



Faculty of Health, Science and Technology  
Public Health Science

# Syllabus

## Living habits - physiology and health

<b>Course Code:</b>	FHGLH1
<b>Course Title:</b>	Living habits - physiology and health <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 2024-08-21, and is valid from the Spring semester 2025 at Karlstad University.

### Prerequisites

General admission requirements

### Learning Outcomes

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

1. describe how determinants of health can be linked to different types of habits,
2. give an account of how physical activity, alcohol and tobacco, diet, sleep, and stress can affect both the individual's own and others' health,
3. explain the physiology of the human body at a basic level,
4. relate motivation theories and change processes to living habits,
5. identify relevant national public health goals in relation to promoting healthy habits,
6. present concrete proposals for measures to promote healthy habits in different groups and in various areas of society,
7. reflect upon how living habits are influenced by other determinants of health, such as

individual and structural factors,

8. reflect upon the difference between individual advice and evidence-based recommendations for living habits at the population level, and

9. reflect upon ethical aspects to consider in relation to efforts to promote healthy habits.

### **Content**

- Physical activity with an emphasis on its health-promoting effects.
- The importance of diet for common diseases such as diabetes, obesity, cancer, and cardiovascular disease.
- National public health goals, recommendations regarding physical activity and diet.
- The impact of stress, sleep, alcohol, and tobacco on health.
- The connection between living habits and other determinants of health such as structural factors, living conditions, the social environment, and the individual's heritage and abilities.
- Motivation theories and change processes.
- Ethical aspects related to living habits.
- The physiology of the human body.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a group assignment presented orally and in writing, individual written hand-in assignments, 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.