

# Syllabus

for course at advanced level

**Health Promotion in Nutrition and Physical Activity**  
Hälsöfrämjande arbete inom nutrition och fysisk aktivitet

**7.5 Higher Education  
Credits**  
**7.5 ECTS credits**

<b>Course code:</b>	NU8016
<b>Valid from:</b>	Autumn 2010
<b>Date of approval:</b>	2009-08-20
<b>Department</b>	Department of Biosciences and Nutrition
<b>Subject</b>	Nutrition

## Decision

This syllabus has been approved by the Board of the Faculty of Science at Stockholm University 2009-08-20.

## Prerequisites and special admittance requirements

To be qualified for applying to this course you must have completed a Bachelor's degree in natural science/medicine/public health science, including at least 15 hp nutrition and 7.5 hp public health nutrition, and the courses Health Aspects on Physical Activity, 7.5 hp (NU8013) and Assessment Methods in Nutrition and Physical Activity, 7.5 hp (NU8014). In addition, Swedish upper secondary school course English B or equivalent or one of the following tests. Cambridge CPE och CAE: Pass. IELTS : 6.0 (with no part of the test below 5.0). TOEFL (paper based): 550 (with minimum grade 4 on the written test part). TOEFL (computer based): 213. TOEFL (internet based): 79.

## Course structure

Examination code	Name	Higher Education Credits
N001	Health Promotion in Nutrition and Physical Activity	7.5

## Course content

This course prepares students for the practical public health work that they face, for example, in a municipality or county council employment or in health promotion work at different workplaces. The course focuses on planning, implementing and evaluating health promotion programs in nutrition and physical activity. The course also deals with theories of health education, health promotion, social marketing and policy documentation within the field of health promotion.

## Learning outcomes

It is expected that the student after taking the course will be able to:

- design an intervention based on existing evidence and apply the different steps according to methodological models.
- apply theories and methods in health education, health promotion and social marketing.
- compare and discuss different policy documents in the area of health promotion and relate to the various policy documents in the field of public health nutrition, at the regional, national and international level.

## Education

The education consists of lectures, group education, seminars, excercises, project work, presentation, assignments and excursions. Participation in the seminars, excursions, project work, presentation and the associated group work is compulsory. An examiner may rule that a student is not obliged to participate in

certain compulsory education if there are special grounds for this after consultation with the relevant teacher.

### **Forms of examination**

a. Examination for the course is in the following manner: Measurement of knowledge takes place through written and/or oral examination, assignments and/or oral presentations.

b. Grading is carried out according to a 7-point scale related to learning objectives:

A = Excellent

B = Very Good

C = Good

D = Satisfactory

E = Sufficient

Fx = Fail

F = Fail

c. Grading criteria for the course will be distributed at the start of the course.

d. A minimum grade of E is required to pass the course, together with completion of all practical laboratory work, seminars and participation in all compulsory education.

e. Students who fail to achieve a pass grade in an ordinary examination have the right to take at least further four examinations, as long as the course is given. The term “examination” here is used to denote also other compulsory elements of the course. Students who have achieved a pass grade on an examination may not retake this examination in order to attempt to achieve a higher grade. Students who have failed to reach a pass grade on two occasions have the right to request that a different teacher be appointed to set the grade of the course. A request for such appointment must be sent to the departmental board.

### **Interim**

Students may request that the examination is carried out in accordance with this syllabus even after it has ceased to apply. This right is limited, however, to a maximum of three occasions during a two-year-period after the end of giving the course. A request for such examination must be sent to the departmental board.

### **Limitations**

The course may not be included in a degree together with the course Public Health Nutrition II (NU8001), course part Health Promotion in Nutrition and Physical Activity, 7.5 ECTS.

### **Misc**

The course is included in the Master's Programme of Nutrition, but can also be taken as an independent course. The course is given by the Department of Bioscience and Nutrition at Karolinska Institutet. The course is run in conjunction with the course Health Promotion in Nutrition and Physical Activity, 7.5 ECTS(4FH039) given in the Master's Programme in Public Health Science, the direction in Public Health Nutrition, at Karolinska Institutet.

### **Required reading**

Course literature is decided by the departmental board and is described in an appendix to the syllabus.