Course syllabus for

Health Promotion in Nutrition and Physical Activity, 7.5 credits
Hälsofrämjande arbete inom nutrition och fysisk aktivitet, 7.5 hp

This course syllabus is valid from autumn 2007.

Course code 3NU002
Course name Health Promotion in Nutrition and Physical Activity
Credits 7.5 credits
Form of Education Higher Education, study regulation 2007
Main field of study Public Health Sciences
Level AV - Second cycle
Grading scale Fail (U), pass (G) or pass with distinction (VG)
Department Department of Biosciences and Nutrition
Participating institutions
  • Department of Global Public Health

Decided by Arbetsgruppen för masterprogrammet i folkhälsovetenskap, ordförandebeslut
Decision date 2007-06-21
Course syllabus valid from Autumn 2007

Specific entry requirements

Requirements for admission is having a bachelors degree or vocational degree worth at least 180 ECTS credits in healthcare or nutrition

Objectives

After completion of the course the students should be able to: - Recognise and apply theories and methods in health education, health promotion and social marketing - Plan an intervention based on the existing evidence base and apply the steps according to a methodological model - Compare and discuss different policy documents in the field of health promotion - Identify relevant support systems and organisations acting in the field of health promotion - Relate to different policy documents in the field of public health nutrition (at regional, national and international levels)

Content
Teaching methods

The course includes lectures, group work, seminars, individual assignment and student presentations.

Examination

a. To examine the learning outcomes related to planning, implementation and evaluation of health promotion programmes in nutrition and physical activity, an oral and written presentation and a written examination is used. b. Examination of the learning objective related to basis for theories of health education, health promotion and social marketing a written examination is used. c. To examine policy documents in the field of health promotion is based on an individual written report. d. Grades are given according to the 3-graded scale: failed/passed/passed with distinction e. Criteria for grades are handed out upon course start. Students who fail in regular examination have the right to be examined six more times. This applies to examination of all compulsory modules. Students who have passed an examination have no right to be reexamined for a higher grade. Students who have failed two times have the right to be examined by another teacher

Transitional provisions

If the course is closed or extensive changes have been made the students have the right to be examined according to the previous literature with in two years time.

Other directives

Upon course closures, the course is evaluated using Websurvey. The course replaces the previous course QAL 169

Literature and other teaching aids

Gibney, Michael J

Public health nutrition
Library search

Glanz, K; Rimer, B

Theory at a Glance. A Guide For Health Promotion Practice
URL: Link to pdf

Andreasen, Alan R.

Social marketing in the 21st century
Diet, nutrition, and the prevention of chronic diseases [Elektronisk resurs] b report of a joint WHO
LIBRIS-ID:9770107
URL: Link to pdf

Health, food and physical activity : nordic plan of action on better health and quality of life through diet and physical activity
Copenhagen : Nordic Council of Ministers, Council of Ministers, c 2006 - 64 s. b tab.
ISBN:9289313447 LIBRIS-ID:10436018
Library search

World Health Organization. b Regional Office for Europe
Development of a who global strategy on diet, physical activity and health : European regional consultation : report on the Consultation, Copenhagen, 2-4 April 2003
Copenhagen : WHO Regional Office for Europe, 2003 - 109 s.
LIBRIS-ID:10099046