



**Karolinska  
Institutet**

Course syllabus for

# **Behaviour change in nutrition and physical activity, 15 credits**

Beteendeförändring inom kost och fysisk aktivitet, 15 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2010 , Autumn2011 , Autumn2012

|                            |                                                                |
|----------------------------|----------------------------------------------------------------|
| Course code                | 1QA064                                                         |
| Course name                | Behaviour change in nutrition and physical activity            |
| Credits                    | 15 credits                                                     |
| Form of Education          | Higher Education, study regulation 2007                        |
| Main field of study        | Public Health Sciences                                         |
| Level                      | First cycle, has only upper-secondary level entry requirements |
| Grading scale              | Pass with distinction, Pass, Fail                              |
| Department                 | Department of Biosciences and Nutrition                        |
| Decided by                 | Styrelsen för utbildning                                       |
| Decision date              | 2010-04-14                                                     |
| Revised by                 | Education committee BioNut                                     |
| Last revision              | 2023-11-08                                                     |
| Course syllabus valid from | Autumn 2012                                                    |

## **Specific entry requirements**

60 credits within health care, medicine, public health, nutrition or sports.

## **Objectives**

On completion of the course, the student is expected to be able to:

1. Account for the evidence base for individual and group-based behavioural change models and apply such models in intervention programmes for long-term changes of diet - and physical activity practices.
2. Describe different theoretical models and based on these suggest appropriate support measures to help individuals to behavioural change.
3. Identify determinants for health and disease and from these adapt strategies for change management and choose appropriate health measures and appropriate methods for external and internal evaluation.

4. Understand and reflect on all the parts of the behavioural change process.

## **Content**

The course contains two parts.

### **Models and theories for behaviour change, 5.0 hp**

Grading scale: VU

Part 1 deals with theoretical models for behavioural change and their field of use. Lectures are interleaved with article seminars and group work. The students will be given the opportunity to participate in "individual help groups" to see how it can be to go through an individual behavioural change.

### **Behaviour change in practice, 10.0 hp**

Grading scale: VU

Part 2 deals with assessment methods to evaluate change and practical application of behavioural change practice. The students will during the course apply behavioural change models by in detail planning for long-term behavioural changes at individual level.

## **Teaching methods**

Learning activities are based on individual work, lectures, practical parts, group activities, seminars, presentations and written assignments.

Compulsory teaching: Participation in practical assignments, group activities, seminars and presentations is compulsory. In case of absence, turn to course coordinator for complementary assignments.

## **Examination**

The expected learning outcomes of the course are examined through a written examination of part 1 and written assignments for part 2.

The final grade is based on both the results of the written examination and the presentation of written assignments.

A student who has failed in the regular examination, is entitled to participate in five more examinations. If the student has failed six examinations/tests, no more examination is offered. The number of times that the student has participated in the same examination is regarded as an examination session. Submission of a blank examination is regarded as an examination. An examination for which the student registered but not participated in, will not be regarded as an examination.

## **Transitional provisions**

This syllabus is cancelled.

The course was given for the last time HT2012.

## **Other directives**

The course is evaluated according to guidelines established by the Board of education.

Language of instruction: Swedish.

The course may not be included in higher education qualification at the same time with the overview and passed course, whose contents completely or partly corresponds to the course content. The following course is (partly) overlapping: 1QA027, Behavioural change within diet and physical activity, 7.5 credits

## Literature and other teaching aids

### **Health behavior and health education : theory, research and practice**

*Glanz, Karen; Rimer, Barbara K.; Viswanath, Kasisomayajula*

4. ed. : San Francisco : Jossey-Bass, 2008 - xxxiii, 552 s.

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