

Health related behavior change I: Theories, frameworks and interventions, 3 credits

Hälsorelaterad beteendeförändring I: Teorier, ramverk och interventioner, 3 högskolepoäng

Course code:	FHVV034
Third-cycle subject:	Physiotherapy
School:	Health, Care and Social welfare
Responsible department:	Physiotherapy
Valid from:	260112
Established by:	Health, Care and Social welfare
Decision date:	250121
Last modified:	
Level of education:	Third cycle level

Course objective

To deepen knowledge about theories and frameworks for sustainable health related behavior change and to analyse interventions for these behavior changes.

Course content

- Health psychological and learning theories, models and frameworks used in interventions within the research field.
- The behaviour change wheel framework
- Interventions for sustainable health related behavior change within the research field.

Intended learning outcomes

After completing the course, the student should be able to:

1. Explain and problematize key concepts of health psychological and learning theories, models and frameworks within the research field.
2. analyse and evaluate interventions for sustainable health related behavior change of relevance for the research field and the PhD thesis
3. describe and problematize how interventions for sustainable behavior change can be related to the behavior change wheel framework or equivalent.

The intended qualitative targets in relation to the Higher Education Ordinance, appendix 2.

Knowledge and understanding

For the Degree of Doctor, the doctoral student shall demonstrate:

- A1: broad knowledge and systematic understanding of the research field as well as advanced and up-to-date specialised knowledge in a limited area of this field, and
- A2: familiarity with research methodology in general and the methods of the specific field of research in particular.

Competence and skills

For the Degree of Doctor, the doctoral student shall demonstrate:

- B1: the capacity for scholarly analysis and synthesis as well as to review and assess new and complex phenomena, issues, and situations autonomously and critically,
- B2: the ability to identify and formulate issues with scholarly precision critically, autonomously, and creatively, and to plan and use appropriate methods to undertake research and other qualified tasks within predetermined time frames and to review and evaluate such work,

Judgement and approach

For a Degree of Doctor, the doctoral student shall demonstrate

- C2: specialised insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used.

Teaching formats

Digital and campus-based lectures and seminars.
Campus: Västerås

Examination

INL1 Individual assignment, 2,0 credits

SEM1 Seminar, 1,0 credits

Grade

Examinations included in the course are assessed according to a two-grade scale, fail or pass.

Grades are to be decided by a teacher specially appointed by the university.

A person who has not passed the regular examination shall be given the opportunity to retake the test.

Requirements

To participate in the course and the examinations included in the course, the applicant must be admitted to doctoral studies at Mälardalen University, other university in Sweden or other higher education institutions outside Sweden.

Specific entry requirements

Selection criteria

Selection of applicants will be made in accordance with the ranking below.

1. Doctoral students in Physiotherapy at Mälardalen University
2. Doctoral students in physiotherapy/medicine/health sciences at other universities in Sweden
3. Doctoral students at Mälardalen University
4. Doctoral students at other universities in Sweden
5. Doctoral students at other higher education institutions outside Sweden

Transitional and other provisions