



Faculty of Health, Science and Technology
Public Health Science

Syllabus

Living habits - physiology and health

Course Code:	FHGLH1
Course Title:	Living habits - physiology and health <i>Levnadsvanor - fysiologi och hälsa</i>
Credits:	15
Degree Level:	Undergraduate level
Progressive Specialisation:	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 2025-08-25, and is valid from the Spring semester 2026 at Karlstad University.

Prerequisites

General admission requirements

Learning Outcomes

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

1. explain the physiology of the human body at a basic level,
2. describe how habits and physiological processes intersect and affect each other, taking into consideration gender, nature versus nurture, and life course perspectives,
3. relate motivation theories and change processes to living habits,
4. analyse public health challenges at the municipal and regional levels, including causes and support structures,
5. identify relevant national policy documents, strategies, legislation, and evidence-based methods related to the promotion of healthy habits,
6. give an account of and reflect upon health promotion efforts in relation to habits,
7. reason about national public health goals in relation to prevention and health promotion, and
8. reflect upon ethical aspects to consider in relation to efforts to promote healthy habits.

Content

The course addresses basic physiology from a public health perspective and how habits affect health at the population level. National public health goals and recommendations for areas such as diet, physical activity, sleep, stress, and the use of alcohol and tobacco are presented. The course also introduces how public health data can be used to analyse local and regional challenges and map existing support structures. National strategies for promoting health and preventing ill health are highlighted, as well as motivation theories at structural and individual levels. The course also includes reflections on ethical aspects of public health work and the importance of long-term efforts to support healthy habits.

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.

Submissions for assessment must clearly indicate individual contributions.

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.