



**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 spring 2013.

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	Fail (U) or pass (G)
Department	Department of Neurobiology, Care Sciences and Society
Participating institutions	<ul style="list-style-type: none"><li>• Institute of Environmental Medicine</li></ul>
Decided by	Styrelsen för utbildning
Decision date	2010-03-19
Revised by	Styrelsen för utbildning
Last revision	2012-10-03
Course syllabus valid from	Spring 2013

## **Specific entry requirements**

A Bachelor's degree or a professional degree of at least 120 credits is required in healthcare, medicine, nutrition or physical education. Swedish and English language skills equivalent to Swedish B and English A at Swedish upper secondary school are also required.

## **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:

1. On the basis of exercise physiology and epidemiology 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.

2. Prescribe physical activity as prevention of different diseases, can identify his own profession's role in work with leave and possibilities to interprofessional cooperation.
3. 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.
4. 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.
5. 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, the web-based teaching platform PingPong 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 a portfolio and a seminar on the portfolio. The portfolio should include a training programme, evaluation method and arguments around behavioural change with aim to prevent life style-related disease and a reflection around the relationship physical activity and health from his own and an interprofessional perspective.

## 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.

The course replaces 2QA024.

## Literature and other teaching aids

**FYSS 2008 : fysisk aktivitet i sjukdomsprevention och sjukdomsbehandling**

Stockholm : Statens folkhälsoinstitut, 2008 - 613 s.

ISBN:978-91-7257-543-1 LIBRIS-ID:10734161

URL: <http://www.fyss.se/>

[Library search](#)

**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](#)

*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

[Library search](#)

**Fysisk aktivitet och folkhälsa**

*Schäfer Elinder, Liselotte; Faskunger, Johan*

Stockholm : Statens folkhälsoinstitut, 2006 - 180 s. b färgill.

ISBN:91-7257-468-2 LIBRIS-ID:10325513

URL: [http://www.fhi.se/upload/ar2006/Rapporter/R200613\\_Fysisk\\_aktivitet\\_0701.pdf](http://www.fhi.se/upload/ar2006/Rapporter/R200613_Fysisk_aktivitet_0701.pdf) z

[http://www.fhi.se/upload/ar2006/Rapporter/R200613\\_Fysisk\\_aktivitet\\_0701.pdf](http://www.fhi.se/upload/ar2006/Rapporter/R200613_Fysisk_aktivitet_0701.pdf)

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