



**Karolinska  
Institutet**

Course syllabus for

## **Psychology 1 - Exercise, 3 credits**

Psykologi 1 - Tema träning, 3 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:

Spring2012 , Autumn2014

Course code	1SY035
Course name	Psychology 1 - Exercise
Credits	3 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	GX - First cycle
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Programnämnd 3
Decision date	2011-12-09
Revised by	Programme Committee 3
Last revision	2014-04-07
Course syllabus valid from	Autumn 2014

## **Objectives**

After this course the student should be able:

- To describe theories concerning behaviour change and learning.
- To provide fundamental practical knowledge concerning how to develop a plan for health behavior change at the individual level.
- To describe the fundamentals in communication skills.

## **Content**

The course will give an introduction to behavior modification principles and their applications. The main focus is going to be on health behavior change and physical activity. A homework assignment is presented concerning the development of an individually tailored exercise plan (or another health behavior) including strategies for relapse prevention. Furthermore, the course includes behavior change theories, motivational issues and fundamentals regarding communication skills.

## **Teaching methods**

The following teaching methods may be used in this course: Lectures, seminars, homework assignments, literature studies, videos.

## Examination

Active participation in a seminar concerning a homework assignment.  
Written examination.

## Transitional provisions

If the course is closed down, or is subject to major changes, examination is offered within one year from the closing of the course.

## Other directives

Course evaluation will be given according to guidelines given by the board of education at the Karolinska Institute and in line with evaluation routines within the study programme.

## Literature and other teaching aids

*ACSM*

**ACSM Resource manual for guidelines for exercise testing and prescriptions. Online.**  
<http://www.LWW.com>.

9:e : Lippincott, Williams & Wilkins, 2009

ISBN:0-7817-4591-8

[Library search](#)

*Ayers, Susan; De Visser, Richard.*

**Psychology for medicine**

London : SAGE, 2011. - xiv, 530 p.

ISBN:9781412946902 (hbk.) : LIBRIS-ID:15217050

[Library search](#)

*Holmberg, Johan; Stalby, Magnus*

**Samtal som fungerar : [om tillämpad beteendeanalys, motivation och förändring]**

1. utg. : Stockholm : Natur & Kultur, 2012 - 168 s.

ISBN:91-27-11939-4 (inb.) LIBRIS-ID:11496423

[Library search](#)

*Ramnerö, Jonas; Törneke, Niklas*

**Beteendets ABC : en introduktion till behavioristisk psykoterapi**

2., [rev.] uppl. : Lund : Studentlitteratur, 2013 - 232 s.

ISBN:978-91-44-07959-2 LIBRIS-ID:13909031

[Library search](#)

*Rautalinko, Erik*

**Samtalsfärdigheter : stöd, vägledning och ledarskap**

2. uppl. : Stockholm : Liber, 2013 - 170 s.

ISBN:9789147111312 LIBRIS-ID:14010176

[Library search](#)