



Faculty of Health, Science and Technology
Public Health Science

Syllabus

Health Promotion I

Course Code:	FHGHP1
Course Title:	Health Promotion I <i>Hälsofrämjande arbete I</i>
Credits:	7.5
Degree Level:	Undergraduate level
Progressive Specialisation:	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 2023-02-06, and is valid from the Autumn semester 2023 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, and
4. give an account of how human rights, social justice, and gender 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. demonstrate an ability to identify and critically review health promotion at the individual, group, and societal levels, and
8. apply the conventions of academic writing and correct referencing.

Judgement and approach

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

Content

The course covers the following:

- 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 an individual written take-home exam and written and oral presentations of a group assignment.

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 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.