

# Syllabus

for course at advanced level

**Stress, recovery, and health**  
**Stress, återhämtning och hälsa**

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

<b>Course code:</b>	PH17A0
<b>Valid from:</b>	Autumn 2021
<b>Date of approval:</b>	2019-08-27
<b>Department</b>	Department of Public Health Sciences
<b>Main field:</b>	Public Health
<b>Specialisation:</b>	A1N - Second cycle, has only first-cycle course/s as entry requirements

## Decision

Determined by the Board of the Department of Public Health Sciences, 2019-08-27.

## Prerequisites and special admittance requirements

A degree comprising at least 180 credits, including an independent thesis comprising at least 15 credits, as well as English proficiency equivalent to English 6.

## Course structure

Examination code	Name	Higher Education Credits
T171	Individually written take-home exam	7.5

## Course content

The course provides knowledge about psychological and biological processes with respect to stress, recovery, and health. The aim is to provide basis knowledge of theories, models, and concepts within the area of stress and health. After the course, the students will know how stress and health are interrelated at all levels (from the cell via the individual to the society). The course covers:

- Psychosocial/socioeconomic factors, stress, and health
- Physiological and psychological stress reactions
- Stress and the nervous system
- Stress and the immune system
- Individual differences in stress
- Stress at work
- Coping with stress
- Sleep(loss), stress, and health

## Learning outcomes

In order to receive a passing grade on the course, the student should be able to:

- Identify, describe, and critically analyse the common stress models.
- Describe the physiological and psychological stress reactions.
- Critically evaluate the importance of individual differences with respect to stress and stress related health problems.
- Argue for how negative consequences of (long term) stress can be prevented.

- Discuss and critically evaluate scientific literature in the area of stress, recovery, and health.
- Reflect on the scientific process in relation to their own competence development in the field of Public Health Sciences.

### **Education**

The teaching will consist of lectures and seminars.

Participation in the lectures and seminars is mandatory. In case of absence, the student will be given compensatory assignments.

The course will be taught in English.

See the course description for more detailed information. The course description will be available at least one month before the course starts.

### **Forms of examination**

a) The course is examined through an individual written take-home exam, a classroom exam, as well as active participation in the seminars and attendance at lectures. In case of absence, the student will be given compensatory assignments.

The take-home exam and the classroom exam will be graded on a goal-based seven-point grading scale (A-F).

Participation in the seminars and attendance at lectures will be graded on a two-point grading scale (G=Pass, U=Fail).

The principles for weighing each part of the examination are presented in the grading criteria.

The examination will be in English.

If the student has a certificate from Stockholm University that recommends special pedagogical support, the examiner has the right to offer the student alternative forms of examination.

b) The course grade will be given on a goal-based seven-point grading scale:

- A = Excellent
- B = Very good
- C = Good
- D = Adequate
- E = Sufficient

Fail grades

Fx = Fail, some more work required

F = Fail, much more work required

c) The grading criteria will be presented to the students in writing when the course begins.

d) In order to receive a passing grade in the course, the student must receive at least an E grade on both the home exam and the classroom exam, and passing grades on participation in the seminars and attendance at the lectures.

e) Two examinations are offered each time course is taught. For terms when the course is not taught, one examination is offered.

Students who receive a failing grade two consecutive times from the same examiner have the right to request a different examiner to grade the examination. This request should be made to the Director of Studies.

Students who receive an E or higher grade may not be re-examined for the purpose of improving the grade received.

f) It is possible to revise a take-home exam that received an Fx grade to a passing grading, if the student is close to passing.

The passing grades A-E may be received for supplementary revisions that are related to formality errors.

The passing grade E may be received for supplementary revisions that reflect problems related to the more basic understanding of the material presented in the course.

If the supplementary revision of the grade Fx does not meet the requirements for a passing grade, the grade F is received.

Participation in seminars and attendance at lectures that received a failing U grade can receive a passing G grade with submission of a supplementary assignment, if the student is close to passing.

### **Interim**

Students may request an examination in accordance with this syllabus up to three semesters after the course has ceased or changed significantly.

### **Limitations**

The content of this course overlaps with the course "Psychobiological processes, stress, and health" (course code: PH003S) to the extent of 7.5 credits and, therefore, cannot be part of a degree in which "Psychobiological processes, stress, and health" is also included.

### **Misc**

Plagiarism, cheating, and self-plagiarism is prohibited in all parts of the course. Suspicion of such cases is reported to the Disciplinary Board at Stockholm University.

This course is given as part of Term 3 of the Master's programme in public health sciences: Societal and individual perspectives. The course is also offered as a single-subject course to the extent there are available resources.

### **Required reading**

The current course literature will be published on the department's website, [www.su.se/publichealth](http://www.su.se/publichealth), at least two months before the course begins.