



## COURSE SYLLABUS

# An Occupational Perspective of Health I, 7.5 credits

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

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<b>Course Code:</b> HA1R22	<b>Education Cycle:</b> Second-cycle level
<b>Confirmed by:</b> Utbildningsrådet Dec 5, 2011	<b>Disciplinary domain:</b> Health sciences
<b>Revised by:</b> Department head Jun 28, 2022	<b>Subject group:</b> TR1
<b>Valid From:</b> Autumn 2023	<b>Specialised in:</b> A1N
<b>Version:</b> 8	<b>Main field of study:</b> Occupational Therapy

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### Intended Learning Outcomes (ILO)

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

#### Knowledge and understanding

- 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.

#### Skills and abilities

- 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.

#### Judgement and approach

- 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.

### Contents

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

### Type of instruction

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

The teaching is conducted in English.

### Prerequisites

A Degree of Bachelor of Science in Occupational Therapy and at least 90 credits in Occupational Therapy.

### Examination and grades

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

Registration of examination:

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

### Other information

#### Attendance requirements

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

#### Course literature

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.