



## General syllabus for doctoral studies in Health and Lifestyle

### Field and subject

#### Field

The field of health and lifestyle is an interdisciplinary field of knowledge that comprises the understanding, explanation and alteration of people's health and lifestyle. The field focuses on health and lifestyle over a person's entire life, in which various individual conditions, needs, wishes and actions, together with organisational and social conditions, create a complex context. Health and lifestyle is a research domain that includes both basic research and applied research, with the aim of contributing to knowledge preparedness and social benefit, based on society's challenges. The field combines several different academic disciplines. Through an interaction of various scientific perspectives (integrated science), new socially relevant knowledge can be created for current and future health and lifestyle challenges, as well as health innovations and welfare initiatives. In this respect, gender, age, ethnicity, sexual orientation, religion and functional variation, among others, are key factors in illuminating and problematising the relationship between individual conditions and societal structures from gender and equality perspective. Moreover, sustainability is relevant to the research field. Sustainability has ecological, economic and social dimensions, and the field relates to the global goals for sustainable development (Agenda 2030) adopted by the UN.

#### Subject description

The subject of health and lifestyle comprises both health science and social science perspectives. The subject is defined as the understanding, explanation and alteration of people's health and lifestyle, which can be described and problematised at an individual, group organisation or societal level. The subject is based on a holistic view of health and lifestyle, which includes physical, mental, social health and well-being. Furthermore, health and lifestyle are seen to vary over time and between people, depending on individual conditions, different living conditions, cultural perspectives and social structures.

Within the subject, health and lifestyle are understood to be intrinsically linked, and people's differing conditions in combination with structural and organisational factors constitute a composite pattern that requires a holistic view of health and lifestyle. Ethical and critical perspectives on health and lifestyle are also problematised within the subject.

The research within the subject, focuses on processes that promote, preserve and recapture health and well-being, and on how ill-health occurs and can be counteracted. Research within the subject also concerns the opportunities and limitations of individuals and groups to choose a lifestyle as actors, as well as the conditions, structures and processes that set the framework for and affect people's lifestyles. The structures and the actors as well as the contention area between them are put into focus. In this contention area, perspectives on sustainability, participation, equal opportunities and gender equality are essential for understanding what affects people's health and lifestyle.

## Entry requirements

### General entry requirements

General entry requirements for doctoral education are indicated in Chapter 7, Section 39 of the Higher Education Ordinance:

A person meets the general entry requirements for third-cycle<sup>1</sup> courses and study programmes if he or she:

1. has been awarded a second-cycle qualification,
2. has satisfied the requirements for courses comprising at least 240 credits of which at least 60 credits were awarded in the second-cycle, or
3. has acquired substantially equivalent knowledge in some other way in Sweden or abroad.

The higher education institution may permit an exemption from the general entry requirements for an individual applicant, if there are special grounds. Ordinance (2010:1064).

### Specific entry requirements

In order to be eligible for admission to third-cycle studies in health and lifestyle, the applicant must have a second-cycle degree within a field that is relevant to the subject of health and lifestyle.

## Outcomes

### Degree of Licentiate

#### Knowledge and understanding

For licentiate degree 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 licentiate degree 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

---

<sup>1</sup> Under the headline Entry requirements *doctoral education* is written *third cycle studies*

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 and 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 licentiate degree 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, and
- demonstrate the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning.
- show insight into integrated science on the subject of health and lifestyle (local qualitative target).

### **Degree of Doctor**

#### **Knowledge and understanding**

For doctoral degree the doctoral student shall

- demonstrate broad knowledge and systematic understanding of the research field as well as advanced 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 doctoral degree 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 doctoral degree the doctoral student shall

- demonstrate intellectual autonomy and disciplinary rectitude as well as the ability to make assessments of research ethics, and
- 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.
- demonstrate insight into integrated science on the subject of health and lifestyle (local qualitative target).

