



**Karolinska  
Institutet**

Course syllabus for

# **Physical Training as Treatment FYSS/FaR, 7.5 credits**

Träning som behandling FYSS/FaR, 7.5 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:

Autumn2010 , Spring2013

Course code	2QA101
Course name	Physical Training as Treatment FYSS/FaR
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Physiotherapy
Level	Second cycle, has only first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2010-03-25
Course syllabus valid from	Autumn 2010

## **Specific entry requirements**

At least 120 credits within which it should be included a physiotherapy degree. English and Swedish language skills equivalent to English A and Swedish B at Swedish upper secondary school are also required.

## **Objectives**

The course should give a sound academic basis for the relationship between physical activity/training and health with a focus on treatment of life style-related diseases. Further, the course should give an understanding of the determinants and barriers that are for an active life style. The course also includes methods for evaluation and tool to assist a behavioural change for both individual and group. On completion of the course, the student should be able to 1. from both basic exercise physiology and epidemiology reflect over and explain the relationship between physical activity/training and different aspects on health and disease, 2. based on dose response and evidence explain, apply and prescribe current physical activity recommendations in different diseases (FYSS/FaR), 3. apply and analyse strength- and fitness training from different disease conditions, 4. identify a number of determinants to a physical active life style and apply theoretical behavioural models and evidence-based methods to

promote physical activity/training, 5. show ability to plan, apply and evaluate behavioural change and be familiar with the principles of communication methodology and to reflect around factors that influence motivation and compliance 6. independent apply measure - and evaluation methods for physical activity and training for both individual and group.

## Content

The course deals with exercise physiology, physical activity epidemiology, pathophysiology, behavioural change models and placement.

## Teaching methods

The course includes three course dates of two to three days each and problem-oriented assignments to solve between the course dates. The course sessions consist of lectures interleaved with student-activating teaching such as laboratory sessions and group assignments. Individual or group-based problem-oriented assignments will be solved between the courses. Reflection of the learning will be stimulated via the use of a log book. In order to facilitate communication between students and teachers, and between the course participants, the web-based teaching platform PingPong will be used.

## Examination

The learning outcomes will be examined via a Portfolio and an oral presentation of a group assignment in the form of a cross-group presentation. The portfolio should include a training programme and behavioural change with aim to treat life style-related disease and a reflection around the relationship physical activity and health.

## Transitional provisions

Examination will be provided during a period of two years after a close-down of the course. Examination may take place under a previous reading list during a period of one year after the date of the renewal of the reading list.

## 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 that are established by the Board of higher education. The course replaces 2QA044.

## 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](#)

*Bouchard, Claude; Blair, Steven N.; Haskell, William L.*

**Physical activity and health**

Champaign, IL : Human Kinetics, 2006 - 409 s. b ill.

ISBN:0-7360-5092-2 (inb.) LIBRIS-ID:10246308

URL: <http://www.loc.gov/catdir/toc/ecip0611/2006011537.html>

[Library search](#)

### **Effekter av fysisk träning vid olika sjukdomstillstånd**

*Svantesson, Ulla; Dahlström, Annette*

Stockholm : SISU idrottsböcker, 2007 - 183 s.

ISBN:978-91-85433-16-2 LIBRIS-ID:10353321

[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)

[Library search](#)

### **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](#)