



## COURSE SYLLABUS

# Occupational Therapy and Ageing from a Health Promoting Perspective, 7.5 credits

*Arbetsterapi och åldrande ur ett hälsofrämjande perspektiv, 7,5 högskolepoäng*

---

<b>Course Code:</b> HAHN17	<b>Education Cycle:</b> First-cycle level
<b>Confirmed by:</b> Utbildningsrådet May 30, 2016	<b>Disciplinary domain:</b> Health sciences
<b>Valid From:</b> Aug 28, 2017	<b>Subject group:</b> TR1
<b>Version:</b> 1	<b>Specialised in:</b> G2F
<b>Reg number:</b> 2016/2217 (313) Avdelningen för rehabilitering/Department of Rehabilitation	<b>Main field of study:</b> Occupational Therapy

---

### Intended Learning Outcomes (ILO)

Upon completion of the course the student should have the

Knowledge and understanding

in order to

- describe and analyse environmental factors, based on the International Classification of Functioning, Disability and Health (ICF), that promote/limit health in old age
- describe and analyse personal factors (age, gender, ethnicity, socio-economic) that promote/limit health in old age
- identify and describe the theoretical basis for participation as a means for social inclusion.

Skills and abilities

in order to

- independently identify and compile activity-related health and risk factors within a defined group in society
- independently form a plan for a health promoting project based on occupational therapy theory and current research
- create conditions for the participation of the target group in identifying health and risk factors and the formation of health promoting interventions.

Judgement and approach

in order to

- reflect over his or her own attitudes in relation to the old age, aging and activity
- reflect over the co-operation of the older peoples participation in the formation of health promoting interventions.

## Contents

- International Classification of Functioning, Disability and Health (ICF)
- photovoice
- social inclusion
- participation and influence
- activity related health and risk factors
- health promoting interventions

## Type of instruction

The course is implemented as a web based course with an obligatory introduction day on campus. The course conducted of lectures, pairwise and individual assignments, seminars, field studies and project work.

The teaching is conducted in English.

## Prerequisites

General entry requirements and completed courses in 60 credits within programme of Occupational therapy including completed course Gerontology, 4.5 credits or the equivalent, or a Bachelor's degree (i.e. the equivalent of 180 ECTS credits at an accredited university) within health and caring sciences, medicine, engineering, social sciences or behavioural science, including independent, theoretical based work- i.e. a thesis of 15 ECTS credits (or the equivalent).

## Examination and grades

The course is graded A, B, C, D, E, FX or F.

The course is examined by two written assignments conducted in pairs, active participation in seminars and an individual written report.

The course examined by a university lecturer.

Registration of examination:

Name of the Test	Value	Grading
Examination	7.5 credits	A/B/C/D/E/FX/F

## Other information

Obligatory attendance at the course introduction on campus.

## Course literature

Andonian, L., & MacRae, A. (2011). Well older adults within an urban context: strategies to create and maintain social participation. *British Journal of Occupational Therapy*, 74 (1), 2-11.

Hocking, C., & Wilcock, A. (2015). *An occupational perspective of health*. Thorofare: SLACK Incorporated.

Letts, L. (2003). Enabling citizen participation of older adults. In L. Letts, P. Rigby & D. Stewart

(Eds.), *Using environments to enable occupational performance* (pp. 71-80). Thorofare: SLACK Incorporated.

Piskur, B. (2012). *Social participation: Redesign of research, education and practice in occupational therapy*, In 9th Cotec congress of occupational therapy 24-27 May 2012, Stockholm. Downloaded 2012-08-27 from keynote speaker's power point presentation <http://www.cotec2012.se/?id=89>.

Scaffa, M.E., Reitz, S.M., & Pizzi, M.A. (2010). *Occupational therapy in the promotion of health and wellness*. Philadelphia: F.A. Davis.

Statens Folkhälsoinstitut. *Var med och bestäm! Delaktighet och inflytande – en förutsättning för hälsosamt åldrande erfarenheter av hälsofrämjande arbete*. Summary in English.[Downloaded 2012-08-27]. [http://www.fhi.se/PageFiles/3398/R200811\\_Aldres\\_delaktig\\_0805\(1\).pdf](http://www.fhi.se/PageFiles/3398/R200811_Aldres_delaktig_0805(1).pdf).

Wang, C., & Burris, M.A. (1997). Photovoice: concept, methodology, and user for participatory needs assessment. *Health Education & Behavior*, 24 (3), 369-387.

Wilcock, A. & Whiteford, G. (2003). Occupation, health promotion, and the environment. In L. Letts, P. Rigby & D. Stewart (Eds), *Using environments to enable occupational performance* (pp. 55-70). Thorofare: SLACK Incorporated.

Wilcock, A. (2005). Older people and occupational justice. In A. McIntyre & A. Atwal (Eds), *Occupational therapy and Older People* (pp. 14-26). Malden, Mass.: Blackwell Publishing.

Wilcock, A. A. (2006). *An occupational perspective of health*. Thorofare: SLACK Incorporated.

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

The latest edition of the course literature will be used.

There may be additional reference literature.