



## General syllabus for doctoral studies in Health and Lifestyle

### Field and subject

#### Field description

The field of Health and lifestyle is an interdisciplinary area of knowledge that includes the understanding, explanation and change of people's health and lifestyle. The field focuses on health and lifestyle throughout a complete life-cycle and includes factors on the individual-, group-, organizational- and societal level. Health and lifestyle is an applied research field where focus is on social relevance for the development of knowledge. Through cooperation between different disciplines and by an interaction of different perspectives and fields of knowledge, new knowledge concerning health and lifestyle can be created.

#### Subject description

The subject health and lifestyle is interdisciplinary and includes health science and social science perspectives. The subject is defined as the understanding, explanation and change of people's health and lifestyle, based on WHO's (World Health Organisation) description of health in regards to physical, mental and social well-being. Based on this description, health and lifestyle is seen as being dependent upon the individual as well as societal factors. Focus is on the factors that promote health and prevent ill health. The relationship between health and lifestyle is a key issue and the individual's interest and participation; as well as the importance of societal terms and conditions in creating the possibilities and conditions for health promotion and favourable lifestyle choices. An application of the lifestyle concept includes the individual's personal choices, possibilities and limitations as well as the structural conditions that set the parameters for the lifestyle choices that can be made.

Within the health and lifestyle subject, studies are conducted on, for example, the understanding of people's experiences of living with a disability or ill-health in relation to the society's support initiatives and structures, the explanation of factors that affect individuals and groups in their justification of choice of a physical activity or inactive lifestyle and, the changes made at individual, group and societal level that promote and maintain health.

The doctoral program in health and lifestyle is offered with three specialisations; disability studies, sports psychology, and nursing science.

#### Specialisation Disability Studies

In disability studies, focus is on the opportunities and possibilities (different types and levels of disabilities) in relation to the social conditions that people with disabilities encounter which influences health and lifestyle in the individual. This is related to the individual's possibilities to live an active life and to participate in various social arenas during different stages of life.

### **Specialisation Sports Psychology**

In sports psychology, focus is on people's experiences, feelings, behaviours and thoughts in relation to sport and exercise activities. Health is a central concept in sports psychology and is about developing the individual and group's performance as well as health promoting psychological and social resources. Applied effects of sports psychology are also of relevance at societal level.

### **Specialisation Nursing Science**

In nursing science, focus is on the development of knowledge regarding how health is promoted and preserved, maintained and recovered on the individual, group, and societal level, as well as knowledge of the opportunities and possibilities to live a good life despite illness and disability. Health is the main aim in nursing science and is seen as a personal resource in life and as an essential prerequisite of human life and social development.

## **Eligibility**

### **Basic Eligibility**

Basic eligibility to doctoral education is given in the higher education ordinance chapter 7, paragraph 39:

Basic eligibility to education on doctoral level if one has

1. Graduated with a degree on advanced level,
2. Completed course requirements of at least 240 credits, where at least 60 credits are on advanced level, or
3. In some other way within or outside the country gained corresponding knowledge.

The university can for an individual applicant give an exception from the requirement of Basic eligibility, if there are special reasons (2010:1064).

### **Special Eligibility**

For eligibility to be admitted as student to doctoral education in Health and Lifestyle, it is required that the student has a degree on advanced level within a field relevant to the subject of health and lifestyle, (the higher education ordinance chapter 7, paragraph 40)

## **Goals**

### **Licentiate degree**

#### **Knowledge and understanding**

For degree of licentiate the doctoral student shall

- demonstrate knowledge and understanding in the field of research including current specialist knowledge in a limited area of this field as well as specialised knowledge of research methodology in general and the methods of the specific field of research in particular.

### **Competence and skills**

For degree of licentiate the doctoral student shall

- demonstrate the ability to identify and formulate issues with scholarly precision critically, autonomously and creatively, and to plan and use appropriate methods to undertake a limited piece of research and other qualified tasks within predetermined time frames in order to contribute to the formation of knowledge as well as to evaluate this work,
- demonstrate the ability in both national and international contexts to present and discuss research findings in speech and writing and in dialogue with the academic community and society in general and,
- demonstrate the skills required to participate autonomously in research and development work and to work autonomously in some other qualified capacity.

### **Judgement and approach**

For degree of licentiate the doctoral student shall

- demonstrate the ability to make assessments of ethical aspects of his or her own research
- demonstrate insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used,
- demonstrate the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning, and
- demonstrate insight into different scientific understandings of health and lifestyle (local intended learning outcome)

## **Doctoral degree**

### **Knowledge and understanding**

For the Degree of Doctor the doctoral student shall

- demonstrate broad knowledge and systematic understanding of the research field as well as advance and up-to-date specialised knowledge in a limited area of this field, and
- demonstrate familiarity with research methodology in general and the methods of the specific field of research in particular.

