Public Health Science

Syllabus

The importance of the environment for health and development

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| Course Code: | FHAMH1 |
| Course Title: | The importance of the environment for health and development <i>Miljöns betydelse för hälsa och utveckling</i> |
| Credits: | 7.5 |
| Degree Level: | Master's level |
| Progressive Specialisation: | Second cycle, has only first-cycle course/s as entry requirements (A1N) |

Major Field of Study:
FHA (Public Health Sciences)

Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2026-02-12, and is valid from the Autumn semester 2026 at Karlstad University.

Prerequisites

60 credits in a main area of study, plus upper secondary level English 6 or English level 2. An equivalence assessment can be made.

Learning Outcomes

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

Knowledge and understanding:

1. define key terms and concepts related to environmental health, including the environment, environmental factors, pollutants, routes of exposure, and risk assessment,
2. give an account of environmental components, such as nature, built environments, and social environments,
3. give examples of interplay between environmental factors and human health and development, and
4. give an account of specific environmental health problems, especially problems related to exposure to chemicals.

Competence and skills:

5. describe relationships between environmental factors, exposure, and health effects, and
6. use research results and data as support for evidence-based advocacy strategies.

Judgement and approach:

7. apply a critical approach and problem-solving ability to analyse, assess, and evaluate environmental health problems, and
8. critically assess environmental health problems in terms of their multi-faceted nature, and from a broad perspective.

Content

The aim of the course is to investigate how environmental factors and contexts influence human health and development. The course begins in the historical emergence of environmental epidemiology and applies broad perspectives to examine different environmental factors that can affect our health in the long or the short term. Various types of environmental contaminants and pollutants, which may have an impact on air and water quality for example, are described and linked to routes of exposure relevant for children and adults, for instance in indoor environments.

Reading List

See separate document.

Examination

Assessment is based on an individual written assignment, presented and discussed in a seminar, as well as a group assignment presented individually in a final seminar.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Pass with Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

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 evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

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.