



Faculty of Health, Science and Technology  
Public Health Science

# Syllabus

## Health Promotion II

|                                    |                                                                                           |
|------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Course Code:</b>                | FHGHA2                                                                                    |
| <b>Course Title:</b>               | Health Promotion II<br><i>Hälsofrämjande arbete II</i>                                    |
| <b>Credits:</b>                    | 7.5                                                                                       |
| <b>Degree Level:</b>               | Undergraduate level                                                                       |
| <b>Progressive Specialisation:</b> | First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F) |

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

### Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2023-08-23, and is valid from the Spring semester 2024 at Karlstad University.

### Prerequisites

22.5 ECTS credits in Public Health Science, or equivalent

### Learning Outcomes

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

Knowledge and understanding

1. give an account of the health status of the population, its development and present situation, nationally and globally,
2. give an account of central concepts, perspectives, models, and strategies in long-term and sustainable health promotion,
3. identify and give an account of a current development project in health promotion, targeting a specific group and arena, and
4. identify and give an account of the laws, regulations, and directives of relevance to public

health in health promotion projects.

#### Competence and skills

5. apply and give arguments for appropriate theories and models in the planning of long-term and sustainable health promotion,
6. analyse and problematise theories and methods for social and health-related changes, and
7. apply an ethical approach in health promotion.

#### Judgement and approach

8. reflect upon the importance of organisation, management, and cooperation for health promotion and sustainable development,
9. reflect upon relevant evaluation methods in health promotion, and
10. reflect upon the importance of health promotion in relation to socioeconomic factors, equity, and ethics.

#### **Content**

The course covers the following:

- current public health problems at the individual, group, and societal levels
- public health political regulations and directives
- principles and strategies for health promotion
- social and health-related changes
- arenas and target groups for health promotion
- health promotion development initiatives based on current public health problems
- models and theories for implementing long-term health promotion
- reporting development projects in health promotion
- sustainable development, ethics, and equity in health promotion.

#### **Reading List**

See separate document.

#### **Examination**

Assessment is based on a literature seminar, an individual written hand-in assignment, and a written hand-in assignment completed in groups and presented and discussed in a seminar on campus.

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.