



DEPARTMENT OF FOOD AND NUTRITION, AND SPORT SCIENCE

IKA303 Critical Analysis in Health Promotion, 7.5 higher education credits

Kritisk analys i hälsopromotion, 7,5 högskolepoäng

Second Cycle

Confirmation

This course syllabus was confirmed by Department of Food and Nutrition, and Sport Science on 2017-03-15 to be valid from 2017-08-28, autumn semester of 2017.

Field of education: Sports Science 50% and Medicine 50%

Department: Department of Food and Nutrition, and Sport Science

Position in the educational system

The course is a single subject in-dept course.

Main field of studies

Food and Nutrition

Sport Science

Specialization

A1N, Second cycle, has only first-cycle course/s as entry requirements

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Entry requirements

Bachelor's degree in Food and Nutrition, Nutrition, Sport Science, Physiotherapy, Medicin, Nursing or equivalent.

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- Describe and critically discuss the fundamental principles of health education and health promotion.
- Describe different definitions and theories of health and discuss their implications for health promotion practice with a focus on physical activity and food habits.
- Identify and describe relevant theories in the field and discuss methodological implications of them for health promotion practice with a focus on physical activity and food habits

Skills and abilities

- Critically evaluate health promotion interventions concerning theoretical and methodological consistency, with theoretical and methodological rigour argue for and advocate a health promotion approach.

Judgement and approach

- Critically analyse the ethical implications of different health promotion strategies.

Course content

In this course contemporary definitions and theories of health, health education and health promotion are introduced and analyzed, specifically in relation to the promotion of physical activity and food habits. In particular the link between theory and strategy and the methodological rigor of health promotion interventions will be analyzed. The emphasis of the course is on the ability to analyze and evaluate concepts, theories and methods in health promotion, as well as on the ability to argue and take an advocacy role on issues related to health promotion.

Form of teaching

The main forms of teaching are: lectures, mandatory seminars and discussions.

Language of instruction: English

Assessment

Examination will take the form of students preparing questions for, and taking active part in, seminars, as well as writing a paper that is also presented orally.

If a student, who has failed the same examined component twice, wishes to change examiner before the next examination, a written application shall be sent to the department responsible for the course and shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

In cases where a course has been discontinued or has undergone major changes, the student shall normally be guaranteed at least three examination occasions (including the ordinary examination) during a period of at least one year from the last time the course was given.

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

To be awarded a Pass grade for the course requires active participation at all seminars (including submission of questions), and a Pass grade for the paper and the oral presentation of it. To be awarded Pass with Distinction for the course requires active participation at all seminars (including submission of questions), a grade Pass with Distinction for the paper and a Pass grade for the oral presentation of it.

Course evaluation

A written course evaluation will be carried out at the end of the course. The results and possible changes in the course will be shared with the students who participated in the evaluation and to those who are beginning the course through publication on GUL.

The results of and possible changes to the course will be shared with students who participated in the evaluation and students who are starting the course.