



Faculty of Health, Science and Technology  
Public Health Science

# Syllabus

## Anatomy, physiology and health

<b>Course Code:</b>	FHGAFH
<b>Course Title:</b>	Anatomy, physiology and health <i>Anatomi, fysiologi och hälsa</i>
<b>Credits:</b>	7.5
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has only upper-secondary level entry requirements (G1N)

**Major Field of Study:**  
FHA (Public Health Sciences)

### Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2021-09-01, and is valid from the Spring semester 2022 at Karlstad University.

### Prerequisites

General admission requirements plus upper secondary level English 6 and Mathematics 2a/2b/2c

### Learning Outcomes

The aim of the course is for students to acquire basic knowledge of anatomy, physiology, and health-promoting activities.

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

- give an account of the normal function of the human body from the individual cell to the physiological interaction of the organ systems,
- give an account of the significance and beneficial health effects of physical activity,
- give an account of the importance of diet for health, and the consequences of over-eating, malnutrition, and starvation, and

- describe the health effects of stress and sleep.

### **Content**

Instruction is in the form of lectures, seminars, and laboratory sessions.

The course covers the normal functions of the human body:

Cell, homeostasis metabolism, locomotor system, nervous system, endocrine system, blood, cardiovascular system, respiratory system, digestive system

Physical activity, with a focus on its beneficial health effects

The importance of diet in relation to health

### **Reading List**

See separate document.

### **Examination**

Assessment is based on an individual written exam and seminars.

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 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 and Master levels at Karlstad University stipulate the obligations and rights of students and staff.