



**Karolinska  
Institutet**

Course syllabus for

# **Health Promotion in Nutrition and Physical Activity, 7.5 credits**

Hälsofrämjande arbete inom nutrition och fysisk aktivitet, 7.5 hp

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

Course code	3NU002
Course name	Health Promotion in Nutrition and Physical Activity
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Public Health Sciences
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Biosciences and Nutrition
Participating institutions	<ul style="list-style-type: none"><li>• Department of Global Public Health</li></ul>
Decided by	Arbetsgruppen för masterprogrammet i folkhälsovetenskap, ordförandebeslut
Decision date	2007-06-21
Revised by	Education Committee GPH
Last revision	2023-11-09
Course syllabus valid from	Autumn 2007

## **Specific entry requirements**

Requirements for admission is having a bachelor's degree or vocational degree worth at least 180 ECTS credits in healthcare or nutrition

## **Objectives**

After completion of the course the students should be able to:

- Recognise and apply theories and methods in health education, health promotion and social marketing
- Plan an intervention based on the existing evidence base and apply the steps according to a methodological model
- Compare and discuss different policy documents in the field of health promotion

- Identify relevant support systems and organisations acting in the field of health promotion
- Relate to different policy documents in the field of public health nutrition (at regional, national and international levels)

## Content

1. The course focuses on planning, implementation and evaluation of health promotion programmes in nutrition and physical activity; this part includes lectures and group work on how to plan an intervention. The group work will be presented both oral and written.
2. Basis for theories of health education, health promotion and social marketing are introduced and support systems and organisations in the field are discussed. This part includes lectures and seminars.
3. Policy documents in the field of health promotion; this part includes lectures, discussion and an individual assignment.

## Teaching methods

The course includes lectures, group work, seminars, individual assignment and student presentations.

## Examination

- a. To examine the learning outcomes related to planning, implementation and evaluation of health promotion programmes in nutrition and physical activity, an oral and written presentation and a written examination is used.
- b. Examination of the learning objective related to basis for theories of health education, health promotion and social marketing a written examination is used.
- c. To examine policy documents in the field of health promotion is based on an individual written report.
- d. Grades are given according to the 3-graded scale; failed/passed/passed with distinction
- e. Criteria for grades are handed out upon course start.

Students who fail in regular examination have the right to be examined six more times. This applies to examination of all compulsory modules. Students who have passed an examination have no right to be reexamined for a higher grade.

Students who have failed two times have the right to be examined by another teacher

## Transitional provisions

The course has been cancelled and was offered for the last time in the autumn semester of 2008.

Examination according to this syllabus will be provided until the autumn semester of 2024, for students who have not completed the course with a passing grade.

## Other directives

Upon course closures, the course is evaluated using Websurvey.

The course replaces the previous course QAL 169

## Literature and other teaching aids

*Gibney, Michael J*

**Public health nutrition**

4 edt : Oxford, UK : Blackwell Science, 2004 - xiv, 378 s.b ill.

ISBN:0-632-05627-4 LIBRIS-ID:9721861

[Library search](#)

*Glanz, K; Rimer, B*

**Theory at a Glance. A Guide For Health Promotion Practice**

2nd edition : Washington, DC : National Institutes of Health, U.S. Department of Health and Human Services., 2005

URL: [Link to pdf](#)

*Andreasen, Alan R.*

**Social marketing in the 21st century**

Thousand Oaks, Calif. : SAGE Publications, c2006. - xi, 264 s. b ill. c 24 cm.

ISBN:141291633X (cloth) LIBRIS-ID:10448522

URL: <http://www.loc.gov/catdir/toc/ecip0517/2005022466.html>

[Library search](#)

**Diet, nutrition, and the prevention of chronic diseases [Elektronisk resurs] b report of a joint WHO**

Geneva : World Health Organization, 2003. - 159 p.

LIBRIS-ID:9770107

URL: [Link to pdf](#)

**Health, food and physical activity : nordic plan of action on better health and quality of life through diet and physical activity**

Copenhagen : Nordic Council of Ministers, Council of Ministers, c 2006 - 64 s. b tab.

ISBN:9289313447 LIBRIS-ID:10436018

[Library search](#)

*World Health Organization. b Regional Office for Europe*

**Development of a who global strategy on diet, physical activity and health : European regional consultation : report on the Consultation, Copenhagen, 2-4 April 2003**

Copenhagen : WHO Regional Office for Europe, 2003 - 109 s.

LIBRIS-ID:10099046