



COURSE SYLLABUS

Activity and Development throughout Life, 30 credits

Aktivitet och utveckling genom hela livet, 30 högskolepoäng

Course Code:	HUGK10	Education Cycle:	First-cycle level
Confirmed by:	Utbildningsrådet Oct 15, 2019	Disciplinary domain:	Health sciences (75%) and medicine (25%)
Revised by:	Utbildningsrådet Nov 3, 2020	Subject group:	TR1
Valid From:	Jan 25, 2021	Specialised in:	G1F
Version:	2	Main field of study:	Occupational Therapy
Reg number:	Avdelningen för rehabilitering/Department of rehabilitation		

Intended Learning Outcomes (ILO)

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

Knowledge and understanding

Course unit: Adult life, 15 credits

- describe and explain basic human anatomy and physiology, focusing on the nervous system and the musculoskeletal system
- demonstrate an understanding of the Swedish welfare system and legislation that are relevant to the performance of activity in adult life
- explain and discuss the terms normality and marginalisation in relation to activity and participation in adult life
- explain psychological factors that are important for the performance of activity in adult life.

Course unit: Children and adolescents, 7.5 credits

- describe the basic characteristics of children's motor development
- describe the psychological development of children and adolescents
- demonstrate an understanding of the Swedish welfare system and legislation that are relevant to children's and adolescent's performance of activity
- explain and discuss the terms normality and marginalisation in relation to children's and adolescents' activity and participation in society.

Course unit: The elderly, 7.5 credits

- describe biological, psychological and social aging
- demonstrate an understanding of the Swedish welfare system and legislation that are relevant to elderly's performance of activity
- explain and discuss the terms normality and marginalisation in relation to the elderly's activity and participation in society.

Skills and abilities

Course unit: Adult life, 15 credits

- apply psychosocial communication theories to group processes and communication
- relate psychological theories and terminology to health, wellbeing and the performance of activity in adult life
- relate bodily structures and functions to the performance of activity in adult life
- apply occupational therapy theories and models together with related knowledge to explain the performance of activity in adult life.

Course unit: Children and adolescents, 7.5 credits

- relate psychological theories and terminology to the health and wellbeing of children and adolescents and their performance of activity
- relate children's motor development to activity performance in childhood
- demonstrate awareness of how activity does or may affect the motoric, psychological and social development of children and adolescents
- apply occupational therapy theories and models together with related knowledge to explain the performance of activity in childhood and adolescence.

Course unit: The elderly, 7.5 credits

- apply knowledge about factors that may impact on healthy aging and what these may mean for the performance of activity in old age
- relate psychological theories and terminology to the health and wellbeing of the elderly and their performance of activity
- apply occupational therapy theories and models together with related knowledge to explain the performance of activity in old age.

Judgement and approach

Course unit: Adult life, 15 credits

- reflect on your own view of humanity in relation to activity performance in adult life
- demonstrate an understanding of how attitudes and values in society affects adult's activity performance.

Course unit: Children and adolescents, 7.5 credits

- reflect on your own view of humanity in relation to activity performance in childhood and adolescence
- demonstrate an understanding of how attitudes and values in society affects children's and adolescent's activity performance.

Course unit: The elderly, 7.5 credits

- reflect on your own view of humanity in relation to activity performance in old age
- demonstrate insight into how attitudes and values in society affect the performance of activity in old age.

Contents

Adult life, 15,0 credits

- occupational theories and models
- the organs of the body and associated terminology with an emphasis on the musculoskeletal

and the nervous system

- the Swedish welfare system
- basic legislation
- gender, ethnicity, class and culture
- the psychology of health, including stress, coping and crisis
- cognitive psychology, including perception, memory and thought processes
- the psychology of personality and basic psychological perspectives
- social psychology, including group processes and cooperation

Children and Adolescents, 7,5 credits

- occupational therapeutic theories and models
- childrens rights
- basic legislation
- gender, ethnicity, class and culture
- the psychology of health, including stress, coping and crisis
- the organs of the body and associated terminology with an emphasis on motoric apparatus and the nervous system
- the significance of the game
- living conditions for children and young people
- motivation
- neuropsychology
- developmental psychology – the human lifecycle with a focus on child development

The elderly, 7,5 credits

- occupational therapeutic theories and models
- biological, psychological and social aging
- demographics
- factors affecting aging and the performance of activity
- introduction to gerontology
- the lifecycle perspective
- the Swedish welfare system
- basic legislation
- exclusion in relation to activity
- gender, ethnicity, class and culture
- norms, groups, processes

Type of instruction

Course unit: Adult life, 15 credits

The course is implemented in the form of study groups, lectures, workshops and seminars.

Course unit: Children and adolescents, 7.5 credits

The course is implemented in the form of study groups, lectures, workshops and seminars.

Course unit: The elderly, 7.5 credits

The course is implemented in the form of study groups, lectures, workshops and seminars.

The teaching is normally conducted in Swedish, but can occasionally be in English.

Prerequisites

General entry requirements and completed courses in 30 credits in Occupational Therapy (or the equivalent).

Examination and grades

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

Adult life, 15 credits

This course unit is assessed based on verbal examination in groups. Participation in seminars and the completion of reflection assignments are also requirements.

Children and adolescents, 7.5 credits

The course is examined in the form of individual written assignments. Participation in seminars and the completion of reflection assignments are also requirements.

The elderly, 7.5 credits

The course is examined in the form of an individual oral examination in groups. Participation in seminars and the completion of reflection assignments are also requirements.

The course examiner is a university lecturer.

Registration of examination:

Name of the Test	Value	Grading
Adult life - individual oral examination in groups	9 credits	A/B/C/D/E/FX/F
Adult Life - reflection assignment and seminars	6 credits	U/G
Children and Adolescents - individual oral examination in groups	5 credits	A/B/C/D/E/FX/F
Children and Adolescents - reflections assignment and seminars	2.5 credits	U/G
Elderly - individual written assignment	5 credits	A/B/C/D/E/FX/F
Elderly - reflection assignment and seminars	2.5 credits	U/G

Course literature

Course unit: Adult life, 15 credits

Taylor, R. R. (2017). *Kielhofner's Model of Human Occupation: theory and application*. Wolters Kluwer Health.

Townsend, E.A., & Polatajko, H. J. (2013). *Enabling Occupation II: Advancing an Occupational Therapy Vision for Health, Well-being, & Justice through Occupation*. CAOT Publications ACE.

Tortora, G. J., Derrickson, B. (2019). *Introduction to the Human Body*. Wiley.

or

VanPutte, C., Regan, J., Russo, A., & Seeley, R. (2019). *Seeley's Essentials of anatomy & physiology*. McGraw-Hill Education.

The most recent editions of course literature must be used.

Scientific articles and other study materials will be added

Course unit: Children and adolescents, 7.5 credits

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Course unit: The elderly, 7.5 credits

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