



## KURSPLAN

# An Occupational Perspective of Health I, 7,5 högskolepoäng

*An Occupational Perspective of Health I, 7.5 credits*

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|------------------------|-----------------------------|---------------------------|----------------|
| <b>Kurskod:</b>        | HA1R22                      | <b>Utbildningsnivå:</b>   | Avancerad nivå |
| <b>Fastställd av:</b>  | Utbildningsrådet 2013-09-06 | <b>Utbildningsområde:</b> | Vård           |
| <b>Reviderad av:</b>   | Avdelningschef 2022-06-28   | <b>Ämnesgrupp:</b>        | TR1            |
| <b>Gäller fr.o.m.:</b> | 2022-08-22                  | <b>Fördjupning:</b>       | A1N            |
| <b>Version:</b>        | 7                           | <b>Huvudområde:</b>       | Arbetssterapi  |

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### Lärandemål

Upon completion of the course, the student should have the ability to:

#### Kunskap och förståelse

- analyse how environmental factors affect occupations and health
- analyse how gender affects health and engagement in different occupations
- analyse how human activity affect sustainable health locally as well as globally.

#### Färdighet och förmåga

- independently identify and formulate questions related to the importance of occupations for maintaining, promoting and restoring health
- independently analyse and systematise own knowledge, theoretical starting points and relevant research findings about the importance of occupations for maintaining, promoting and restoring health
- contribute with sound arguments and comments in discussions related to the importance of occupations for maintaining, promoting and restoring health
- independently show clarity and logic in disposition and linguistic stringency in written documentation.

#### Värderingsförmåga och förhållningsätt

- critically review and evaluate own achievements related to intended learning outcomes and formulate questions related to the importance of occupations for maintaining, promoting and restoring health.

### Innehåll

- occupational theories
- gender perspective
- environmental factors
- sustainable health and sustainable development

### Undervisningsformer

The course is web-based with discussion and seminars through the web-based platform.

Undervisningen bedrivs på engelska.

### Förkunskapskrav

Grundläggande behörighet samt avslutade kurser om minst 90 hp inom arbetsterapi inklusive ett avslutat examensarbete om minst 15 hp eller motsvarande.

### Examination och betyg

Kursen bedöms med betygen A, B, C, D, E, FX eller F.

Examination of the course consists of participation in seminars, written assignments and critical reviews of a fellow student's assignment, as well as an individually written reflection assignment. The course examiner is senior university lecturer.

Poängregistrering av examinationen för kursen sker enligt följande system:

| Examinationsmoment | Omfattning | Betyg          |
|--------------------|------------|----------------|
| Examination        | 7,5 hp     | A/B/C/D/E/FX/F |

### Övrigt

#### Attendance requirements

Mandatory attendance of course introduction and seminars using the online web-based platform. Microphone headset to be used in seminars online.

#### Kurslitteratur

Christiansen, C. & Townsend, E. (2013). *Introduction to Occupation*. Pearson New International Edition.

Cole, M.B. & Creek, J. (Red.). (2016). *Global perspectives in professional reasoning*. Slack.

Heise, L., Greene, M. E., Opper, N., Stavropoulou, M., Harper, C., Nascimento, M., & Gupta, G. R. (2019). Gender inequality and restrictive gender norms: framing the challenges to health. *The Lancet*, 393(10189), 2440-2454.

Pollard, N. (Red.). (2008). *A political practice of occupational therapy*. Churchill Livingstone.

Swedish Secretariat for Gender Research. (2021). *Gender and Sustainability: An International Research Review (Kajsa Widegren & Jimmy Sand)*. [http://www.gu.se/sites/default/files/2021-10/GENDERACTION\\_Research-Review-SDGs.pdf](http://www.gu.se/sites/default/files/2021-10/GENDERACTION_Research-Review-SDGs.pdf)

Townsend, E.A., & Polatajko, H.J. (2013). *Enabling occupation II: Advancing an occupational therapy vision for health, well-being & justice through occupation*. Canadian Association of Occupational Therapists.

Weber, A. M., Cislighi, B., Meausoone, V., Abdalla, S., Mejía-Guevara, I., Loftus, P., & Gupta, G. R. (2019). Gender norms and health: insights from global survey data. *The Lancet*, 393(10189), 2455-2468.

Wilcock, A., & Hocking, C. (2015). *An occupational perspective of health*. Slack.

Whiteford G. E., & Hocking C. (2012). *Occupational Science. Society, Inclusion, Participation*. Maiden: Wiley-Blackwell.

World Federation Occupational Therapy. (2018). *Sustainability Matters: Guiding Principles for Sustainability in Occupational Therapy Practice, Education and Scholarship*.

<http://www.wfot.org/ResourceCentre.aspx>

Additional literature will be chosen in consultation with lecturer.

The most recent editions of the course literature should be used.