



## COURSE SYLLABUS

# Occupational Balance and its Importance for Health and Wellbeing, 3 credits

*Aktivitetsbalans och dess betydelse för hälsa och välbefinnande, 3 högskolepoäng*

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<b>Course Code:</b> HHVN10	<b>Education Cycle:</b> First-cycle level
<b>Confirmed by:</b> Utbildningsrådet Oct 23, 2018	<b>Disciplinary domain:</b> Health sciences
<b>Revised by:</b> Utbildningsrådet Aug 27, 2024	<b>Subject group:</b> TR1
<b>Valid From:</b> Jan 20, 2025	<b>Specialised in:</b> G2F
<b>Version:</b> 4	<b>Main field of study:</b> Occupational Therapy

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### Type of instruction

The teaching is normally conducted in Swedish, but can occasionally be in English.

### Prerequisites

### Examination and grades

The course is graded A, B, C, D, E, FX or F.

Registration of examination:

Name of the Test	Value	Grading
Individual written assignment	2.5 credits	A/B/C/D/E/FX/F
Seminar incl. (presentation and written reflection)	0.5 credits	U/G

### Course literature