



Course syllabus for

## **Health Promotion in Working Life, 7.5 credits**

Hälsofrämjande arbete i arbetslivet, 7.5 hp

This course syllabus is valid from spring 2016.

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

[Spring2014](#) , [Spring2016](#) , [Spring2018](#) , [Spring2019](#) , [Spring2020](#) , [Spring2024](#)

Course code	3AH016
Course name	Health Promotion in Working Life
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Work and Health
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Institute of Environmental Medicine
Decided by	Programme Committee 5
Decision date	2013-09-23
Revised by	Programme Committee 5
Last revision	2015-09-16
Course syllabus valid from	Spring 2016

### **Specific entry requirements**

Nurse degree of 180 HE credits or Bachelor's degree in nursing.

English and Swedish language skills equivalent to English A/English 6 and Swedish B/Swedish 3 at Swedish upper secondary school are also required.

### **Objectives**

On completion of the course, the student should be able to:

- Describe fundamental principles and the background of health promotion.
- Describe and argue for the importance of health promotion in working life and how it may be implemented.
- Account for and analyze the relations between life conditions, physical and psychological working conditions and health.
- Identify and evaluate determinants of health in working life.
- Critically evaluate scientific literature, research results and new documents in the area of health promotion in working life.
- Utilize health promotion theories and models to plan, conduct and evaluate health promotion

activities on the individual- group- and organisational level using the worksite as an arena.

## Content

The course aims to give extensive knowledge about the utilization of health promotion in working life. Areas of focus are health in working life, and theories and models for planning, implementing and evaluating health promotion activities.

Participants gain an understanding of the evaluation of different health promotion activities including the use of health economy assessments.

## Teaching methods

The teaching consists of a combination of distance education and scheduled campus teaching. The tuition forms at the campus teaching include lectures, seminars and group assignments. The distance education includes literature studies, group assignments, report writing, interview surveys etc

At the campus compulsory attendance at certain teaching parts can occur.

## Examination

Examination takes place through individual, written examination, and a written group assignment with oral presentation in seminars. The examination of the written assignment is assessed from both written contents and oral presentation.

The grading scale is Fail/Pass/Pass with distinction.

passed grade attendance at compulsory lectures is required. The course director assesses if, and in that case, how absence can be compensated. Before student has participated in compulsory lectures or compensated absence in accordance with the instructions of Course Director the student's course results will not be reported in LADOK.

Limitation of number examination sessions

The student has the right to participate in six examination sessions. If the student has not passed after four examination sessions, the student is urged to visit the study adviser.

Every time the student participates in the same test counts as an examination session. Submission of blank exam is counted as examination session. Examination session to which the student has registered but not participated in will not be counted as an examination session.

## Transitional provisions

Examination will be provided during a time of two years after a possible cancellation of the course.

Examination can take place according to an earlier literature list during a time of one year after the date when a major renewal of the literature list been made.

## Other directives

Course evaluation will be carried out according to the guidelines established by the Board for education and also according to evaluation routines within the Master's programme (one-year) in work and health.

## Literature and other teaching aids

*Hanson, Anders*

**Hälsopromotion i arbetslivet**

Lund : Studentlitteratur, 2004 - 296 s.  
ISBN:91-44-03492-X LIBRIS-ID:9599431

[Library search](#)

**Människan i arbetslivet : teori och praktik**

*Holmström, Eva; Ohlsson, Kerstina*

2., [omarb] uppl. : Lund : Studentlitteratur, 2014 - 336 s.  
ISBN:9789144079790 LIBRIS-ID:16635322

[Library search](#)

**Evidensbaserat folkhälsoarbete**

*Schäfer Elinder, Liselotte; Kwak, Lydia*

1. uppl. : Lund : Studentlitteratur, 2014 - 203 s.  
ISBN:9789144088792 LIBRIS-ID:16435756

[Library search](#)

*Guldbrandsson, Karin*

**Från nyhet till vardagsnytta : om implementeringens mödosamma konst: en forskningssammanställning**

Stockholm : Statens folkhälsoinstitut, 2007 - 35 s.  
ISBN:978-91-7257-531-8 LIBRIS-ID:10657211

[Library search](#)

**Arbetets betydelse för uppkomst av besvär och sjukdomar : nacken och övre rörelseapparaten. En systematisk litteraturöversikt**

*Edling, Christer*

Stockholm : Statens beredning för medicinsk utvärdering (SBU), 2012 - 721 s.  
ISBN:978-91-85413-48-5 LIBRIS-ID:13480678

URL: [Fulltext](#)

[Library search](#)

*Arbetsmiljöverket*

**Systematiskt arbetsmiljöarbete : Arbetsmiljöverkets föreskrifter om systematiskt arbetsmiljöarbete och allmänna råd om tillämpningen av föreskrifterna**

Solna : Arbetsmiljöverket, 2001 - 25 s.  
ISBN:91-7930-400-1 LIBRIS-ID:7675124  
URL: [http://www.av.se/dokument/afs/AFS2001\\_01.pdf](http://www.av.se/dokument/afs/AFS2001_01.pdf)

[Library search](#)

*Bjurvald, Mats*

**Hälsofrämjande arbete på arbetsplatser : effekter av interventioner refererade i systematiska kunskapsöversikter och i svenska rapporter**

*Källestål, Carina*

Stockholm : Statens folkhälsoinstitut, 2004 - 83 s.  
ISBN:91-7257-290-6 LIBRIS-ID:9769745

URL: [Fulltext](#)

[Library search](#)

*Brodin, Håkan*

**Kvantitativa metoder vid hälsokonsekvensbedömningar : en vägledning**

Stockholm : Statens folkhälsoinstitut, 2007 - 25 s.

LIBRIS-ID:10859884

URL: [Fulltext](#)

### **Folkhälsoekonomi i praktiken**

Stockholm : Statens folkhälsoinstitut, 2011 - 161 s.

ISBN:978-91-7257-812-8 LIBRIS-ID:12297245

URL: [Fulltext](#)

[Library search](#)

*Naidoo, Jennie; Wills, Jane; Naidoo, Jennie.t Health promotion*

### **Foundations for health promotion**

3rd ed. : Edinburgh ;a New York : Elsevier, 2009

ISBN:978-0-7020-2965-3 LIBRIS-ID:11302668

[Library search](#)

*Nederfeldt, Lena; Allebeck, Peter*

### **Hälsofrämjande hälso- och sjukvård : evidens och erfarenheter : sammanställning av seminarium 12 oktober 2009**

Stockholm : Karolinska institutets folkhälsoakademi, [2010] - 41 s.

LIBRIS-ID:11935750

URL: [Fritt tillgänglig via Folkhälsoguiden](#)

*Post, Ann; Gilljam, Hans*

### **Tackla tobak : en kunskapsöversikt om tobak och hur man hjälper patienten att sluta röka**

2., [rev.] uppl. : Lund : Studentlitteratur, 2003 - 181 s.

ISBN:91-44-04051-2 LIBRIS-ID:8846024

[Library search](#)

*Hultberg, Annemarie*

### **Kunskap och metoder för hälsofrämjande arbetsplatser**

Omarb. och uppdat. version : Göteborg : Institutet för stressmedicin, cop. 2010 - 101 s.

LIBRIS-ID:12107292

### **Ett arbetsmaterial för att stödja hälsofrämjande ledarskap och medarbetarskap : att använda i det systematiska hälso- och arbetsmiljöarbetet**

Uppdaterad utg. : Göteborg : Göteborgs stad, 2008 - 29 s.

LIBRIS-ID:11716532