

COURSE SYLLABUS

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

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

Course Code: HNBN13	Education Cycle: First-cycle level
Confirmed by: Utbildningsrådet Oct 11, 2022	Disciplinary domain: Medicine
Valid From: Aug 28, 2023	Subject group: TR1
Version: 1	Specialised in: G2F
Reg number: Department of Rehabilitation	Main field of study: Occupational Therapy

Intended Learning Outcomes (ILO)

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

Skills and abilities

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

Judgement and approach

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

Contents

- nature-based interventions
- occupational therapy

Type of instruction

The course is conducted through lectures and study groups.

The teaching is conducted in English.

Prerequisites

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 and grades

The course is graded Fail (U) or Pass (G).

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

Registration of examination:

Name of the Test	Value	Grading
Seminar	1 credit	U/G
Individual written reflection assignment	0.5 credits	U/G

Course literature

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