



**Karolinska
Institutet**

Course syllabus for

Physical Activity as Prevention FYSS/FaR, 7.5 credits

Fysisk aktivitet som prevention FYSS/FaR, 7.5 hp

This course syllabus is valid from autumn 2020.

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

Autumn2010 , Spring2011 , Spring2013 , Autumn2014 , Spring2015 , Autumn2017 , Autumn2020

Course code	2QA083
Course name	Physical Activity as Prevention FYSS/FaR
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	Second cycle, in-depth level of the course cannot be classified
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Participating institutions	<ul style="list-style-type: none">• Institute of Environmental Medicine
Decided by	Styrelsen för utbildning
Decision date	2010-03-19
Revised by	Education committee NVS
Last revision	2019-12-12
Course syllabus valid from	Autumn 2020

Specific entry requirements

Bachelor's degree or a professional degree worth at least 120 credits in healthcare. And proficiency in Swedish and English equivalent to Swedish B/Swedish 3 and English A/English 6.

Objectives

The course should give a multidisciplinary foundation around the relationship between physical activity and health with a focus on prevention, methods for mapping and evaluation and evidence-based methods to support behavioural change and maintaining.

The student should at completed course be able to:

- explain and reflect on the dose of physical activity and its relationships with different aspects of health and be able to explain the current recommendations on physical activity for children, adult

and older on the basis of exercise physiology and epidemiology

- prescribe physical activity as prevention of different diseases, can identify his own profession's role in work with leave and possibilities to interprofessional cooperation
- have knowledge of methods of measurement for physical activity on individual and community level and be able to evaluate and analyse condition - and strength training on individual level
- on the basis of theoretical models show ability to support behavioural change and maintaining respect physical activity and be familiar with principles of communication methodology and reflect over own advisory talks
- reflect on evidence-based methods to promote physical activity on individual and community level.

Content

The course contains exercise physiology, physical activity epidemiology, assessment instruments, evidence-based methods to promote physical activity, models for behavioural change and maintenance, communication methodology and practical exercises.

Teaching methods

The course dates consist of lectures interleaved with student-activating teaching such as laboratory sessions and group assignments. To facilitate communication between course participants and teacher or between the course participants, a web-based learning platform will be used. The assignments that should be solved on distance between the course dates are problem-oriented and intended to stimulate interprofessional learning.

Examination

The expected learning outcomes will be examined via an individual examination task and a seminar where the individual tasks will be discussed in group. The examination task should include an exercise prescription (FaR), evaluation method and arguments around behavioural change with aim to prevent life style-related disease. Furthermore, the examination task should include a reflection around the relationship physical activity and health from his own and an interprofessional perspective.

Students who have not passed the regular examination are entitled to participate in five examinations. If the student has failed a total of six examinations, no additional examination will be offered.

Students who do not pass a regular examination are entitled to re-sit the examination on five occasions more. If the student has failed a total of six examinations/tests, no additional examination is given. Each occasion the student participates in the same test counts as an examination. Submission of a blank exam paper is regarded as an examination. In case a student is registered for an examination but does not attend, this is not regarded as an examination.

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus's regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and abilities may not be changed, removed or reduced

Transitional provisions

Examination will be provided during a time of one year after a possible close-down of the course. Examination can be according to an earlier literature list during a time of one year after the date when a renewal of the literature list been made.

Other directives

Language of instruction: Swedish.

Course evaluation is made during the course and at completed course with KI's computer-based course questionnaire with additional questions in accordance with the guidelines established by the Board of Higher Education.

Literature and other teaching aids

FaR® : individanpassad skriftlig ordination av fysisk aktivitet

Östersund : Statens folkhälsoinstitut, 2011 - 349 s.

ISBN:978-91-7257-909-5 (print) LIBRIS-ID:12657306

URL: [Fulltext](#)

[Library search](#)

Faskunger, Johan

Fysisk aktivitet och folkhälsa

1. uppl. : Lund : Studentlitteratur, 2013 - 255 s.

ISBN:9789144074825 LIBRIS-ID:14716863

[Library search](#)

Fysisk aktivitet i sjukdomsprevention och sjukdomsbehandling, FYSS 2017

Läkartidningen förlag, ISBN-nr 978-91-981711-2-9, 2017

Kohl, Harold W.; Murray, Tinker Dan

Foundations of physical activity and public health

Champaign, IL : Human Kinetics, c2012. - 281 p.

ISBN:978-0-7360-8710-0 (hard cover) LIBRIS-ID:12430965

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