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

Overview of the disposition and requirements of the education	Compulsory module (credits)	Optional module (credits)	Thesis/essay module (credits)	Total credits
Degree of Doctor	45	15	180	240
Degree of Licentiate	30		90	120

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

### Degree requirements

Education on doctoral level results in a doctoral degree or a licentiate degree. Doctoral students have the opportunity to take the licentiate degree as a stage in the education.

### Degree of Licentiate

For the licentiate degree, the student must have:

- completed courses of at least 30 credits and
- written an approved thesis, which corresponds to studies of at least 90 credits

The thesis and courses combined must comprise at least 120 credits

### Course element

This part of the degree comprises a total of 30 credits, where all course credits consist of compulsory courses.

#### *Compulsory courses.*

- Introductory course corresponding to 7.5 credits (The course comprises the modules: Theory of Knowledge, equivalent to 3 credits, Research Ethics, equivalent to 2.5 credits, and Teaching and Learning in Higher Education, equivalent to 2 credits)
- Health and lifestyle I, equivalent to 7.5 credits

- Theory of Knowledge, equivalent to 4.5 credits
- Research Ethics, equivalent to 3 credits
- Scientific Methods - qualitative and quantitative design and method in the field of health and lifestyle, equivalent to 7.5 credits

### **Degree project**

The degree project (licentiate thesis) must comprise 90 credits.

The degree project must consist of an independent project in the subject of health and lifestyle

The degree project can be a monograph or a compilation thesis. The compilation thesis must consist of at least two papers with an associated frame story. The doctoral student must be the first author of at least one of the papers included in the compilation thesis. The papers should be original works and fulfil the requirements for publication in a peer-reviewed scientific journal. With regard to monographs, the thesis must be an original work and meet the usual requirements for scientific quality.

The frame story, or the corresponding part in a monograph, should clearly show the knowledge contribution of the degree project in relation to the subject health and lifestyle.

The originality requirement does not prevent the thesis from being part of a larger research project. In this case, however, the delimitation of the degree project in relation to the larger research project must be clearly stated. If the thesis is co-authored (or parts of it), the doctoral student's individual efforts must be clearly reported.

The thesis can be written in English or Swedish. If the thesis is written in English, a Swedish summary must be included and vice versa.

The research project(s) on which the degree project is based shall, if applicable, undergo ethical examination in accordance with applicable guidelines.

If the degree project refers to a compilation thesis, at least one paper must be published or accepted for publication in a peer-reviewed scientific journal at the time of the licentiate seminar, and the other papers must have been submitted for publishing by a scientific journal. With regard to monographs, the degree project must meet the usual requirements of scientific quality.

The thesis must be defended at a publicly announced licentiate seminar, in accordance with the higher education institution's guidelines. Before the licentiate seminar can be held, the degree project must have undergone prescribed review in accordance with applicable guidelines at Halmstad University.

The doctoral education for the licentiate degree includes two compulsory seminars that deal with the degree project:

- A planning seminar at the start of the doctoral education, in which the doctoral student presents and discusses their thesis plan. The thesis plan is discussed at the seminar with specially appointed internal reviewers.

- A final seminar, in which the degree project is summarised and presented by the doctoral student and the work is reviewed and assessed by specially appointed external and internal reviewers.

The doctoral education in health and lifestyle requires the doctoral student to actively participate in the seminar activities within the doctoral education, in addition to compulsory seminars.

## **Degree of Doctor**

For the doctoral degree, the student must have:

- completed courses of at least 60 credits and
- written an approved academic thesis, which corresponds to studies of at least 180 credits

The thesis and courses combined must comprise at least 240 credits

### **Course element**

The courses comprise a total of 60 credits, where 45 credits consist of compulsory courses and the equivalent of 15 credits consists of optional modules which, in addition to courses, may include certain other credit-qualifying elements as described below.