### **Competence and skills**

For the Degree of Doctor the doctoral student shall

- demonstrate the capacity for scholarly analysis and synthesis as well as to review and assess new and complex phenomena, issues and situations autonomously and critically

- demonstrate the ability to identify and formulate issues with scholarly precision critically, autonomously and creatively, and to plan and use appropriate methods to undertake research and other qualified tasks within predetermined time frames and to review and evaluate such work,
- demonstrate through a dissertation the ability to make a significant contribution to the formation of knowledge through his or her own research,
- demonstrate the ability in both national and international contexts to present and discuss research and research findings authoritatively in speech and writing and in dialogue with the academic community and society in general,
- demonstrate the ability to identify the need for further knowledge and
- demonstrate the capacity to contribute to social development and support the learning of others both through research and education and in some other qualified professional capacity.

### Judgement and approach

For the Degree of Doctor the doctoral student shall

- demonstrate intellectual autonomy and disciplinary rectitude as well as the ability to make assessments of research ethics,
- demonstrate specialised insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used, and
- demonstrate insight into different scientific understandings of health and lifestyle (local intended learning outcome)

### Overview of the disposition and requirements of the education

Overview of the disposition and requirements of the education	Obligatory courses (credits)	Optional courses (credits)	Thesis (credits)	Sum (credits)
Doctoral degree	45	15	180	240
Licentiate degree	30		90	120

*Table 1. Overview of credits for doctoral degree and licentiate degree.*

### Degree requirements

Education on doctoral level is ended with doctoral degree or licentiate degree. The doctoral student also has the possibility to get a licentiate degree as a partial stage in the education.

### Licentiate degree

For licentiate degree the following is required:

- approved courses of at least 30 credits and
- approved scientific thesis to the equivalent of at least 90 credits

Thesis and courses must total together at least 120 credits.

## **Courses**

Courses covers a total of 30 credits, where all courses are compulsory.

### *Obligatory courses:*

- Introductory Course, equivalent of 7.5 credits
- Health and Lifestyle, equivalent of 15 credits
- Scientific Methods - Qualitative and Quantitative Design and Methods in Health and Lifestyle, equivalent of 7.5 credits

## **Scientific thesis**

Scientific thesis for the licentiate degree comprises of 90 credits.

The scientific thesis is the most important part of the education and shall consist of autonomous work in field of health and lifestyle; with a clear connection to the specialisation (disability studies, sports psychology or nursing science) that the student is admitted to.

The scientific thesis may be a monograph or a compilation thesis. The compilation thesis must consist of at least two papers with a related thesis frame. The doctoral student must have first authorship of at least one of the papers. The papers must be original and meet the requirements for publication in a peer reviewed scientific journal. For monographs, the research thesis must be an original work and meet customary demands for scientific quality.

In the thesis frame, or the corresponding part of the monograph, the scientific contribution of the thesis, in relation to the field of health and lifestyle as well as in relation to the current specialisation (disability studies, sports psychology or nursing science) must be clear.

The requirement of autonomous work does not exclude that the scientific thesis can be part of a larger research project. However, in these cases, the definition of the scientific thesis in relation to the larger research project clearly needs to be stated. Furthermore, if the scientific thesis is co-authored (or parts of it) the doctoral student's individual efforts need to be clearly stated.

The scientific thesis may be written in English or Swedish. If the thesis is written in English, a Swedish summary needs to be included and if the thesis is written in Swedish, an English summary needs to be included.

The research project(s) of which the scientific thesis is based upon shall, if needed be, have undergone an ethical review according to current ethical guidelines.

At the time of the licentiate seminar, at least one paper should be published or accepted for publication in a peer-viewed scientific journal and other included paper(s) (manuscript) should be submitted to scientific journals under review for publication.

The thesis is to be defended at a publicly announced seminar. Before the licentiate seminar can take place, the thesis (thesis frame and included papers) must have undergone a prescribed review according to current regulations at Halmstad University.

Two compulsory seminars on the scientific thesis are part of the doctoral education for a Licentiate degree;

- Planning seminar, where the doctoral student will present and discuss their thesis plan. This seminar is at the beginning of the education. The thesis plan is discussed at the seminar by specially appointed internal reviewers.

- Final seminar, where the thesis is summarised and presented by the doctoral student. A review and assessment of the scientific work will be done by specially appointed external and internal reviewers.

As part of the doctoral education in health and lifestyle, the doctoral student, in addition to the compulsory seminars, needs to actively participate in research seminars within the research environment.

## **Doctoral degree**

For doctoral degree the following is required:

- approved courses of at least 60 credits and
- approved scientific thesis to the equivalent of at least 180 credits

Thesis and courses must total together at least 240 credits.

