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Faculty of Health, Science and Technology

Programme Syllabus

## **Health, Environment and Society - Bachelor Programme in Public Health Science**

<b>Programme Code:</b>	VGHMS
<b>Programme Title:</b>	Health, Environment and Society - Bachelor Programme in Public Health Sciences  Hälsa, miljö och samhälle – Kandidatprogram i folkhälsovetenskap
<b>Credits:</b>	180 ECTS credits
<b>Approval:</b>	The programme syllabus was approved by the Faculty Board of Health, Science and Technology on 4 February, 2021, and applies as of the autumn semester of 2021.
<b>Language of Instruction:</b>	Swedish and English
<b>Education Cycle:</b>	First cycle
<b>Degree Type:</b>	General
<b>Degree Level:</b>	Degree of Bachelor of Science. Major: Public Health Sciences Filosofie kandidatexamen Huvudområde: Folkhälsovetenskap
<b>Entry requirements:</b>	General entry requirements plus English B, Mathematics B and Civics A or English 6, Mathematics 2a/2b/2C and Civics 1b/1a1 + 1a2.

### **Introduction**

The Health, Environment and Society programme leads to a Degree of Bachelor of Science with a major in Public Health Science. The programme focuses on the state of public health, its distribution and change across populations. Particular focus is on the importance of living conditions, lifestyles, the environment, social structures, and health care systems to health development. The overall aim is to work towards good, equal health among the population.

The Health, Environment and Society study programme is an interdisciplinary first-cycle study programme that yields broad, multifaceted knowledge about how to work at a societal, group, and individual level to utilise people's skills and resources from a public health perspective. The study programme comprises methods and tools applicable in practice to promote health and preventative actions on different levels of society. Studies are tied to practical public health work in several ways including study visits, guest lectures, practical course components, and practical placement (VFU).

Public health scientists work to improve public health by studying, analysing, and influencing health determinants in society. A Public Health graduate's professional prospects include project management, mapping and identification, action planning, the performance or commissioning of health-promoting and preventative action, investigation of organisations' public health initiatives, evaluation of public health projects, et cetera. A public health scientist can work for a municipality, a region, the government, in the private sector, or for NGOs. Graduates move on to titles including public health coordinator, public health strategist, business developer, and public health planner.

Graduates have the opportunity to move on to second-cycle studies the Master Programme in Health Science - Public Health Science (VAMAS-SAFH) at Karlstad University.

### **Programme Outcomes**

The Higher Education Ordinance, System of Qualifications, specifies the outcomes required for certain degrees. The outcomes for a Degree of Bachelor are as follows:

#### National outcomes

The Higher Education Act stipulates:

First-cycle courses and study programmes shall develop:

- the ability of students to make independent and critical assessments,
- demonstrate the ability to identify, formulate and solve problems autonomously, and
- the preparedness of students to deal with changes in working life.

In addition to knowledge and skills in their field of study, students shall develop the ability to:

- gather and interpret information at a scholarly level,
- stay abreast of the development of knowledge, and
- communicate their knowledge to others, including those who lack specialist knowledge in the field.

The Higher Education Ordinance further stipulates the national outcomes for a Degree of Bachelor:

#### *Knowledge and understanding*

For a Degree of Bachelor the student shall

- demonstrate knowledge and understanding in the main field of study, including knowledge of the disciplinary foundation of the field, knowledge of applicable methodologies in the field, specialised study in some aspect of the field as well as awareness of current research issues.

#### *Competence and skills*

For a Degree of Bachelor the student shall

- demonstrate the ability to search for, gather, evaluate and critically interpret the relevant information for a formulated problem and also discuss phenomena, issues and situations critically

- demonstrate the ability to identify, formulate and solve problems autonomously and to complete tasks within predetermined time frames
- demonstrate the ability to present and discuss information, problems and solutions in speech and writing and in dialogue with different audiences, and
- demonstrate the skills required to work autonomously in the main field of study.

#### *Judgement and approach*

For a Degree of Bachelor the student shall

- demonstrate the ability to make assessments informed by relevant disciplinary, social and ethical aspects
- demonstrate insight into the role of knowledge in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the need for further knowledge and undertake ongoing development of his or her skills.

#### *Independent project (degree project)*

A requirement for the award of a Degree of Bachelor is completion by the student of an independent project (degree project) for at least 15 credits in the main field of study.

### **Programme Structure**

The Health, Environment and Society study programme (180 ECTS credits) comprises three years of studies. The study programme is full-time, with the possible exception of some elective courses. The mode of study is distance learning. There will be a few on-campus meetings during the course of the programme, and one per year will be mandatory.

The study programme is characterised by instruction based on practice, systematically in partnership with external organisations both regionally and nationally through lectures, seminars, assignments, and scheduled practical placement. With regard to the main field of study, progression is achieved by the constant integration of theory and practice throughout the study programme, with a steady increase in demands and in-depth, specialised complexity over three years (the section titled "Programme Curriculum" specifies each year's coursework). Graduates have the opportunity to move on to second-cycle studies and obtain a Degree of Master (120 ECTS credits) in Health Science: Focus Public Health Science.

#### *Internationalisation*

The University has partnerships with many other universities in Sweden and abroad, and has an organisation in place to support students who want to make use of this opportunity. Students are therefore encouraged to complete part of the programme at a university abroad. Karlstad University wants to promote collaboration and exchange with other universities.

### **Programme Curriculum**

The programme comprises the main field of study, Public Health Science, which is also the degree's major. The mandatory courses in Public Health Science constitute 105 ECTS credits in total on the first-cycle and second-cycle levels and are also available as optional courses.

#### *First-cycle studies 60 ECTS credits*

Public Health Science, including but not limited to health promotion, lifestyles, research methods, anatomy and physiology, epidemiology, and public health actions.

#### *Specialisation 37.5 ECTS credits:*

Specialisation in health promotion, environment and sustainable development, project

management and evaluation, practical placement and a scientific project with the opportunity to achieve higher education qualification.

#### *Elective courses 82.5 ECTS credits*

Elective courses are primarily available in the third year. Students can choose freely provided they fulfil the admission requirements. Students can choose additional Public Health Science courses, or courses in other fields.

#### **Study Route**

Year 1: The first two semesters primarily comprise first-cycle courses (52.5 ECTS credits) in the main field of study that are mandatory for all students. Students will gain knowledge and understanding of relevant concepts and theories in Public Health Science and learn ways to study and promote public health.

Year 2: The third semester comprises specialisation courses with a progression from the first year. The fourth semester comprises elective and mandatory courses. Mandatory courses are in the form of practical placement where the student chooses an internship with the help of the programme director. The University cannot guarantee external placements. The semester also comprises a course on project work serving as an introduction to the scientific work and writing process and thus as preparation for the degree project required to claim the diploma.

Year 3: Third-year students can customise their studies through elective and optional courses. Students can also choose to study abroad. The final semester is concluded with a degree project, 15 ECTS credits.

#### **Credit Transfer**

Students have the right to transfer credits from previously completed university courses in Sweden or abroad, subject to approval according to the current regulations.

#### **Additional Information**

The local regulations for first and second cycle education at Karlstad University stipulate the obligations and rights of students and staff.

The names, contents, points distribution, and schedule of courses may change during the course of the study programme.