

## **MEVN33, Ageing and Health: Health Promoting Measures, 7.5 credits**

*Åldrande och hälsa: Hälsofrämjande interventioner, 7,5  
högskolepoäng*

**Second Cycle / Avancerad nivå**

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### **Details of approval**

The syllabus was approved by The Master's Programmes Board on 2017-02-14 to be valid from 2017-02-17, autumn semester 2017.

### **General Information**

The course is included in the Master of Medical Science programme (120 credits). It is a second cycle elective course within the main fields of study. The course can also be taken as a freestanding course. The course is also included as an elective component of the Nordic Master's (120 credits) programme in Gerontology, NordMaG.

*Language of instruction:* English

#### *Main field of studies*

Radiography

Audiology

Physiotherapy

Nursing

Speech and Language Pathology

Occupational Therapy

#### *Depth of study relative to the degree requirements*

A1N, Second cycle, has only first-cycle course/s as entry requirements

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## Learning outcomes

### Knowledge and understanding

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

- explain the concept of health promotion interventions
- account for the theoretical basis as well as different models for health promotion interventions
- describe and explain the effects of interventions for the elderly and argue for the importance of health promotion interventions on an individual, group, and societal level
- relate lifestyle factors and the physical and psychosocial environment to the physical, mental, social and existential health of the elderly

### Competence and skills

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

- individually and in groups as well as in relation to their main field of study, critically review and evaluate the disciplinary foundation for health promotion interventions for the elderly
- on a disciplinary foundation, independently and together with other professions structure and plan the implementation of research-based health promotion interventions for the elderly as well as be able to orally present and argue for their own intervention plan

### Judgement and approach

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

- reflect on their own profession and society's responsibility and role in relation to health promotion interventions for the elderly
- evaluate ethical aspects on health promotion interventions for the elderly

## Course content

- Health promotion for the elderly ? definition of concepts, theoretical foundations and models
- Lifestyle factors of significance for the health of the elderly
- The significance of factors of the physical and psychosocial environment for the health of the elderly
- Health promotion interventions for the elderly based on science
- Implementation of health promotion interventions for the elderly
- Ethical aspects of health promotion interventions for the elderly

## Course design

The course is interprofessional and primarily conducted online, with lectures and seminars concentrated into one week on campus. The implementation of the course is based on the student's active search for knowledge, problem-solving, reflection and critical analysis. The working methods comprise independent study, group work, seminars, discussions and lectures.

## Assessment

The assessment is based on three components:

*Definition of and models for health promotion intervention, 2.5 credits:* Written report containing an overview of definitions of health promotion as well as models to develop and carry out health promotion work of relevance to the main field of study.

*Planning of a health promotion intervention, 3.5 credits:* Planning of a scientifically based health promotion intervention for the elderly, of relevance to the main field of study as well as a proposal for its implementation. Ethical aspects are to be taken into account. Oral and written presentation.

*Course portfolio, 1.5 credits:* Active participation in discussions and seminars, both online and on campus. Peer review of the work of fellow students as well as a written reflection on their own profession and society's responsibility for health promotion interventions for the elderly.

Instructions for the assessed components will be provided in connection with the start of the course.

Other forms of assessment can be used, if there are special reasons.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

## Grades

Marking scale: Fail, Pass.

## Entry requirements

To be admitted to the course, students must have a degree in occupational therapy, audiology, physiotherapy, language and speech therapy, radiology nursing or nursing equivalent to a Bachelor's degree (180 credits including a degree project of 15 credits).

## Subcourses in MEVN33, Ageing and Health: Health Promoting Measures

Applies from H17

- 1701 Definition and Models of Health Promoting Measure, 2,5 hp  
Grading scale: Fail, Pass
- 1702 Planning of Health Promoting Measure, 3,5 hp  
Grading scale: Fail, Pass
- 1703 Course Portfolio, 1,5 hp  
Grading scale: Fail, Pass