



**Karolinska  
Institutet**

Course syllabus for

## **Perspectives on health, 15 credits**

Perspektiv på hälsa, 15 hp

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

Course code	4KL010
Course name	Perspectives on health
Credits	15 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Clinical Medical Science
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Women's and Children's Health
Decided by	Programnämnden för klinisk medicinsk vetenskap
Decision date	2008-08-25
Revised by	Programme Committee 9
Last revision	2016-06-09
Course syllabus valid from	Autumn 2008

### **Specific entry requirements**

A Bachelor of Science of at least 180 credits within health care or in Social Work. Or professional qualification of at least 180 credits within health care, or sports teacher qualification of at least 180 credits, and at least 15 credits in scientific theory and method. Furthermore, knowledge in Swedish and English equivalent to Swedish B and English A (with at least the Pass grade), is required

### **Objectives**

The student should, on completion of the course, have advanced knowledge on, understanding of, and be able to evaluate the impact of the health care on health and un-health, and demonstrate the differences between men and women, and between groups with different cultural background. Students should be able to discuss and review theories and concepts critically such as health health promotion and prevention and argue for how these general concepts relate to the own advancement area and to the own profession. Further, the student should have advanced knowledge of methods to measure health and relate this knowledge to an evidence-based working method. Learning outcomes

Skills and ability

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

Reflect on and critically review the concepts of health and un-health in a social and cultural context and

reflect on the importance for the individual man's experience of health and un-health

Theorize around, reflect on and critically review different health concepts, and relate different way of looking at health to ICF

Select, discuss and critically review public health aims of special importance for own field of advanced study.

Critically review information about health promotion measures on the basis of a scientific (evidence-based) perspective

Knowledge and understanding

Understand the implication of a biomedical and humanistic view on health

Evaluate different ways of measuring health with ICF as think frame

Understand the effect of the public health aims on one's own field of advanced study

Understand the meaning of a scientific (evidence-based) approach to health care

Have knowledge and understanding of interprofessional aspects of the view on health

Assessment ability and attitudes

Show awareness of the societal factors that influence the view on health and un-health

Show awareness that factors such as gender and cultural background may affect care providers and patients

## Content

All in the course included parts should be dominated by a nuanced view on health from a cross-professional perspective.

The set-up of the course is based on front-edge lectures and activating teaching and working methods on the basis of the study guide and group assignments with peer learning. The students are divided into study groups of at most 10 students per group. The teachers function as a resource for solving assignments and providing continuous feedback on assignments.

## Teaching methods

The student's participation in the learning process is in focus. The student takes own responsibility to assess what he/she needs to learn by analysing and reflecting on facts linked to the contents and outcomes of the course. The student searches for knowledge, filters, applies and evaluates it. The teaching is organised in the form of lectures, group discussions in the web-based platform PingPong. This is to stimulate and support the student's development of professional and scientific competence, and to provide an opportunity for independent learning. The course administration act by challenging, following and giving feed-back to the students' learning by contributing knowledge in a manner that stimulates and supplements.

## Examination

The course is examined through an individual written work that is graded with the grades; Pass with distinction/Pass/Fail

To obtain a passed final grade, it is required that the assignments satisfy the different learning outcomes of the course.

## Transitional provisions

The course has been cancelled.

## Other directives

Course evaluation is carried out according to the guidelines established by the Board of Education and based on established evaluation routines in the programme.

## Literature and other teaching aids

*Andersson, Sven Ingmar*

### **Hälsopsykologi: en introduktion**

Sanitas HB, 2002

ISBN:9197360503

[Library search](#)

*Antonovsky, Aaron*

### **Hälsans mysterium**

2. utg. /b förord av Lennart Levi : Stockholm : Natur och kultur, 2005 - 271 s.

ISBN:91-27-11027-3 LIBRIS-ID:9828174

[Library search](#)

*McDowell, Ian*

### **Measuring health : A guide to rating scales and questionnaires**

New York : Oxford University Press, 2006

ISBN:0-19-516567-5

[Library search](#)

*Medin, Jennie; Alexanderson, Kristina*

### **Begreppen hälsa och hälsofrämjande : en litteraturstudie**

Lund : Studentlitteratur, 2000 - 180 s.

ISBN:91-44-01598-4 LIBRIS-ID:8353003

[Library search](#)

*Svenaesus, Fredrik*

### **Sjukdomens mening : Det medicinska mötets fenomenologi och hermeneutik**

Natur och Kultur, 2003

ISBN:978-91-27-09459-8

[Library search](#)

*Tamm, Maare*

### **Psykosociala teorier vid hälsa och sjukdom**

2., [rev. och utök.] uppl. : Lund : Studentlitteratur, 2002 - 284 s.

ISBN:91-44-04100-4 LIBRIS-ID:8464206

[Library search](#)

*Åkerlind, Ingemar; Faresjö, Tomas*

### **Kan man vara sjuk och ändå ha hälsan? : frågor om liv, hälsa och etik i tvärvetenskaplig belysning**

Lund : Studentlitteratur, 2005 - 258 s.

ISBN:91-44-02797-4 LIBRIS-ID:9822607

[Library search](#)