



**Karolinska
Institutet**

Course syllabus for

Childhood Growth and its Relation to Health, 15 credits

Barns tillväxt och hälsa, 15 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Course code	2QA205
Course name	Childhood Growth and its Relation to Health
Credits	15 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 with distinction, Pass, Fail
Department	Department of Biosciences and Nutrition
Decided by	Styrelsen för utbildning
Decision date	2011-02-10
Revised by	Education committee BioNut
Last revision	2023-11-08
Course syllabus valid from	Autumn 2011

Objectives

By the end of the course each student should be able to:

- Explain the principles behind today's cut-off levels from WHO, IOTF and the National Swedish cut-off levels for overweight and obesity and critically evaluate the effect of using different cut-off levels for overweight and obesity.
- Suggest complementary anthropometric measures to assess overweight and obesity and independently and correctly apply these.
- Describe the National nutrition recommendations as well as physical activity recommendations for children and their practical implications.
- Describe the most common nutritional problems, the food and activity patterns as well as the determinants for the same in school children.
- Analyze, discuss and refer to policy documents and guidelines for nutrition and physical activity at school.
- Plan a project to increase dietary habits and physical activity in school children and suggest suitable evaluation methods.

Content

The course is divided into two modules.

Child growth and obesity, 7.5 hp

Grading scale: VU

The module is designed to provide knowledge regarding how childhood growth and especially overweight prevalence can be assessed in an evidence-based manner, which cut-off levels that are used in Sweden and internationally, definitions, protocols and anthropometric equipment.

The module also highlights the recommendations that exist for children's nutrition and physical activity level in Sweden and internationally and the most prevalent nutritional problems in Swedish children.

The module also provides simple tools for evaluation of interventions on individual, group and school level.

Child health practice at schools, 7.5 hp

Grading scale: VU

This module provides knowledge on how to plan and implement health promotion projects in schools. The course includes policy issues on school, community and national level.

The effectiveness of different types of interventions are discussed and how to prioritise activities in school in relation to what is feasible and what is desirable.

Teaching methods

The course includes lectures, individual work, group work and practical sessions.

Teaching activities on location, including practical sessions, are compulsory.

Transitional provisions

This syllabus is cancelled.

The course was given for the last time HT2011.

Other directives

The course will be evaluated in accordance with the guidelines established by the Board of Higher Education.

Literature and other teaching aids

Ewles, Linda

Hälsoarbete

Simnett, Ina

2 : Lund : Studentlitteratur, 2005

ISBN:978-91-44-03596-3 LIBRIS-ID:8866775

[Library search](#)

Bra mat i skolan : råd för förskoleklass, grundskola, gymnasieskola och fritidshem

Uppsala : Livsmedelsverket, 2007 - 31 s.

ISBN:91-7714-180-6 LIBRIS-ID:10441614

[Library search](#)

Children, obesity and exercise : prevention, treatment and management of childhood and adolescent obesity

Hills, Andrew P.; King, Neil A.; Byrne, Nuala M.

London : Routledge, 2007 - viii, 172 p.

ISBN:978-0-415-40883-7 (hbk.) : £75.00 LIBRIS-ID:10513632

[Library search](#)

Faskunger, Johan

Barns miljöer för fysisk aktivitet : samhällsplanering för ökad fysisk aktivitet och rörelsefrihet hos barn och unga

Östersund : Statens folkhälsoinstitut, 2008 - 48 s.

ISBN:978-91-7257-586-8 LIBRIS-ID:11333821

URL: [Fulltext](#)

[Library search](#)