

Course description

Course code:	PH17A0
Course name:	Stress, recovery and health
Course credits:	7.5
Valid from:	HT 2022

Course content

The course provides knowledge about psychological and biological processes with respect to stress, recovery, and health. The aim is to provide knowledge of theories, models, and concepts within the area of stress, recovery and health. After the course, the students will know how stress and health are interrelated at all levels (from the cell via the individual to the society) and be able to reflect critically on the potential negative consequences of stress.

The course covers physiological and psychological stress reactions, stress and the nervous system, stress and the immune system, stress and health, psychosocial factors and stress, stress at work, individual differences in stress and stress-related health problems, coping with stress, sleep(loss) and recovery.

Learning outcomes

In order to receive a passing grade on the course, the student should be able to:

Knowledge and understanding

1. Identify and describe relevant concepts in the area of stress, recovery and health.

Skills and abilities

2. Design a scientific study that tests hypotheses within the subject area of the course.
3. Construct an evidence-based argument, expressing complex ideas in clear, concise academic language.

Judgement and approach



4. Discuss and critically evaluate scientific literature in the area of stress, recovery, and health.

5. Reflect on the scientific process demonstrating competence development in the field of Public Health Sciences. This learning outcome only applies to students who read the Master's programme in public health sciences: societal and individual perspectives.

Forms of examination

Examination I. Individually written take-home exam

Learning outcomes 1–4 are examined through an individually written take-home exam. Grading will be on a scale from A to F.

Other grading components

Learning outcome 5 is examined through active participation in the master's programme's seminar series. In case of absence from or insufficient participation in the seminar, the student will be given a compensatory assignment. This component only applies to students who read the Master's programme in public health sciences: societal and individual perspectives.

Course requirements

Active participation in the seminars is a course requirement. In case of absence from or insufficient participation in a seminar, the student will be given a compensatory assignment.

Language

The examination will be in English.

Learning platform Athena

We use the learning platform Athena (itslearning) for sharing information and course material. You log into Athena by using your university account via:

<https://athena.itslearning.com/>

Schedule

You can find the course schedule in TimeEdit via the course web page or via the course page in Athena.



Course literature

The literature list for this course is available through the course web page and the course page in Athena.

Referencing

The APA citation format should be used for all referencing.

You can find a reference guide to APA on this page: <https://kib.ki.se/en/write-cite/writing-references-apa-vancouver/reference-guides/reference-guide-apa-7>

By using a reference managing software you can collect and organize your references and insert them into your document in a desired format. Via the library's web page you can watch a film with information on how to handle your references. There you will also find information on the most used programs:
<https://www.su.se/cmlink/portaler-nod/webb-2021-nod/svensk-webb-2021/centrala-gamla/library/tutorials/tutorials/reference-management-software-1.264569>

Plagiarism

Plagiarism, cheating, or self-plagiarism is prohibited in all parts of the course.

You may not copy text from the course literature or other sources, or present other people's ideas or work as your own – this is plagiarism. Summaries or other use of original texts must always be written in your own words and followed by a correct reference. Short quotations (with citation marks) are accepted if necessary, but should be used sparsely and always be accompanied by your own interpretation of the text and a correct reference with page number.

Self-plagiarism is to use your own text once again, without reference to your original text. This could be text from published articles, or text from other assignments you have written before, such as home exams or a thesis.

All examinations are controlled through a software for detecting plagiarism. Suspicion of cheating, plagiarism or self-plagiarism is reported to the Disciplinary Board at Stockholm University.



For more information, please see: <https://www.su.se/staff/organisation-governance/governing-documents-rules-and-regulations/education/guidelines-for-disciplinary-matters-at-stockholm-university-1.181>

For students who have been granted special pedagogical support

You need to inform the study counsellor in the very beginning of the term (studievagledare.publichealth@su.se) that you require pedagogical support. You then also need to present the certificate which you have received from the coordinator for special pedagogical support at Stockholm University.

Please also contact the study counsellor before the start of each new course, to plan for an alternative/accommodated form of examination, if possible.

Contact information

Course managers

Loretta, Platts; Wessel van Leeuwen. Please contact the course managers via the message function in Athena.

Course administrator

kursadmin.publichealth@su.se

Study counsellor

studievagledare.publichealth@su.se

Director of studies, basic and advanced level

studierektor.ga.publichealth@su.se