MEVN08 Lifestyle and Well-being from an Occupational Science Perspective

7.5 credits Second cycle 1N

General Information

Main field
Occupational therapy, nursing and physiotherapy

Subject
Occupational science specialising in the relationship between lifestyle and well-being

Type of course
The course is a second-cycle course in Medical Science. It is offered as an elective course and can be included in a degree in Occupational Therapy, Physiotherapy or Nursing. The course complies with the regulations of the Higher Education Ordinance (Swedish Code of Statutes 1993:100 with later amendments). It can also be studied as a freestanding course.

Language of instruction
Swedish. Alternatively, the course can be taught in English.

Learning Outcomes

Knowledge and understanding
On completion of the course, students shall

- independently and systematically be able to identify, discuss and explain scientific theories, models and methods with a bearing on everyday activities, lifestyle and well-being on both micro and macro levels;
- independently be able to analyse and discuss theories on normality, work-life balance, meaning and ethics and be able to relate them to everyday activities and patterns of activity;
- independently be able to identify aspects of occupational science that are relevant to their own main fields of study and discuss how these can be applied to lifestyle and well-being in their own main fields of study.

Competence and skills
On completion of the course, students shall

- be able to apply, on a firm scientific footing, the Value, Meaning and Occupations Model (ValMO) as the main occupational science model of analysis for discussions with fellow students of the lifestyles and everyday activities of people;
- be able to analyse how the normality concept is constructed and how it may affect the everyday activities, lifestyles and well-being of people;
be able to analyse and discuss the implications of the significance of various temporal aspects on the everyday activities, lifestyles and well-being of people;

be able to analyse and discuss how individual activity patterns contribute to dignity, meaning and well-being;

be able to analyse how conscious and unconscious choices related to everyday activities can be linked to ethical consequences;

independently, creatively and scientifically be able to design a structure or model that clarifies the relationship between activity, lifestyle and well-being.

Judgement and approach
On completion of the course, students shall

• demonstrate the ability to identify the personal need for further knowledge and take responsibility for their ongoing learning;

• be able to identify, assess and integrate new research findings in the area with previous research, independently and in collaboration with others.

Course Content
The aim of the course is to provide students with in-depth knowledge of people as individuals with an innate need for activity. Activity is seen as a prerequisite for survival, development and health, from the perspectives of gender, age and culture. Furthermore, the aim of the course is to provide a broad understanding of the concept of lifestyle and illustrate how various aspects of lifestyle affect people’s choice of activity and use of time and, consequently, how lifestyle constitutes a link between activity and issues of public health. Accordingly, the aim of the course is to promote an understanding of the link between the central concepts of activity, lifestyle and well-being and to show how this understanding can be applied to various main fields in occupational therapy, nursing and physiotherapy. An additional aim is to increase the students’ ability to conduct theoretical analyses and create preliminary structures and models that describe the relationships between the central concepts of the course.

Subjects examined
Completed assignments within the course, 7.5 credits

Instruction and Examination

Instruction
The course is run as an internet-based course, with a few seminar days on campus in Lund. The teaching is based on a participant-oriented approach, in which students choose learning objectives and working methods on the basis of their knowledge, skills and experience and thereby actively practise information searching, critical thinking and problem solving. The main methods of work are independent study, individually and in groups, and lectures and seminars.

Examination
In order to pass the course students are required to participate actively in online discussions and presentations, as well as successfully complete written assignments.
Grades

Grades are set for a completed course. One of the grades Pass or Fail is awarded. A student who has passed a course will be given a certificate to that effect by the higher education institution, on request.

Admission Requirements

To be admitted to the course, students must have a degree in Occupational Therapy, Physiotherapy or Nursing equivalent to a degree of Bachelor (180 credits including a degree project comprising 15 credits) or the equivalent qualification in Medical Science. A special eligibility requirement is 90 credits in one of the main fields Occupational Therapy, Physiotherapy or Nursing.

Further Information

*Examination opportunities, new examiner etc.*

**Theoretical courses**

One ordinary examination and one opportunity for re-examination are offered in conjunction with the course. A student who has failed to achieve a pass on either of these occasions will be offered a further opportunity for re-examination at a later date. A student is entitled to four opportunities for re-examination in a theoretical course.

**New examiner**

A student who has taken two examinations in a course or a part of a course without obtaining a pass grade is entitled to have another examiner appointed, unless there are special reasons to the contrary (Swedish Code of Statutes 2006:1053). The request is to be submitted to the programme director.

**Literature**

See appendix
Appendix: Literature

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In addition to the listed literature, journal articles on the themes of the course will be included.