



KURSPLAN

The Potential of Nature-based Community Intervention Programs for the Promotion of Mental Health, application II, 1,5 högskolepoäng

The Potential of Nature-based Community Intervention Programs for the Promotion of Mental Health, application II, 1.5 credits

Kurskod:	HNBN13	Utbildningsnivå:	Grundnivå
Fastställd av:	Utbildningsrådet 2022-10-11	Utbildningsområde:	Medicinska området
Gäller fr.o.m.:	2023-08-28	Ämnesgrupp:	TR1
Version:	1	Fördjupning:	G2F
Diarienummer:	Department of Rehabilitation	Huvudområde:	Arbetsterapi

Lärandemål

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

Färdighet och förmåga

- analyze the benefits of nature-based interventions in occupational therapy for the promotion of mental health.

Värderingsförmåga och förhållningssätt

- reflect on how nature-based interventions may have potential added value related to occupational therapy praxis.

Innehåll

- nature-based interventions
- occupational therapy

Undervisningsformer

The course is conducted through lectures and study groups.

Undervisningen bedrivs på engelska.

Förkunskapskrav

General entry requirements and completion of the course Occupational therapy in profession and research, 30 credits, as well as 60 credits from the courses Activity and development throughout life, 30 credits, Occupational Therapy for Activity Limitations in Disability and Disease, 30 credits, Occupational Therapy and Activity Limitations throughout Life, 9 credits, Clinical Placement, 6 credits, Occupational Therapy and Occupational Limitations when in Ill Health and Vulnerable Life Situations, 9 credits (or the equivalent).

Examination och betyg

Kursen bedöms med betygen Underkänd eller Godkänd.

Examination of the course consists of active participation in a seminar and an individual written reflection assignment.

Poängregistrering av examinationen för kursen sker enligt följande system:

Examinationsmoment	Omfattning	Betyg
Seminar	1 hp	U/G
Individual written reflection assignment	0,5 hp	U/G

Kurslitteratur

Lackey, Tysor, D. A., McNay, G. D., Joyner, L., Baker, K. H., & Hodge, C. (2021). *Mental health benefits of nature-based recreation: a systematic review*. *Annals of Leisure Research*, 24(3), 379–393. doi.org/10.1080/11745398.2019.1655459

Winter, Selin, S., Cervený, L., & Bricker, K. (2019). *Outdoor Recreation, Nature-Based Tourism, and Sustainability*. *Sustainability* (Basel, Switzerland), 12(1), 81–. doi.org/10.3390/su12010081

McMahan, E., & Estes, D. (2015). *The effect of contact with natural environments on positive and negative affect: A meta-analysis*. *The Journal of Positive Psychology*, 10(6), 507–519. doi.org/10.1080/17439760.2014.994224

World Health Organization. Regional Office for Europe. (?2013)?. *Health 2020: a European policy framework supporting action across government and society for health and well-being* (?short version)?. World Health Organization. Regional Office for Europe. apps.who.int/iris/handle/10665/131300

World Health Organization. Regional Office for Europe. (?2016)?. *Urban green spaces and health*. World Health Organization. Regional Office for Europe. apps.who.int/iris/handle/10665/345751

Scientific articles and other study materials may be added