Course: Global Health and Counceling Strategies — credits: 5

Course code	SKVH25GHC
Name	Global Health and Counceling Strategies
Study year	2026-2027
ECTS credits	5
Language	English
Coordinator	T.T. Toering

Modes of delivery	Assignment Guest lecture Lecture Tutorial
Assessments	Global Health and Counceling Strategies - Professional product

Learning outcomes

By the end of this course, students will have developed a comprehensive understanding of human behavior and behavior change, particularly in relation to health and well-being. They will become familiar with various behavior change models and theories, and learn to apply these in real-world situations at multiple levels: individual (e.g., counseling), team (e.g., team development), organization (e.g., workplace, school), and networks (e.g., community). Emphasis will be placed on empowering individuals and groups through coaching and counseling. Additionally, students will gain insights into international public health, translating societal developments and scientific insights into concrete policy recommendations. This course will equip students with the skills to positively influence health and well-being across different contexts and stakeholders.
LILO 2: Design (Competency level 3)
LILO 3: Implementing (Competency level 3)

Body Of Knowledge and Skills (BOKS) for the national educational profile for Sport Studies [in Dutch: landelijk opleidingsprofiel Sportkunde]:

Sport and society:
4. Sport and physical activity as a tool

Sport and health:
7. Target group analysis
8. Sport and physical activity programmes
9. Behavioural change

Content

Content of the course component: Human behaviour and behaviour change has interested scholars for a long time, as it is central to human functioning. Many disciplines study behaviour in one way or another, such as philosophy, psychology and sociology. In this module, students will be made familiar with several behaviour change models and theories and learn how to apply these in real-world situations to positively change behaviour related to health and well-being. Behaviour can be changed at a number of levels: 1) individual (e.g., counselling), 2) team (e.g., team development), 3) organisation (e.g., workplace, school), and 4) networks (e.g., community). Students will work on case studies and learn how to translate theory into working models that can be used in practice. Emphasis will also be placed on empowerment of individuals and groups in such processes.

In addition, students – working from an international health perspective – will learn to translate societal developments and scientific insights into concrete policy recommendations. Operating at the dynamic nexus of politics, policy and science, students will become familiar with the world of international public health and its various stakeholders. Specifically, attention will be paid to the analysis of global public health problems, development and implementation of policies, and topics related to compliance with these policies.

The objectives of this module are 1) to increase understanding of behaviour and behaviour change related to health and well-being, and 2) to provide insights into the application of this knowledge to positively influence health and well-being in individuals, teams, organisations, and/or social networks.

Course structure: The course consists of guest lectures, regular lectures, and tutorials led by your instructor.

Assessment structure: Professional product

Literature and any costs: -

Included in programme(s)

Sport Studies

School(s)

Well-being, Education & Sport

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