



HÖGSKOLAN I GÄVLE

PROGRAMME SYLLABUS

SECOND-CYCLE STUDIES

**MASTER'S PROGRAMME IN
HEALTH AT WORK**

Programme Code: VAAHM

Established by the Faculty Board

2010-10-27

Programme Syllabus

**Master's Programme in Health at Work, 120 HE
credits.**

(Masterprogram i Arbetshälsovetenskap)

**This programme syllabus applies to students
admitted to the autumn of 2011 or later**

Master's Programme in Health at Work

at Högskolan i Gävle

1 General Arrangement

The programme comprises 120 HE credits and results in a master's degree in Health at Work. The method of study is distance education and the rate of study is 50 %. The programme includes courses that provide knowledge about how the body reacts to physical and mental stress, how to prevent various types of work-related injuries, how to organise and manage the work in order to promote the well-being of the associates as well as how to stimulate a healthy lifestyle among the associates at work, how rehabilitating actions for returning to work after illness/injury should be carried out and how to make the working life available for persons with disabilities. Later in the education, the student has the possibility of specialisation in health at work through elective courses, either from an organisational or individual perspective. The programme ends with an independent degree project.

2 Expected Learning Outcomes

2.1 Expected Learning Outcomes for Second-cycle Programmes According to the Higher Education Act ¹

Second-cycle courses and study programmes should essentially develop the knowledge acquired by the students in first-cycle courses and study programmes or equivalent knowledge.

Second-cycle courses and study programmes shall imply a specialisation of knowledge, skills and abilities in relation to first-cycle studies, and in addition to the requirements of first-cycle studies

- further develop the students' ability to independently integrate and use knowledge,
- develop the students' ability to handle complex phenomena, issues and situations, and
- develop students' conditions for working in sectors with high demands on independence or in research and development.

2.2 Qualification Descriptor According to the Higher Education Ordinance

Master's Degree

Extent

A master's degree is achieved when the student has successfully fulfilled course requirements of 120 HE credits with a certain specialisation decided by the higher education institution, of which at least 60 HE credits must be a specialisation in the

¹ chapter 1, section 9 (SFS 1992:1434)

main field of study for the education. In addition, awarded bachelor's degree, bachelor of fine arts, professional qualification of at least 180 HE credits or equivalent foreign higher education qualification is required.

Exceptions from the requirement of an awarded higher education qualification may be made for students who have been admitted to the programme without the general entry requirements in the form of a higher education qualification. However, this does not apply if by the time of admission, exceptions have been made according to chapter 7, section 28, second paragraph, due to the fact that the certificate has not yet been awarded.

Expected Learning Outcomes

Knowledge and Understanding

For a master's degree, the student should

- demonstrate knowledge and understanding of the main field of study, including both general knowledge in the area and considerably advanced knowledge of certain parts of the field, and a deeper understanding of current research and development, and
- demonstrate advanced method knowledge within the main field of study.

Skills and Abilities

For a master's degree, the student should

- demonstrate the ability to critically and systematically integrate knowledge and analyse, assess and handle complex phenomena, issues and situations even with limited information,
- demonstrate the ability to critically, independently and creatively identify and formulate issues, plan and, with adequate methods, carry out qualified assignments within given periods of time and thereby contribute to the knowledge development, and also evaluate this work,
- demonstrate the ability to give a clear account of and discuss the own conclusions and the knowledge and arguments that are the basis of these in dialogue with different groups, in both national and international contexts, orally and in writing, and
- demonstrate the skills required in order to participate in research and development or to work independently in other qualified areas.

Judgement and Approach

For a master's degree, the student should

- demonstrate the ability to make assessments considering relevant scientific, social and ethical aspects within the main field of study, and show awareness of the ethical aspects of research and development,
- demonstrate an understanding of the possibilities and limitations of science, its role in society and people's responsibility for how it is used, and
- demonstrate the ability to identify the own need of additional knowledge and to take responsibility for the own knowledge development.

Thesis (Degree Project)

For a master's degree, the student should have successfully completed an individual assignment (degree project) of at least 30 HE credits which must fulfil the course

requirements within the main field of study. The degree project may comprise less than 30 HE credits, but at least 15 HE credits, if the student has already successfully completed an individual assignment for second-cycle studies of at least 15 HE credits within the main field of study, or equivalent foreign education.

Other

For a master's degree with a certain specialisation, the specific requirements decided by each higher education institution within the requirements of this qualification descriptor apply.

2.3 Specific Expected Learning Outcomes for the Programme

After completed master's programme and in addition to the general aims, the student should be able to

Knowledge and Understanding

- account for the extent and limitations, theories, methods and actors/arenas of the sciences of health at work

Skills and Abilities

- be able to independently map and analyse physical and psychosocial work environment factors
- be able to analyse circumstances that facilitate or obstruct the occupational capacity of the individual
- be able to independently plan, carry out and evaluate measures to prevent the most common forms of work-related illness
- be able to independently plan, carry out and evaluate health promotion measures in the working environment
- be able to independently plan and evaluate measures to promote working life availability for persons with disabilities

Judgement and Approach

- critically review the importance of leadership for individuals' health, function and working method
- evaluate different measures for primary and secondary prevention of work-related illness based on psychological, psychosocial, physiological, physical ergonomic, availability and work organisational principles.
- evaluate different health promotion measures at work from psychological, physiological, physical ergonomic and work organisational principles

3 Description of the Programme

3.1 The Main Field of Health at Work

Health at Work constitutes a multidisciplinary knowledge field that includes different aspects of health at work. It includes both knowledge of how the body reacts to physical and mental stress, how to prevent various types of work-related injuries, how to organise and manage the work in order to promote the well-being of the associates and how the workplace may stimulate them into living a healthy life.

