



Faculty of Arts and Social Sciences  
Sports Science

# Syllabus

## Health and Lifestyle Coaching

<b>Course Code:</b>	IDAM04
<b>Course Title:</b>	Health and Lifestyle Coaching <i>Hälso- och livsstilsrelaterad coaching</i>
<b>Credits:</b>	7.5
<b>Degree Level:</b>	Master's level
<b>Progressive Specialisation:</b>	Second cycle, has only first-cycle course/s as entry requirements (A1N)

**Major Field of Study:**  
IVA (Sports Science)

### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2021-09-07, and is valid from the Spring semester 2022 at Karlstad University.

### Prerequisites

90 ECTS credits completed, including at least 30 ECTS credits at the G2F level or higher, in one of the following main areas of study: Sports Science, Public Health Science, Pedagogy, Psychology, Sociology, or a teaching degree of at least 180 ECTS credits, plus upper secondary level Swedish 3 or Swedish as a second language 3, and English 6 or B, or equivalent

### Learning Outcomes

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

1. reason in an in-depth manner about the significance of health and lifestyle coaching sessions for individuals, groups, and society,
2. identify and critically examine different perspectives on health and lifestyle coaching,
3. analyse and assess the theoretical starting points and practical usefulness of different health coaching models, and

4. carry out individual health and lifestyle coaching sessions based on holistic perspectives and adequate health coaching models.

### **Content**

The aim of the course is to formulate and problematise in-depth questions relevant for the area of health and lifestyle coaching, and moreover to combine theories based on science with best practice in the knowledge area of health coaching.

The course covers

- different perspectives on the relationship between research and best practice in the knowledge area of health coaching, and
- how holistic health and lifestyle coaching sessions are carried out, based on scientifically proven health coaching models.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a written individual hand-in assignment and an oral presentation and discussion in a seminar.

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.