



LUNDS UNIVERSITET

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

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## MEVN03 Ageing, Occupation and Health Promotion

7.5 higher education credits

Second cycle /A1F

### General Information

#### *Main field*

Occupational therapy/ gerontology/nursing/ physiotherapy

#### *Subject*

Each main field with a specialisation in scientific methodology.

#### *Type of course*

The course is a second-cycle course in Medical Science. It is an optional course within the main fields of Occupational Therapy, Nursing and Physiotherapy and in the Nordic Master of Science programme in Gerontology. It is also offered as a single subject course and complies with the regulations in the Higher Education Ordinance (SFS 1993:100, with later amendments).

#### *Language of instruction*

English

### Learning Outcomes

#### *Knowledge and understanding*

On completion of the course students shall be able to

- independently and systematically identify, discuss and explain the connections between activity, participation and increasing age from the perspectives of the individual, the group and the community
- independently and systematically identify, discuss and explain different measures for health promotion on the levels of the individual, the group and the community and how these measures may support activity and participation in the elderly
- independently and systematically identify, discuss and explain how different measures of rehabilitation may promote activity and participation in the elderly.

#### *Skills and abilities*

On completion of the course students shall be able to

- using a scientific approach, identify, formulate and analyse problems of activity and participation in the elderly
- using a scientific approach, analyse and assess methods for evaluating activity and participation, particularly with reference to methods that are relevant for their own profession

- from the perspective of their own profession, and in collaboration with other professionals, independently and in a systematic and scientific manner develop, analyse and assess different measures of health promotion for the elderly, on the levels of the individual, the group and the community
- from the perspective of their own profession, independently and in a systematic manner develop, analyse and assess different measures for rehabilitation in the elderly and discuss these measures with other professionals
- independently and in a systematic and scientific manner plan research and development work in their profession, with a focus on measures of health promotion and rehabilitation to promote activity and participation in the elderly.

#### *Judgement and approach*

On completion of the course students shall be able to

- independently and critically identify and assess current research on activity and participation in the elderly, particularly research that is relevant for their own profession
- independently and in collaboration with others, identify and assess new research results in the field and relate them to previous research.

## Course Content

The aim of the course is to enable students to conduct in-depth study of the theory and methodology concerning activity and participation and to apply this knowledge in the work of rehabilitation and health promotion in the elderly from the perspectives of the individual, the group and the community. Students will achieve increased knowledge of how activity and participation are affected by increasing age and/or ill health and socio-cultural background. In addition, students will be able, from the perspective of their own profession, to apply their knowledge in analyses to promote activity and participation in the elderly. From the perspective of their own profession, students will develop their ability to participate in interdisciplinary discussions of how activities can be organised to promote activity and participation in the elderly. Students will acquire the knowledge and understanding required for carrying out R&D projects. In addition, students will be able to assess and analyse instruments that are relevant for measuring the development and evaluation of rehabilitation and health promotion in the elderly on the levels of the individual, the group and the community.

Subjects examined

Ageing, activity and health promotion, 7.5 credits

## Instruction and Examination

### *Instruction*

The course is based on individual work and work in small groups. Online forms of instruction are central, but lectures and seminars are also included. The teaching is based on a student-oriented work method, in which students, working from their knowledge, skills and experiences, choose their own defined learning objectives and work methods, thus actively training them in knowledge searching, critical thinking and problem solving.

### *Examination*

The course is examined through a PowerPoint or poster presentation and a written assessment of the student's own learning process.

A pass on the course requires active participation in all components of the course and a pass on the examination.

## 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 eligible for the course, applicants must have a Bachelor of Science degree (180 higher education credits including an independent project comprising 15 credits) in Nursing, Occupational Therapy or Physiotherapy, or the equivalent in Medical Science.

To meet the special eligibility requirements, applicants must have completed courses corresponding to 90 higher education credits in their main field or been admitted to the Nordic Master of Science programme in Gerontology.

## Further Information

*Number of examinations, new examiner etc*

### **Theoretical courses**

Each course arranges one examination and one opportunity to retake it, soon after the course. Students who do not achieve a pass on any of these occasions will be able to retake the examination on a later occasion. Students who have failed an examination on a theoretical course are entitled to retake the examination four times.

### **New examiner**

A student who has failed two examinations on a course or sub-course is entitled to have another examiner appointed, unless there are special reasons to the contrary. (Swedish Code of Statutes 2006:1053) The request is made to the programme management.

## Literature

See appendix

## Appendix: Literature

### **MEVN03 Ageing, occupation and health promotion**

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European Commission. (2009). *Healthy Ageing in Europe. Lessons learned and ways forward*. Swedish National Institute of Public Health, Stockholm, Sweden.

Gillespie LD, Robertson MC, Gillespie WJ, Lamb SE, Gates S, Cumming RG, Rowe BH (2009). Interventions for preventing falls in older people living in the community. *Cochrane Review*.  
<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007146.pub2/abstract>

Scheidt, R.J. & Norris-Baker, C. (2003). The General Ecological Model Revisited: Evolution, Current Status, and Continuing Challenges. In: Wahl, H.-W., Scheidt, R., & Windley, P. (Eds.). *Environments, Gerontology and Old Age. Annual Review of Gerontology and Geriatrics*, (pp. 34-58). New York: Springer Publications.

Spiriduso, W., Francis, K., & MacRae, P. (2nd ed 2005). *Physical Dimensions of Aging*. Leeds, USA: Human Kinetics Europe Ltd.

Wilmoth, J.M. & Ferraro, K.F. (2007) *Gerontology. Perspectives and Issues*. 3<sup>rd</sup> edition. New York: Springer Publishing Company.

World Health Organisation, WHO. (2001). *ICF: International Classification of Functioning, Disability and Health*. WHO: Geneva, Switzerland.

In addition other subject specific literature and articles will be used