## **Courses**

Courses covers a total of 60 credits, where 45 credits are from compulsory courses and equivalent of 15 credits are from optional courses which may include other credit-awarding elements described below.

### *Obligatory courses:*

- Introductory Course, equivalent of 7.5 credits
- Health and Lifestyle, equivalent of 15 credits
- Theory of Science and Ethics, equivalent of 7.5 credits
- Scientific Methods - Qualitative and Quantitative Design and Methods in Health and Lifestyle, equivalent of 7.5 credits
- Scientific Methods – Specialised knowledge in Qualitative and Quantitative Design and Methods, equivalent of 7,5 credits

### *Optional courses:*

15 credits are from optional courses which may include other credit-awarding elements. Within the framework of the optional courses, chosen courses can be those that provide advanced knowledge in regards to the specialisation (disability studies, sports psychology, nursing science) of the thesis or courses that otherwise are relevant to the doctoral education.

Within the framework of optional courses, the following credit-awarded elements can be included

- Active participation in an international conference, 0.5 credit, (a total of 1.0 credit can be included in optional courses).
- Review assignment at a half time seminar: 0.5 credit, (a total of 1.0 credit can be included in optional courses).

## Scientific thesis

Scientific thesis for the doctoral degree comprises of 180 credits.

The scientific thesis is the most important part of the education and shall consist of autonomous work in the field of health and lifestyle; with a clear connection to the specialisation (disability studies, sports psychology or nursing science) that the student is admitted to.

The scientific thesis may be a monograph or a compilation thesis. The compilation thesis must consist of at least four papers with related thesis frame. Fewer papers may, in certain exceptions, be accepted if the included papers are judged to be of extreme high quality.

The papers must be original and meet the requirements for publication in a peer reviewed scientific journal. For monographs, the scientific thesis must be an original work and meet customary demands for scientific quality.

In the thesis frame, or the corresponding part of the monograph, the scientific contribution of the thesis, in relation to the field of health and lifestyle as well as in relation to the current specialisation (disability studies, sports psychology or nursing science) must be clear.

The requirement of autonomous work does not exclude that the scientific thesis can be part of a larger research project. However, in these cases, the definition of the scientific thesis in relation to the larger research project clearly needs to be stated. Furthermore, if the scientific thesis is co-authored (or parts of it) the doctoral student's individual efforts need to be clearly stated.

The scientific thesis may be written in English or Swedish. If the thesis is written in English, a Swedish summary needs to be included and if the thesis is written in Swedish, an English summary needs to be included.

The research project(s) of which the scientific thesis is based upon shall, if needed be, have undergone an ethical review according to current ethical guidelines.

At least two papers should be published or accepted for publication in a peer-viewed scientific journal at the time of public defense of the doctoral thesis. The doctoral student must have first authorship of at least one of the papers. The other included papers (manuscripts) should be submitted to scientific journals under review for publication at the time of public defense.

The thesis is to be defended at a publicly announced seminar. Before the public defense of the doctoral thesis can take place, the thesis (thesis frame and included papers) must have undergone a prescribed review according to current regulations at Halmstad University.

Three compulsory seminars on the scientific thesis are part of the doctoral education for a Doctoral degree;

- Planning seminar, where the doctoral student will present and discuss their thesis plan. This seminar is at the beginning of the education. The thesis plan is discussed at the seminar by specially appointed internal reviewers.

- Half time seminar, where the thesis is summarised and presented by the student. A review and assessment of the scientific work will be done by specially appointed external and internal reviewers.

- Final seminar, where the thesis is summarised and presented by the doctoral student. A review and assessment of the scientific work will be done by specially appointed external and internal reviewers.

As part of the doctoral education in health and lifestyle, the doctoral student, in addition to the compulsory seminars, needs to actively participate in research seminars within the research environment.

## **Degree title**

After completed education a degree certificate is awarded (after application) with the following degree title:

### **Licentiate degree**

Degree of Licentiate of Philosophy in the subject  
Health and Lifestyle,  
specialisation

- Disability Studies
- Sports Psychology
- Nursing Science

Filosofie licentiatexamen inom ämnet Hälsa och  
Livsstil,  
inriktning

- Handikappvetenskap
- Idrottspsykologi
- Omvårdnad

### **Doctoral degree**

Degree of Doctor of Philosophy in the subject  
Health and Lifestyle,  
specialisation

- Disability Studies
- Sports Psychology
- Nursing Science

Filosofie doktorsexamen inom ämnet Hälsa och  
Livsstil,  
inriktning

- Handikappvetenskap
- Idrottspsykologi
- Omvårdnad

## **Transition**

Doctoral students that have been admitted before the general syllabus is valid may after consultation with the main supervisor and director of studies, request to transition to this syllabus. The individual study plan shall then be updated.