



**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	Education committee NVS
Last revision	2020-02-14
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

The course has been cancelled and was offered for the last time in the autumn semester of 2014. Examination will be provided until the autumn semester of 2020 for students who have not completed 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](#)