



Faculty of Health, Science and Technology  
Public Health Science

# Syllabus

## Health Promotion I

<b>Course Code:</b>	FHGHP1
<b>Course Title:</b>	Health Promotion I <i>Hälsofrämjande arbete I</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)  
HFR (Health Promotion)

### Course Approval

The syllabus was approved by the Faculty of Health, Science and Technology 2018-02-02, and is valid from the Autumn semester 2018 at Karlstad University.

### Prerequisites

General admission requirements

### Learning Outcomes

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

Knowledge and understanding

1. Describe health promotion from an historical perspective
2. Give an account of basic documents and principles for health promotion
3. Give an account of basic theories for health promotion
4. Give an account of how human rights, social justice and equality affect health

Competence and skills

5. Apply knowledge of Salutogenesis and what it means to health promotion
6. Apply knowledge of Health literacy and what it means to health promotion
7. Identify and critically review health promotion at the individual, group and society levels

Judgement and approach

8. Critically reflect on how Sweden's public health goals can be related to health promotion
9. Critically review relevant theories and models of health promotion
10. Reflect on sustainable development and health promotion
11. Integrate ethical aspects in health promotion.

### Content

The course is offered part-time with lectures and seminars at campus meetings, comprising the following components:

- Health as a human right and as social justice
- Equality in health and in relation to health promotion
- Emergence of the modern public health strategy
- National and international health goals
- Basic principles and strategies for health promotion
- Health literacy and theories of importance to health promotion
- Health promotion efforts at all social levels
- Health and sustainable development

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a written exam (learning outcomes 1-4) and on a group assignment presented orally and in writing (learning outcomes 5-11)

### **Grades**

One of the grade 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.