



Syllabus

for course at research level

Stress, recovery, and health

Stress, återhämtning och hälsa

7.5 Higher Education

Credits

7.5 ECTS credits

Course code:

PH009F1

Valid from:

Autumn 2021

Department

Department of Public Health Sciences

Prerequisites and special admittance requirements

Learning outcomes

In order to receive a passing grade on the course, students are expected to 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 course content in relation to their own PhD project.

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.

Mandatory exams

Attendance at lectures and seminars are not mandatory.

Forms of examination

a) Forms of examination

Examination I. Individually written take-home exam

Learning outcomes 1-5 are examined through an individually written take-home exam. Grading will be based on a two-point grading scale (G=Pass, U=Fail).

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) Course grade

The course grade will be given as follows:

G = Pass

U = Fail

c) Grading criteria

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

d) Final grade

In order to receive a passing grade in the course, the student must receive passing grades (G) for 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.

f) Supplementary revisions

Examination I that received failing (U) grade can receive passing (G) grade with submission of supplementary assignment, if the student is close to passing.

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

g) Late submission

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

Form of instruction

The teaching will be based on lectures and seminars.

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.

The current course literature will be published on the department's website, (www.su.se/publichealth/PH009F1), at least two months before the course begins.

This course is given in collaboration with the "Master's programme in Public Health Sciences: Societal and Individual Perspectives". Joint lectures with master students are therefore applied.