



**Karolinska
Institutet**

Course syllabus for

Public Health Nutrition Intervention Management, 15 credits

Projektplanering 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.

Course code	1QA097
Course name	Public Health Nutrition Intervention Management
Credits	15 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	First cycle, in-depth level of the course cannot be classified
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Biosciences and Nutrition
Decided by	Styrelsen för utbildning
Decision date	2011-02-10
Revised by	Education committee BioNut
Last revision	2023-11-08
Course syllabus valid from	Autumn 2011

Specific entry requirements

A minimum of 90 credits in healthcare, nutrition, physical education and sports or medicine.

Proficiency in the English language should be documented by an internationally recognized test such as TOEFL: internet based (iBT) with a total score of at least 90 and minimum score of 20 on written test; paper based (PBT) with a total score of at least 575, and minimum score 4.5 on written test; or IELTS (academic) with an overall mark of at least 6.5 and no band less than 6.0; or other documentation that according to regulations certifies the equivalence of English B at Swedish upper secondary school.

Objectives

After completion of the course the students should be able to:

- * Plan a health promotion intervention based on the existing evidence base and theories and be able to apply the steps according to a given methodological model
- * Plan the evaluate of a health promotion intervention using different evaluation methods and tools
- * Compare and refer to the content of different policy documents in the field of health promotion.

Content

The course consists of two parts:

Problem analysis and capacity building, 5.0 hp

Grading scale: VU

The first part of the course in health promotion intervention planning within the area of nutrition and physical activity focuses on;

- identify problem, needs, resources and priorities
- highlighting the various policy documents in the field of health promotion.

This part consists of lectures and to practice planning and writing a project plan in groups or individually. The work is presented in written.

Implementation, evaluation and dissemination, 10.0 hp

Grading scale: VU

The second part of the course in project planning focuses on;

- formulate goals and objectives, planning, implementation, evaluation and dissemination
- introduce theories and models of behavior change and social marketing

This part consists of lectures and to practice planning and to complete and finalize the project plan in groups or individually. The work is presented in written.

Teaching methods

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

Transitional provisions

This syllabus is cancelled.

The course was given for the last time HT2011.

Other directives

Language of instruction: English.

Literature and other teaching aids

Gibney, Michael J

Public health nutrition

4 ed : Oxford, UK : Blackwell Science, 2004 - xiv, 378 s.b ill.

ISBN:0-632-05627-4 LIBRIS-ID:9721861

[Library search](#)

Glanz, K; Rimer, B

Theory at a Glance. A Guide For Health Promotion Practice

2nd edition : Washington, DC : National Institutes of Health, U.S. Department of Health and Human Services., 2005

URL: [Link to pdf](#)

Andreasen, Alan R.

Social marketing in the 21st century

Thousand Oaks, Calif. : SAGE Publications, c2006. - xi, 264 s. b ill. c 24 cm.

ISBN:141291633X (cloth) LIBRIS-ID:10448522

URL: <http://www.loc.gov/catdir/toc/ecip0517/2005022466.html>

[Library search](#)

Public health nutrition : from principles to practice

Lawrence, Mark; Worsley, Tony

Maidenhead : Open University Press, cop. 2007 - xx, 492 s.

ISBN:0335223206 (hft.) LIBRIS-ID:10488462

[Library search](#)