



Syllabus

Work, Environment and Health, 15 Credits

Credits: 15 credits

Code: xxxx

Due from: 2016

Department: Department of Psychology

Statistics Sweden code: Psychology

Main area

Progression: xxx

Grade: Pass with distinction, Pass and Fail

Level: Advanced

Eligibility

90 credits or comparable in health or behavioral sciences.

Goals (expected learning outcomes)

After completion of the course, the student will:

Knowledge and understanding

- Show that the student understands by accounting for central theories about health, stress, stress moderation, health promotion in working life, leadership and health, work-family and family work balance, and vocational rehabilitation
- Be able to apply the theories by illustrating consequences of organizational aspects on health, stress, health promotion, and leadership.
- Show that the student understands the influence of physical and chemical environmental factors on health and wellbeing by giving examples.
- Show that the student understands by illustrating the latest research on environmental intolerance.
- Show that the student understands by explaining central theories on the influence of behavior on the environment and its consequences for health.

Skills and ability

- Analyzing occupational and environmental health psychology by critically reviewing and comparing the literature from a diversity perspective.
- Convey occupational and environmental health psychological science by oral presentation.

Evaluation ability and approach

- Evaluate and synthesize by critically reviewing, analyzing, interpreting and drawing conclusion on methods and literature in health occupational and environmental psychology.



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Sid 2 (3)

Content

The course contains two parts: Occupational health psychology (7,5 credits) and Environmentally related health aspects from a psychological perspective (7,5 credits). *Occupational health psychology* treats different aspects of health psychology with relevance to working life. Emphasis is put on the interaction between organization, group, and individual. Work related stress, stress moderation, the balance between work and family as well as vocational rehabilitation are core aspects of this course part. *Environmentally related health aspects from a psychological perspective* deals with health problems related to the physical and chemical environment. Environmental intolerance (e.g., sick-building syndrome) and the influence of human behavior on the environment and its consequences for health are also discussed. This part emphasizes the interaction between psychological, biological and social factors. Research method and diversity are important aspects that run through the whole course.

Set-up

Teaching is student active and based on lectures (some will be online), seminars, exercises, group work, and group mentoring. The teaching is campus based. However, teaching resources will be provided and some communication takes part through the Internet based course platform Cambro. This requires specific demands on technical equipment and competence. Examination is compulsory.

The right to teaching and supervision is only given during the time period that the student is registered on the course. The course is given in English.

Examination

Both written and oral examination will occur. Examination will be performed both individual and in group.

Individually

- Knowledge and understanding is examined by a written exam and a literature review.
- Skills and ability are examined by oral presentations.
- Re-examination is given with an equivalent task (oral or written) within two months of ordinary examination.

In group

- Skills, ability, evaluation ability, and approach is examined by a written group report.
- Re-examination is given with an equivalent task (oral or written, individually or in group) within two months of ordinary examination.

Examination is specified in the schedule. All aspects of teaching can be subject to examination. Decision of deviation from type of examination is made by the Director of undergraduate studies.

The course grade will be established when the written exam/exams and all mandatory parts have been completed. The grades are *Pass with distinction*, *Pass*, or *Fail*. The student has the right to 5 examination occasions (**at least two occasions if the testing is practical, clinical or similar**). For students who



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Sid 3 (3)

have failed the first exam occasion, additional exam occasions are arranged according to Umeå University's "Regler för betyg och examination på grund- och avancerad nivå." A student who has not passed an exam on two exam occasions in a course or part of a course has the right to a new examiner, unless particular reasons speak against it (Higher Education Ordinance, Högskoleförordningen 6 kap. 22 §). Request for a new examiner is handed in to the Head of the Department of Psychology. The student has the right to be examined according to the same syllabus on at least two occasions up to two years after the first registration.

Crediting

The student has the right to have previous educations or comparable knowledge and occupational skills tried for crediting of a similar education at Umeå University. The application is sent to Studentcentrum/Examina. Further information on crediting is available at www.student.umu.se and regulated by law in the Higher Education Ordinance (chapter 6). A rejection of such an application can be appealed (Higher Education Ordinance, chapter 12) to the Higher Education Appeals Board (Överklagandenämnden för högskolan). This applies to rejection of the entire application as well as to parts of it.

Literature

Occupational health psychology

Leka S & Houdmont J. (2010). *Occupational Health Psychology*. Wiley-Blackwell. ISBN 978-1-4051-91415-9

Environmentally related health aspects from a psychological perspective

Scientific articles will be added