

Impacts of diet on overweight-related metabolic diseases, 5 higher education credits

“Betydelse av matvanor för överviktsrelaterad ohälsa, 5 högskolepoäng

Course Code/Codes	70ID080
Subject Area	Sport Science
School/equivalent	School of Health Sciences
Valid from	2022-07-01
Approved	2022-03-28
Revised	2022-03-24
Approved by	Head of School
Translation to English, date and signature	2022-03-24 AE

1 Course content

This course addresses the following concepts:

- evidence-based impact of dietary patterns and physical activity behaviours on metabolic risk outcomes
- critical evaluation of current research on diet-related prevention of metabolic disease
- major determinants of dietary patterns
- Approaches for behavioural change
- measurement of physical activity and dietary patterns.

2 Outcomes

2.1 The course in relation to the doctoral programme

The course shall primarily refer to the following intended learning outcomes for third-cycle courses and study programmes as described in the Higher Education Ordinance, i.e. the doctoral student shall demonstrate:

Knowledge and understanding

- broad knowledge and systematic understanding of the research field (**part of outcome 1**)
- advanced and up-to-date specialised knowledge in a limited area of this field (**part of outcome 1**)
- familiarity with research methodology in general (**part of outcome 2**)
- familiarity with the methods of the specific field of research in particular (**part of outcome 2**)

Competence and skills

- the capacity to review and assess new and complex phenomena, issues and situations autonomously and critically (**part of outcome 3**)

- the ability to plan and use appropriate methods to undertake research and other qualified tasks within predetermined time frames (part of outcome 4)
- the ability to review and evaluate research and other qualified tasks (part of outcome 4)

Judgement and approach

- intellectual autonomy and disciplinary rectitude (part of outcome 9)
- specialised insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used (outcome 10)

The intended learning outcomes are listed in the same order as in the general syllabus for the programme.

2.2 Intended course learning outcomes

To obtain a passing grade, the doctoral student shall demonstrate:

- Thorough knowledge about evidence-based links between dietary and physical activity behaviours and metabolic health outcomes
- Ability to critically examine, evaluate and present research results from studies on dietary patterns and physical activity behaviours in metabolic disease prevention and health promotion
- Knowledge about major determinants for dietary behaviours, including psychological and sociodemographic aspects, as well as theoretical approaches for health behaviour change.

3 Reading list and other teaching material

The following course readings and teaching material will be used on the course:

Teaching material will be based on a compilation of state-of-the-art original peer-reviewed articles with open access. Articles will be presented at the start of the course

4 Teaching formats

Teaching on the course takes the following format:

Lectures and seminars

5 Examination

The course is assessed through the following examinations which will be graded separately:

Individual written report (4 credits) Code: 0100

Individual oral presentation (1 credit) Code: 0200

For examinations consisting of several examination components, the following applies: If during the course it is concluded that a doctoral student is unable to complete a certain examination component, the examiner may set a substitute assignment provided that circumstances do not reasonably allow for the course component to be completed at a later date during the run of the course.

6 Grades

Examinations on third-cycle courses and study programmes are to be assessed according to a two-grade scale with either of the grades 'fail' or 'pass' (local regulations).

The grade shall be determined by a teacher specifically nominated by the higher education institution (the examiner) (Higher Education Ordinance).

To obtain a passing grade on examinations included in the course, the doctoral student is required to demonstrate that he/she attains the intended course learning outcomes as described in section 2.2. Alternatively, if the course consists of multiple examinations generating credit, the doctoral student is required to demonstrate that he/she attains the outcomes that the examination in question refers to in accordance with section 5.

A student who has failed an examination is entitled to a retake.

If an examination consists of several examination components, and a student fails an examination component, the examiner may, as an alternative to a retake, set a make-up assignment with regard to the examination component in question.

A doctoral student who has failed an examination twice for a specific course or course element is entitled, upon his/her request, to have another examiner appointed to determine the grade.

7 Admission to the course

7.1 Admission requirements

To gain access to the course and complete the examinations included in the course, the applicant must be admitted to a doctoral programme at Örebro University.

7.2 Selection

Selection between applicants who have been admitted to doctoral programmes at Örebro University and who otherwise meet the admission requirements as listed above is made according to the following order of precedence:

If no other selection criteria are specified in this section, priority shall be given to applicants with a lower number of course credits left before the award of their degree over applicants with a higher number of remaining course credits. Should two or more students have equal number of credits, selection will be done through the drawing of lots. This also applies within any selection groups listed unless otherwise stated.

7.3 Other applicants than doctoral students admitted at Örebro University

Other applicants than doctoral students admitted at Örebro University may be given access to the course on the grounds of provisions for and/or agreements regarding contracted courses, joint degrees, national graduate schools or cooperation in other respects with other universities.

Any decisions on what such other applicants may be given access to the course are made separately and on the basis of the provisions and/or agreements that occasion the student to apply for the course.

For participation in the course in other respects, the same provisions shall apply as for doctoral students admitted to Örebro University.

8 Transfer of credits for courses, study programmes and other experience

Provisions on the transfer of credits can be found in the Higher Education Ordinance and on the university's webpage.

9 Other information

The course will be held in English.

Transitional provisions
