

## **LEVNADSVANOR OCH HÄLSA, MED FOKUS PÅ FYSISK AKTIVITET**

LIFESTYLE AND HEALTH, DIRECTED TOWARDS PHYSICAL  
ACTIVITY

7.5 högskolepoäng - 7.5 credits

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**Kurskod:** MALHFA

**Nivå:** Avancerad nivå

**Huvudområde:** Idrott/idrottsvetenskap

**Fördjupningsgrad:** A1N

**Utbildningsområde:** Idrottsliga området

**Ämne:** Idrottsvetenskap

**Fastställt av:** Grundutbildningsnämnden 2018-12-12

**Version:** 1

**Gäller från:** Höstterminen 2019

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### **Specific entry requirements**

The student shall have passed 90 credits in sports/sport and healthsciences, or the equivalent.

### **Intended learning outcomes**

The student shall be able to:

- discuss and reflect on public health science concepts, the development of public health and the foundations of public health work,
- motivate how lifestyle habits and living conditions affect public health and individual health,
- reflect on the variation that exists between the health of individuals and population groups, and strategies for promotional public health work and evidence-based interventions to promote physical activity.

### **Course content**

The course comprises the following components:

- in-depth public health science: determinants, concept definitions and theoretical explanatory models, lifestyle and lifestyle habits, public health development and present status,
- the significance of physical activity and other lifestyle habits to the promotion of health and prevention and treatment of illness,
- strategies, supportive environments and arenas in society where physical activity is used for promoting health work, and prevention and treatment of illness.

### **Progression**

The course is directed at students with basic knowledge in public health with a specialisation in

physical activity, and builds on previously obtained knowledge on the relation between physical activity and health.

## **Examination**

### **Course requirements**

Certain laboratory sessions are compulsory. Absence must be compensated.

### **Mode of examination**

The course examinations are as follows.

Skriftlig individuell inlämningsuppgift, 7.5 hp

*Written individual essay, 7.5 credits*

When students are examined, the obligations and rights are set accordingly with GIS's policies and regulations.

## **Grades**

One of the expressions pass with credit (VG), pass (G) or failed (U) is used in order to state the grade of the course. No later than in connection with the start of the course, the students shall receive a specified grading scale. Grades shall be reported no later than three weeks after course completion.

The examination is completed during the course according to the instructions in the course memorandum that the student receives in connection with the start of the course. Reexamination is offered no earlier than two weeks after the student has received the exam results. The reexamination sessions are arranged no earlier than three weeks after the end of the course and on available exam sessions and/or the next time the course is offered.

## **Student influence and course evaluation**

Student influence is insured through student representation in The Education Board.

In accordance with Chapter 1 Section 14 of the Higher Education Ordinance (1993:100), a written course evaluation is organised after course completion. Information of the results is provided to the students after completion of the course evaluation.

Course evaluations shall focus on the students learning and the educational process in the course, where intended learning outcomes, learning activities and the outcome of the examination form the basis of an educational reflection and the quality of the course.

## **Type of instruction**

Instruction takes place in the form of lectures, laboratory sessions and group discussions, presentations and individual work. Teaching is provided in English.

## Other information

Teaching is provided in English.

## Literature and list of references

### Gäller hela kursen

Obligatorisk litteratur och övriga läromedel:

Applies to the whole course:

Barbaresko, J., Rienks, J. & Nöthlings, U. (2018). Lifestyle Indices and Cardiovascular Disease Risk: A Meta-analysis. *American Journal of Preventive Medicine*, 55(4), ss. 555-564. DOI: 10.1016/j.amepre.2018.04.046.

Bouchard, C., Blair, S. N. & Haskell, W. (2012). *Physical activity and health*. 2. ed. Leeds: Human Kinetics. 441 s.

Diabetes Prevention Program Research Group. (2015). Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up: the Diabetes Prevention Program Outcomes Study. *The Lancet Diabetes & Endocrinology*, 3(11), ss. 866-875.

Dowd, K.P., Szeklicki, R., Minetto, M.A., Murphy, M.H., Polito, A., Ghigo, E., van der Ploeg, H., Ekelund, U., Maciaszek, J., Stemplewski, R., Tomczak, M. & Donnelly, A.E. (2018). A systematic literature review of reviews on techniques for physical activity measurement in adults: a DEDIPAC study. *The International Journal of Behavioral Nutrition and Physical Activity*, 15(1). DOI: 10.1186/s12966-017-0636-2.

Eklom, Ö., Eklom-Bak, E., Rosengren, A., Hallsten, M., Bergström, G. & Börjesson, M. (2015). Cardiorespiratory Fitness, Sedentary Behaviour and Physical Activity Are Independently Associated with the Metabolic Syndrome, Results from the SCAPIS Pilot Study. *PLoS One*. DOI:10.1371/journal.pone.0131586.

Eklom-Bak, E., Eklom, Ö., Bergström, G. & Börjesson, M. (2016). Isotemporal substitution of sedentary time by physical activity of different intensities and bout lengths, and its associations with metabolic risk. *European Journal of Preventive Cardiology*, 23(9), ss. 967-74.

Marmot, M., Allen, J., Bell, R., Bloomer, E., Goldblatt, P. & Consortium for the European Review of Social Determinants of Health and the Health Divide. (2012). WHO European review of social determinants of health and the health divide. *Lancet*, 15;380(9846), ss. 1011-1029.

McAuley, P.A., Artero, E.G., Sui, X., Lavie, C.J., Almeida, M.J. & Blair, S.N. (2014). Fitness, fatness, and survival in adults with prediabetes. *Diabetes Care*, 37(2), ss. 529-536.

Valbar litteratur och övriga läromedel:

Other:

Additional individual scientific articles may be added.