Nutrition and eating habits

NÄRINGSLÄRA OCH MATVANOR

7,5 credits - 7,5 högskolepoäng

Course code: HBNARI
Level: Bachelor's level
Main Field of Study: Sport Science
Progressive specialization: G1N
Disciplinary Domain: Sports
Subject group: Public Health
Established by: Utbildnings- och forskningsnämndens kursplaneutskott 2025-12-05
Version: 4
Valid from: Autumn semester 2026

Entry requirements

General entry requirements for bachelor's studies.

No specific entry requirements.

Intended learning outcomes

Knowledge and understanding

• Describe the structure, function, and metabolism of nutrients in the body, as well as energy metabolism and nutritional needs during work and rest.
• Explain the Nordic nutritional recommendations and dietary advice.
• Outline theories and models related to eating habits, health, and the environment.

Skills and Abilities

• Demonstrate the ability to assess factors that influence nutrient intake and eating habits.

Evaluation ability and approach

• Analyze eating habits and determine if nutritional needs are being met.
• Evaluate dietary advice tailored to specific target groups.

Course content

The course covers the following topics:

• The structure, function, and metabolism of nutrients in the body, energy metabolism, and nutritional needs during work and rest.
• Nordic nutritional recommendations, dietary advice, and tailored guidance for different target groups.
• The relationship between eating habits, health, and the environment.
• Factors influencing nutrient intake and eating habits.
• How to analyze and assess eating habits to determine if nutritional needs are met.
• Techniques and educational tools for providing dietary advice that is adapted to specific target groups.

Examination

(2221) 4.5 hp, Skriftlig examination, Tregradig skala
(2221) 4.5 credits, Written examination, Three-grade scale

(2222) 3 hp, Skriftlig och muntlig redovisning, Tvågradig skala
(2222) 3 credits, Written and oral presentation, Two-grade scale

Each test is followed by a regular test opportunity and a retest opportunity. The regular retest (occasion 2) is available no earlier than two weeks and no later than six weeks after the student receives their grade decision from the first test. In addition to regular tests and retests, additional retests (occasion 3 or more) are available for both theoretical and practical exams. Each test within a course session must have at least three test opportunities within one year.

If a student does not fully meet the objectives of a test, they may be allowed, by the examiner's decision, to complete the test to achieve a passing grade. It is only possible to complete the test up to a passing grade, not a higher one. Usually, the student is given the completion task along with the notification of the regular test result. The task must be submitted within two weeks of receiving the test result before the next retest. If not submitted within this time frame, the grade remains failed, and the student must retake the test.

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Course requirements

Active participation in group assignments is required. If a student is absent from a required course activity, they may, at the examiner’s discretion, be given the opportunity to complete a replacement assignment. The assignment must be submitted no later than when the course is completed.

Grades

The course is graded with one of the following grades: Pass with Distinction (VG), Pass (G), or Fail (U). To receive a Pass grade for the entire course, all examinations must be passed. A Pass with Distinction (VG) grade requires a VG on the written examination. Detailed information on grading criteria for each level will be provided at the start of the course.

Student influence and course evaluation

In accordance with Chapter 1, Section 14 of the Higher Education Ordinance (1993:100), a written course evaluation is conducted upon completion of the course. Students will receive feedback on the results following the course evaluation.

Course evaluations focus on the students' learning and pedagogical experiences, using learning objectives, activities, and examination outcomes as the basis for reflection on course quality.

Type of instruction

The course is taught through lectures, seminars, and group assignments. Instruction is conducted in English.

Other information

The course is part of the Health Promotion program but can also be taken as a standalone course. Instruction includes lectures, seminars, and presentations, with some components requiring active practical participation from students.

In cases where a course is discontinued or significantly altered, students are guaranteed at least three additional test opportunities (beyond the regular ones) within one to two years after the discontinuation or changes. This applies similarly to internships and work-based education, but only one additional opportunity will be provided.

Literature and list of references

Required reading

Berg et al. (2021). Näringslära för högskolan. Liber, ISBN: 9789147131075.
or
Lanham-New et al. (2020). Introduction to human nutrition. ISBN: 9781119476979

Nordic Nutrition Recommendations (2023)

Optional reading and other learning materials

Materials on dietary habits, health, and the environment from the Swedish Food Agency’s website.