#### *Compulsory courses.*

- Introductory course corresponding to 7.5 credits (the course comprises the modules: Theory of Knowledge, equivalent to 3 credits, Research Ethics, equivalent to 2,5 credits, and Teaching and Learning in Higher Education, equivalent to 2 credits)
- Health and lifestyle I, equivalent to 7.5 credits
- Health and lifestyle II, equivalent to 7.5 credits
- Theory of Knowledge, equivalent to 4.5 credits
- Research Ethics, equivalent to 3 credits
- Scientific Methods – qualitative and quantitative design and methodology in the field of health and lifestyle, equivalent to 7.5 credits
- Scientific Methods – Advanced study of qualitative and quantitative design and methodology, equivalent to 7.5 credits

#### *Optional module:*

The optional module includes courses and certain credit-qualifying courses equivalent to 15 credits. Within the framework of the optional element, courses can be chosen that are relevant to the doctoral student's knowledge or skills in the subject of health and lifestyle.

Within the framework of the optional module, the following credit-qualifying elements may also be included

- Active participation in an international conference, 0.5 credits, (a total of 1 credit can be included in the optional module)
- Examination assignments in the mid-way seminar, 0.5 credits, (a total of 1 credit may be included in the optional module)

### **Degree project**

The degree project (doctoral thesis) must comprise 180 credits.

The degree project must consist of an independent project in the subject of health and lifestyle

The degree project can be a monograph or a compilation thesis. A compilation thesis should usually consist of at least four papers with an associated frame story. Fewer papers may be accepted in exceptional cases, if those papers are considered to be of very high quality. The doctoral student must be the first author of at least three out of four papers in a compilation thesis.

Papers in a compilation thesis must be original works and publishable in a peer-reviewed scientific journal. With regard to monographs, the thesis must be an original work and meet the usual requirements of scientific quality.

The frame story, or the corresponding part in monograph, must show the dissertation's scientific contribution in relation to the subject health and lifestyle.

The originality requirement does not prevent the thesis from being part of a larger research project. In this case, however, the delimitation of the degree project in relation to the larger research project must be clearly stated. If the thesis is co-authored (or parts of it), the doctoral student's individual efforts must be clearly reported.

The thesis can be written in English or Swedish. If the thesis is written in English, a Swedish summary must be included and vice versa.

The research project(s) on which the degree project is based shall, if applicable, undergo ethical review in accordance with applicable guidelines.

When the degree project relates to a compilation thesis, at least two papers (with the doctoral student being the first author of at least one) must have been published or accepted for publication in a peer-reviewed scientific journal at the time of the public defence. The other papers (manuscripts) must have been submitted for publishing by a scientific journal at the time of the public defence. With regard to monographs, the degree project must meet the usual requirements of scientific quality.

The degree project must be defended at a publicly announced defence of the doctoral thesis, in accordance with the university's guidelines. Before the defence of the doctoral thesis may be conducted, the degree project must have undergone prescribed review in accordance with applicable guidelines at Halmstad University.

The doctoral education for a doctoral degree includes two compulsory seminars that deal with the degree project;

- A planning seminar at the start of the doctoral education, in which the doctoral student presents and discusses their thesis plan at a seminar in the doctoral educational environment. At the seminar, the thesis plan is discussed with specially appointed internal reviewers.
- A mid-way seminar, in which the degree project is summarised and presented by the doctoral student and the project is reviewed and assessed by specially appointed external and internal reviewers.
- A final seminar, in which the degree project is summarised and presented by the doctoral student and the thesis is reviewed and assessed by specially appointed external and internal reviewers.

The doctoral education in health and lifestyle requires the doctoral student to actively participate in the seminar activities within the doctoral education, in addition to compulsory seminars.



## **Degree title**

Upon completion of the degree, a degree certificate with the following title of qualification is issued (upon application):

### **Degree of Licentiate**

Filosofie licentiatexamen inom ämnet Hälsa och Livsstil

Degree of Licentiate of Philosophy in the subject Health and Lifestyle

### **Degree of Doctor**

Filosofie licentiatexamen inom ämnet Hälsa och Livsstil

Degree of Doctor of Philosophy in the subject Health and Lifestyle

## **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.