



Faculty of Health, Science and Technology  
Public Health Science

# Syllabus

## Living habits - physiology and health

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| <b>Course Code:</b>                | FHGLH1   |
| <b>Course Title:</b>               | Living habits - physiology and health<br><i>Levnadsvanor - fysiologi och hälsa</i> |
| <b>Credits:</b>                    | 15   |
| <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 2023-10-13, and is valid from the Spring semester 2024 at Karlstad University.

### Prerequisites

General admission requirements

### Learning Outcomes

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

- describe the structure of the human body on a cellular level, organ level, organ system level, and organism level,
- give an account of the health-promoting effects of physical activity,
- give an account of the significance of diet in relation to health and common illnesses, and be able to describe the consequences of overeating, malnutrition, and starvation,
- give an account of current recommendations for diet and physical activity,
- give an account of the absorption and function of nutrients in relation to health,
- give an account of how stress, sleep, alcohol, and tobacco affect health,

- reflect upon how determinants of health can be connected to different types of lifestyle habits,
- evaluate health information based on scientific criteria, and
- reflect upon ethical aspects to be considered in this area.

### **Content**

The course is based on a health-promoting and inclusive approach focused on a more equal health. Instruction is in the form of lectures, seminars, and laboratory sessions.

The course covers the following:

- Normal bodily functions: the cell, homeostasis, metabolism, the locomotor system, the nervous system, the endocrine system, blood, the cardiovascular system, the respiratory system, the digestive system
- Physical activity with a focus on its health-promoting effects
- The absorption and function of carbohydrates, lipids, proteins, vitamins, and minerals in the human body in relation to health
- The significance of diet for common diseases such as diabetes, obesity, cancer, and cardiovascular disease
- National public health objectives, the recommendations of the Public Health Agency regarding physical activity, and the Nordic nutritional guidelines
- The health effects of stress, sleep, alcohol, and tobacco
- The connection between living habits and other health determinants such as structural factors, living conditions, the social environment, and the heredity and capabilities of individuals
- Evaluation of information in the area
- Ethical aspects relevant to living habits

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a group assignment presented orally and in writing, oral seminars, and a written exam.

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.