

KOVE01, Arts, Creative Health and Wellbeing, 5 credits

Konst, hälsa och välbefinnande, 5 högskolepoäng

First Cycle / Grundnivå

Details of approval

The syllabus was approved by The pro-dean for First-Cycle Studies at the Faculties of Humanities and Theology on 2023-12-12 (U 2023/964). The syllabus comes into effect 2024-03-01 and is valid from the autumn semester 2024.

General information

The course is offered as a freestanding course. It can normally be included in a first or second cycle degree.

Language of instruction: English

Main field of study *Specialisation*

- G1F, First cycle, has less than 60 credits in first-cycle course/s as entry requirements

Learning outcomes

On completion of the course, the students shall be able to:

Knowledge and understanding

- account for how the arts, culture and aesthetics can be a resource for health and wellbeing
- describe and discuss research on how creative and aesthetic processes can promote health, wellbeing, healing and rehabilitation
- account for and discuss historical and contemporary perspectives on the relation between art, aesthetics and health
- account and discuss different ways to measure and understand the effects of arts and aesthetics on health from medical and humanistic perspectives

Competence and skills

- design and lead creative and aesthetic activities based in one or more art forms for the purpose of promoting health and wellbeing
- apply relevant theories and methods in analyzing creative and aesthetic activities in relation to health and wellbeing

Judgement and approach

- understand and reflect on medical and humanistic perspectives on knowledge in relation to questions of arts and health
- understand and reflect on the existential dimension of health and wellbeing
- reflect on and assess ethical aspects in relation to creative and aesthetic activities for health and wellbeing

Course content

The course provides students with theoretical understanding and practical experience of how the arts, culture and aesthetics can be a resource for health and wellbeing. The course is interdisciplinary and research-based, combining historical and theoretical perspectives from the humanities and social sciences with findings from research in medicine and the health sciences.

The course covers several art forms, such as visual art, music, literature, drama, dance and performance art. It also covers different approaches to health with a focus on the existential dimension of health, and several topics related to the arts and aesthetics, such as meaning-making, beauty, interpretation, presence, and empathy.

Throughout the course, students are encouraged to engage in and reflect on their own creative and aesthetic experiences individually and collectively. The course discusses various sources of knowledge about such experiences, such as quantitative measurement, interviews, philosophical approaches, introspection, and embodied knowledge. The course also covers how creative and aesthetic experiences can be facilitated and mediated in different contexts.

Course design

The course combines remote teaching, through online lectures and seminars, with on-site workshops during a two-day visit to Lund University. The pedagogy is based on student-centered learning where students are encouraged to engage in their own and each other's learning process. Parts of the pedagogical methodology of both the online and on-site teaching is inspired by Object-Based Learning (OBL). The course is offered as a distance learning course and makes use of an online learning platform and digital tools. Students are required to participate under these conditions, and to have access to a computer with an Internet connection. The department will provide information about the technical requirements.

Assessment

Assessment of the course is based on a project plan for a creative and/or aesthetic activity which the student designs together with a written accompanying theoretical reflection. The students present their project plans at an online seminar where they receive feedback from the teachers and the fellow students.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

Grades

Grading scale includes the grades: Fail, Pass

Entry requirements

To be admitted to the course, students must meet the general entry requirements and have successfully completed courses of at least 30 credits in Art History and Visual Studies, or the equivalent.

Further information

- The course is offered at the Department of Arts and Cultural Sciences, Lund University, in collaboration with UiT The Arctic University of Norway, within the EUGLOH partnership.
- The credits allocated for course content that in whole or in part is commensurate with another course can only be credited once for a degree.
- For further details see the current application information and other relevant documentation.