



**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:

Spring2010 , Spring2011 , Spring2013 , Autumn2014 , Spring2015 , Spring2019

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|----------------------------|---|
| Course code | 2XX041 |
| 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 | 2010-03-31 |
| Revised by | Styrelsen för utbildning |
| Last revision | 2012-10-03 |
| Course syllabus valid from | Spring 2013 |

Specific entry requirements

At least 120 credits within health care or nutrition. 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 and communication methodology.

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 an individual portfolio and a seminar on the portfolio. The portfolio should include a training programme evaluation and arguments around behavioural change and maintaining with aim to prevent life style-related disease and a reflection around the relationship physical activity and health in relation to his own and the role of other professions.

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

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 education.

The course replaces 2XX031.

Literature and other teaching aids

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](#)

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](#)

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 z

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