



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Positive psychology and salutogenic perspective

<b>Course Code:</b>	PSAM27
<b>Course Title:</b>	Positive psychology and salutogenic perspective <i>Positiv psykologi och salutogent perspektiv</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:**  
PSA (Psychology)

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2026-02-11, and is valid from the Autumn semester 2026 at Karlstad University.

#### Prerequisites

A bachelor-level degree, of which 90 credits must be in Psychology, including an independent project of at least 15 credits at G2E level. In addition, upper secondary level Swedish 3, English 6 or Swedish level 3, English level 2. An equivalence assessment can be made.

#### Learning Outcomes

Upon completion of the course, students should be able to

1. give an account of central concepts and theories in positive psychology and the salutogenic perspective,
2. describe and explain key theories in positive psychology and the connection to well-being as well as the handling of climate and environmental issues,
3. identify and reflect upon how central concepts and theories in positive psychology can be used as tools in work related to sustainability issues, and
4. identify and analyse different climate and environmental problems and propose appropriate interventions based on the salutogenic perspective and positive psychology.

#### Content

The aim of the course is for students to acquire fundamental knowledge of positive psychology and the salutogenic perspective, and the connection to sustainability, well-being, and environmental and climate issues. The course addresses concepts and theories within the field of positive psychology and their significance from a sustainability perspective. Based on central concepts and theories in positive psychology and the salutogenic perspective, students develop an understanding of psychological resources and competencies and their importance for sustainable development.

Group-based and individual reflection assignments constitute an important part of the course. The course requires and is based on active participation in learning activities, independent study, and literature reading throughout the course.

#### Reading List

See separate document.

#### Examination

All learning outcomes are assessed based on written and oral assignments, completed individually and in groups, presented and discussed in seminars.

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 Pass with 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.