

# Health Science

[See study programme](#)

## Autumn 2023 (1. semester)

[Health Science](#)

HEL5006

10 sp

### Fordypning

Fordypning psykisk helsearbeid	MAHEV-H23-PSYKISK
	0 sp

Fordypnings Nevorologisk rehabilitering	MAHEV-H23-NEVRO
	0 sp

Fordypning e-helse	MAHEV-H23-E-HELSE
	0 sp

## Spring 2024 (2. semester)

[Philosophy of Science and Ethics](#)

VIT5018

10 sp

### Fordypning

Fordypning psykisk helsearbeid	MAHEV-H23-PSYKISK
	0 sp

Fordypnings Nevorologisk rehabilitering	MAHEV-H23-NEVRO
	0 sp

Fordypning e-helse	MAHEV-H23-E-HELSE
	0 sp

## Autumn 2024 (3. semester)

[Project Development and Design \(1/2\)](#)

MET5007

0 sp

[Quantitative Methods and Statistics](#)

MET5005

7.5 sp

### Fordypning

Fordypning psykisk helsearbeid	MAHEV-H23-PSYKISK
	0 sp

Fordypnings Nevorologisk rehabilitering	MAHEV-H23-NEVRO 0 sp
Fordypning e-helse	MAHEV-H23-E-HELSE 0 sp

## Spring 2025 (4. semester)

<u>Qualitative Methods</u>	MET5006 7.5 sp
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<u>Project Development and Design (2/2)</u>	MET5007 5 sp
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### Electives

<u>Physical Activity in Health Promotion</u>	FHE5004 10 sp
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<u>Evidence-based practice and complex interventions in neurological rehabilitation</u>	HEL5012 5 sp
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<u>Work and Health</u>	HEL7012 10 sp
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<u>Patient safety in a digital context</u>	HEL7011 10 sp
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<u>Change management in health care in a digital context</u>	HEL7010 10 sp
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<u>Substance Dependency Issues</u>	PSH7002 10 sp
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<u>Stress, Adverse Life Events and Trauma Disorders</u>	HEL7005 10 sp
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<u>Epidemiology and Population Health</u>	FHE5005 10 sp
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<u>Motivational interviewing</u>	MOT5001 10 sp
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## Autumn 2025 (5. semester)

<u>Master Thesis in Health Science (1/2)</u>	HEL5007 0 sp
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### Programme description

The Master's Degree in Health Sciences is an educational programme for those who wish to contribute to the development of health services and a health-promoting society through practice and research. Health and participation are core concepts that require interdisciplinary efforts and broad interaction. The programme emphasises knowledge regarding factors that promote health and adapted health services. The programme is based on a broad, interdisciplinary field of research and has

The Master's Degree in Health Sciences is an educational programme for those who have recently completed a bachelor's degree related to health or social sciences, and for experienced practitioners and managers who would like academic specialisation and further research opportunities.

The programme comprises of 30 credits of common courses, 30 credits of specialisation courses, 10 credits in an elective course, and a master's thesis of 40 credits within the chosen area of specialisation. Some courses are also offered as individual courses

The fourth semester of the Master in Health Sciences is arranged for exchange. This means that our students can go on exchange that semester, and we can welcome incoming students from other countries. If needed, relevant courses will be taught in English in the fourth semester.

### Learning outcomes

#### KNOWLEDGE

has advanced knowledge about health science and specialised insight into factors that promote and inhibit health and participation at individual, group and societal levels related to the chosen area of specialisation  
has in-depth knowledge about the philosophy of science, forms of knowledge and evidence-based practice, and implications for interdisciplinary practice and service innovation  
can apply their knowledge in health science to service innovation, teaching, supervision and counselling  
has extensive insight into research methods and research ethics, as well as project development related to health science research  
can identify and analyse factors that inhibit and promote health and participation

#### SKILLS

can use relevant research methods in an independent manner to develop, carry out and evaluate development work in health sciences  
can analyse existing theories, methods and interpretations within the field of health sciences, and work independently using practical and theoretical problem solving  
can relate critically and analytically to different sources of knowledge, theories and practices, and apply national and international literature in order to formulate academic reasoning  
can identify needs, plan, and in accordance with applicable laws and research ethics norms, carry out and disseminate an independent, delimited research project related to the chosen area of specialisation

#### GENERAL COMPETENCE

can work independently to identify theoretical, practical or ethical issues related to service innovation/ professional development/ societal challenges  
can describe and present their own academic work both in writing and orally, using clear scientific language and precise formulations

can communicate about health science issues, assessments and conclusions with peers, other professions and the general public  
can contribute and stimulate innovative thinking and innovation, as well as contribute to relevant professional debate, and communicate these in professional forums  
has insight into global health challenges and can apply international literature

#### Admission requirements

Bachelor's degree or equivalent in health or social sciences. A certificate of good conduct is required for admission to the Mental Health Work specialisation courses.

#### Progression requirements

In order to complete the master's thesis course, the following courses or their equivalent must be passed: Philosophy of Science, Qualitative and Quantitative Methods as well as Project Development and Design.

#### Career possibilities

A successfully completed master's degree in health sciences qualifies you to work with complex health-related issues in, for example, health promotion, mental health work or e-health. The programme provides candidates with competence to perform critical, reflective and evidence-based professional practice and qualifies for professional development positions, professional management in healthcare services and duties/positions in public administration, university and university college teaching positions, as well as admission to PhD programmes.

Students wishing to gain competence corresponding to the requirements in the Framework Plan for Further Education in Mental Health Work must have 60 credits with the following combination of courses: Health Science (10 credits) + Philosophy of Science and Ethics (10 credits) + Perspectives in Mental Health Work (10 credits) + Communication, Collaboration and Relationship (10 credits) + Approaches to Mental Health Work (10 credits) + an elective course of 10 credits. In addition, at least one year of relevant work experience is required after completing the bachelor degree before admission.

#### Study abroad

Candidates who wish to take part in a student exchange can take all or a part of the fourth semester at another university abroad.

The fourth semester of the Master in Health Sciences is arranged for exchange. This means that our students can go on exchange that semester, and we can welcome incoming students from other countries. If needed, relevant courses will be taught in English in the fourth semester.

#### Costs

In addition to the semester fee and course literature, students are expected to provide their own laptop computer with microphone and video equipment. A stable internet connection with sufficient capacity is required to participate in online teaching and group work.

#### Assessment methods

The master's programme emphasises varied forms of assessment and examination. Except for the first course, each course has a minimum of one piece of coursework. These are either written or oral, individual or in groups. Different forms of examination are used: Written home examination, written examination and assignment with oral adjustment (master's thesis).

#### Graduation requirements

In the master's thesis, students must utilise knowledge from the other courses in the educational programme through systematic and independent work on a chosen topic. The project description prepared in the Project Development and Design course is the basis for the master's thesis. The master's thesis constitutes the largest course (40 credits), and will provide a comprehensive expression of learning outcomes from the entire programme in terms of the application of theory, research ethics and research methodology in the study of health science

issues.

#### Programme evaluation

The educational programme is annually evaluated by the students and academic staff through course evaluations and programme evaluation. These evaluations are part of the University's quality assurance system.

#### Qualifications requirements and regulations

The mental health work courses are regulated by the Framework Plan for Further Education in Mental Health Work.