Hanze

Course: Lifestyle & Prevention — credits: 5

Course code	FYVP23LP
Name	Lifestyle & Prevention
Study year	2026-2027
ECTS credits	5
Language	Dutch, with parts in English
Coordinator	M. van Ark
Modes of delivery	Action learning Education
Assessments	Conditional assignment - Assignment Group assignment - Assignment IPE Cluster Project Health, Care & Vitality Year 1 - Active participation

Learning outcomes

Learning Outcomes

The student identifies and analyzes modifiable lifestyle factors and explores potential collaborative partners within the field of preventive care with the aim of promoting healthy (physical activity) behavior. The student is able to describe these findings in a written report. Professional role: HP-1

The student demonstrates mastery of the fundamental principles and basic knowledge (the Body of Knowledge) required to successfully perform the professional role of health promoter — including ethics, rights, laws, and regulations — at proficiency level 1 (primarily factual knowledge, understanding, and reproduction). Professional role: HP-1

The student is able to reflect on the learning development of the project group and its members in the area of lifestyle and prevention, and can present this orally to fellow students in clear language and in accordance with the rules of professional communication. Professional role: RP,COM-1

The student demonstrates entrepreneurship by establishing new contacts and by planning and organizing their learning activities in such a way that efficient and effective collaboration can take place. Professional role: ORG-1

The student acknowledges their fellow student within the community of learners as an autonomous and independent individual, and as an equal collaboration partner regardless of interpersonal diversity. Professional role: COL-1

(IPE cluster project) The student contributes constructively within an interprofessional project by clarifying their own professional role, analyzing shared issues, making joint decisions about interventions, and presenting the results clearly. Professional role: COL,HP-1

Content

Prevention aims to promote physical, mental, and social well-being. A physiotherapist who focuses on prevention is concerned with behavioral change and focuses on people's ability to adapt and control life's social, physical, and emotional challenges.

In this course, prevention focuses on a healthy lifestyle in which aspects such as eating habits, exercise, and dealing with stress are treated. In this course, students work in small groups on various assignments. The student is given the assignment to map out the offer in the field of prevention and the wishes and needs in the field of health and well-being for a specific group of people. Physiotherapeutically relevant questions are formulated and answered. In this course, the student thus learns important preventive measures for a healthy lifestyle and the roles of various care providers, trainers, and volunteers within this range. The course is concluded with a group presentation and a group report.

This course also includes the IPE Cluster Project Health, Care & Vitality Year 1 (1 EC).

In this project, students are introduced to interprofessional collaboration in an active way by working together with various degree programs within the Health, Care & Vitality cluster. Through a shared assignment, they get to know each other better, both socially and professionally. Central to this is discovering role clarity and making use of complementary differences in perspectives and expertise.
The Meta-Model of Interprofessional Development (Reinders, 2018; Reinders & Pesut, 2022; Reinders et al., 2023) helps them understand how these different contributions come together to create effective collaboration.

Included in programme(s)

Physiotherapy

School(s)

Health, Care & Vitality

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