Knowledge of how rehabilitating actions for returning to work after illness/injury should be carried out, both in relation to the affected individual and regarding the workplace he or she is going back to. Another important field within Health at Work is the knowledge of how the work should be organised and designed in order to secure the availability for individuals with different physical disabilities.

3.2 Teaching and Examination

Teaching

The first two courses of the programme; Introduction to Health at Work and Advanced Research Methods will provide the interdisciplinary complementary studies of knowledge necessary to be able to handle the complex field that is health at work. To support the complementary studies, students with different backgrounds from the first-cycle programmes will work together with group assignments and seminars during the courses. The following course, Health at Work 2, implies additional advanced studies in health at work, either followed by an independent project work that leads up to a master's degree or a literature survey of a research field within health at work.

During the second year of the programme, the student chooses a specialisation in health at work, either from an organisational or individual perspective (Course 5.1-2). The important interdisciplinary aspect is secured through a joint seminar course (Course 7).

During the first year, the students' ability to integrate, broaden and use the own knowledge from the first-cycle studies for application within Health at Work is developed. The specialised study means developing of the ability to analyse, assess and handle complex issues within the field of health at work. During the second year there are higher demands on the students to acquire knowledge independently, take more responsibility for planning and carrying out different assignments and demonstrate a critical and reflecting approach in presentation of assignments and research results. It means that their conditions for working in sectors with high demands on autonomy are improved.

The education is given in Swedish, but parts of courses may be given in English.

Examination

Examination is carried out within the framework of the courses included in the programme. The examination formats are adapted based on the expected learning outcomes, which results in different examination formats such as written examination, written and oral and presentation of assignments and essays.

3.3 Internationalisation

Within Health at Work, the higher education institution has well-established international research collaborations. As a result of the higher education institution being assigned a so-called FAS centre (Swedish Council of Working Life and Social Research) in 2009, The Body at Work from Problems to Potential, the international collaboration has expanded further and includes a large number of universities, mainly from Europe and USA. The international collaboration results in regular visits at the higher education institution by visiting research fellows and incoming

students, which enables contact between the students and international representatives for R&D activities in the area during the period of study.

3.4 Sustainable development

The programme provides knowledge of how to decrease work-related illness, carry out rehabilitation that promotes returning to work, carry out health promotion measures at work and make the working life more available for persons with disabilities. Such knowledge is of great importance for sustainable development, because it reduces society's costs for illness and improves the individual's quality of life.

4 Courses in the Programme

Schematic overview of courses within the master's programme in Health at Work

Year 1

| Course Number | Course Name | HE credits | Level | Main Field of Study |
|---------------|--|------------|-------|---------------------|
| 1 | Introduction to Health at Work | 15 | S | AHV |
| 2 | Research Methods with Relevance for Health at Work | 15 | S | AHV |
| 3 | Health at Work 2 | 15 | S | AHV |
| 4.1-2 | Literature survey within Health at Work, or Project course Health at Work ¹ | 15 | S | AHV |

Year 2

| Course Number | Course Name | HE credits | Nivå | Main Field of Study |
|---------------|--|------------|------|---------------------|
| 5.1-2 | Elective Course in Health at Work 2 ² | 15 | S | AHV |
| 6.1-3 | Advanced Research Methods with Relevance for Health at Work ² | 7.5 | S | AHV |
| 7 | Health at Work Colloquium. Seminar Course in Health at Work with Individual Specialisation | 7.5 | S | AHV |
| 8 | Degree Project in Health at Work | 30 | S | AHV |

¹ The project course constitutes the master level degree project leading up to a master's degree

²The choice of course is based on the degree project.

S: Second-cycle studies

AHV: Health at Work

Overview of elective courses in Health at Work

Year 1

4.1 Literature Survey in Health at Work, 15 HE credits

4.2 Health at Work Project Course, 15 HE credits

Year 2

5.1 Organisation, Management and Health, 15 HE credits

5.2 Humans, Work and Health, 15 HE credits

- 6.1. Qualitative Research Methods for Health at Work, 7.5 HE credits
- 6.2. Quantitative Methods for Register-based Data, 7.5 HE credits
- 6.3. Quantitative Methods for Health at Work, 7.5 HE credits

5 Entry Requirements

Students with at least a bachelor's degree (180 HE credits) are qualified for admission. Within or in addition to the bachelor's degree, courses of 30 HE credits are required within any of the subjects of medicine, psychology, physical education, preventive medicine, public health, teaching and learning, nursing, rehabilitation, leadership, organisation or other adequate subject.

6 Grades

Grades are given for the courses included in the programme, according to current syllabus.

7 Examination Regulations

7.1 Title of Qualification

Degree of Master of Science in Health at work
Masterexamen i Arbetshälsovetenskap

7.2 Qualification Criteria

To receive a master's degree, the student must fulfil the course requirements of 120 HE credits with certain specialisation according to this programme syllabus, of which at least 60 HE credits is a specialisation within the main field of health at work. The main field of study must include an individual assignment (degree project) of at least 30 HE credits.

In addition, awarded bachelor's degree, bachelor of fine arts, professional qualification of at least 180 HE credits or equivalent foreign higher education qualification is required.²

7.3 Degree Certificates

Students who fulfil the requirements for higher education qualification should receive a degree certificate on request.

² Exceptions from the requirement of an awarded higher education qualification may be made for students who have been admitted to the programme without the general entry requirements in the form of a higher education qualification. However, this does not apply if by the time of admission, exceptions have been made according to chapter 7, section 28, second paragraph, due to the fact that the certificate has not yet been awarded. (SFS 2006:1053)