



Joint Faculties of Humanities and Theology

KOVU03, Arts, Culture, and Health, 7.5 credits

Konst, kultur och hälsa, 7,5 högskolepoäng

First Cycle / Grundnivå

Details of approval

The syllabus was approved by The Pro Dean of First and Second Cycle Studies at The Joint Faculties of Humanities and Theology on 2026-02-02 (U 2026/84). The syllabus comes into effect 2026-02-02 and is valid from the autumn semester 2026.

General information

The course is offered as a commissioned education.

Language of instruction: Swedish

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 participants shall

Knowledge and understanding

- be able to explain how the arts and aesthetics can promote health, well-being and healing, with an emphasis on existential health and resilience
- be able to explain the conditions for art and health in various health, care and nursing contexts, as well as in people's everyday lives
- be able to describe and discuss humanistic as well as medical perspectives on art, aesthetics and health,

Competence and skills

- be able to plan and carry out activities involving one or more art forms, with the aim of promoting health, well-being, healing and resilience in others,
- be able to communicate and discuss knowledge about art, aesthetics and health in public discourse,

Judgement and approach

- be able to understand and reflect on humanistic and medical perspectives on human beings in relation to art and health
- be able to assess and reflect on ethical issues related to art and health,
- be able to reflect independently on their own learning and identify the need for further knowledge in order to develop their competence in the fields presented in the course.

Course content

The course provides theoretical knowledge and practical skills in the fields of art, culture and health, based on both humanistic and medical perspectives. The course content covers both historical knowledge and contemporary research findings on how art, culture and aesthetics can promote health, well-being, healing and resilience. Particular emphasis is placed on existential health and resilience.

The course provides insight into and experience of practising and experiencing various art forms, such as visual arts, literature, music, dance and movement, with the aim of promoting health. An important focus is how artistic and aesthetic activities can be planned and communicated in concrete terms in various contexts, such as healthcare and nursing environments, cultural institutions and everyday life. The course also addresses theories about the nature of aesthetic experience and aspects such as beauty, empathy, presence and meaning-making. The course also touches on pedagogical and ethical issues related to art and health.

Course design

Teaching takes the form of lectures, seminars and workshops. Lectures and seminars can be offered digitally via distance learning. Workshops require attendance on site and are held over two consecutive days in Lund.

Assessment

The course is assessed through an oral presentation, either individually or in groups, and an individual written assignment.

Grades

Grading scale includes the grades: Fail, Pass
A Pass grade requires that all tests/components are passed.

Entry requirements

The course is primarily aimed at staff working in healthcare, welfare, social services and cultural institutions. Employers must approve participation. Applicants are recommended to have completed first-cycle studies in a healthcare subject, a cultural studies subject or equivalent.

Further information

- The course is offered by the Department of Cultural Sciences in collaboration with the Birgit Rausing Centre for Medical Humanities, both at Lund University.
- For further information, please refer to the current application and information material.