

# 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>	PH17A1
<b>Valid from:</b>	Autumn 2023
<b>Date of approval:</b>	2023-01-24
<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.

## Prerequisites and special admittance requirements

A degree comprising at least 180 credits, as well as English proficiency equivalent to English 6.

## Course structure

Examination code	Name	Higher Education Credits
1711	Examination I: 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 knowledge of theories, models, and concepts within the area of stress, recovery 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) and be able to reflect critically on the potential negative consequences of stress.

The course covers physiological and psychological stress reactions, stress and the nervous system, stress and the immune system, stress and health, psychosocial factors and stress, stress at work, individual differences in stress and stress-related health problems, coping with stress, sleep(loss) and recovery.

## Learning outcomes

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

### *Knowledge and understanding*

1. Identify and describe relevant concepts in the area of stress, recovery and health.

### *Skills and abilities*

2. Design a scientific study that tests hypotheses within the subject area of the course.

3. Construct an evidence-based argument, expressing complex ideas in clear, concise academic language.

### *Judgement and approach*

4. Discuss and critically evaluate scientific literature in the area of stress, recovery, and health.

5. Reflect on the scientific process demonstrating competence development in the field of Public Health

Sciences. This learning outcome only applies to students who read the Master's programme in public health sciences: societal and individual perspectives.

### **Education**

The teaching will be based on lectures and seminars.

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

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) Forms of examination

##### *Examination I. Individually written take-home exam*

Learning outcomes 1–4 are examined through an individually written take-home exam.

Grading will be on a scale from A to F.

##### *Other grading components*

Learning outcome 5 is examined through active participation in the master's programme's seminar series. In case of absence from or insufficient participation in the seminar, the student will be given a compensatory assignment. Grading will be based on a two-grade scale (U=Fail, G=Pass). This component only applies to students who take the Master's programme in public health sciences: societal and individual perspectives.

##### *Course requirements*

Active participation in the seminars is a course requirement. In case of absence from or insufficient participation in a seminar, the student will be given a compensatory assignment.

##### *Language*

The examination will be in English.

##### *Certificate of special pedagogical support*

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) Course grade

The course grade will be given as follows:

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

##### Fail grades

Fx = Inadequate  
F = Wholly inadequate

#### c) Grading criteria

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

#### d) Final grade

In order to receive a passing grade in the course, the student must receive passing grades for Examination I and the other grading components, as well as have fulfilled the course requirements.

The final grade is determined by the grading of Examination I.

#### e) Examinations

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) Supplementary revisions

Supplementary revisions should be submitted within a week if the examiner has announced the need for revisions.

##### *Examination I*

It is possible to make a revision of 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 or concern a specific part of the examination.

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.

#### g) Late submission

Late submission is not accepted in this course. In such cases, the student is referred to the retake exam.

#### **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) and "Stress, recovery, and health" (course code: PH17A0) to the extent of 7.5 credits and, therefore, cannot be part of a degree in which "Psychobiological processes, stress, and health" or "Stress, recovery, and health" are 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/coursecatalogue/PH17A1](http://www.su.se/coursecatalogue/PH17A1), at least two months before the course begins.