Vak: Vitality @ work — credits: 5

Vakcode	SKVP22VWO
Naam	Vitality @ work
Studiejaar	2026-2027
ECTS credits	5
Taal	Engels
Coördinator	R.M. van Rozen
Werkvormen	Gastcollege Probleem gestuurd onderwijs
Toetsen	Vitality @ work - Professioneel product

Leeruitkomsten

By the end of this course, students will have developed the skills to enhance the vitality and sustainable employability of employees within various organizations. They will learn to diagnose current organizational health, design and implement strategies to promote active and healthy lifestyles, and address challenges at multiple levels, including HRM policy, team dynamics, and individual behavior. Through research, project development, and evaluation, students will gain practical experience in fostering a positive organizational culture, ultimately contributing to the overall well-being and productivity of the workplace.
LILO 2. Design (Competency Level 1)
LILO 3. Implementing (Competency Level 1)
LILO 4. Advising (Competency Level 1)

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

Sport and physical activity management
10. Organisational culture
11. Management

Inhoud

Content of the course component: Vital organizations are attractive organizations where people enjoy working. They are able to adapt well to circumstances, the work is being done with active engagement and enthusiasm and the employees work together to create a pleasant organizational culture. The employees are energetic, the customers are satisfied, and absenteeism is low. A vital organizational culture arises when employees take responsibility for their own health and employability (bottom-up approach) but can certainly be facilitated or supported by management and policy (top-down approach). Vital organizations arise from interventions on multiple levels: the (HRM) policy, the way of working (together) in teams and at an individual level.

In this course, students will develop a project which aims to make an organization (company, government, non-profit) more vital and to increase the sustainable employability of employees. Based on a diagnosis of the current situation, work is being done on the design of an approach to improve the vitality of the employees. Challenges at the various levels to create an active lifestyle at and around work are examined and innovative solutions based on existing knowledge are used to remove any barriers. Knowledge of behavioural change, active and healthy lifestyle and HRM are important here. Based on the performed research, the designed approach and the implementation of (part of) this approach is tested by means of an evaluation study, project report and a final presentation.

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

Assessment structure: Portfolio assessment & professional product

Literature and any costs: -

Opgenomen in opleiding(en)

Sport Studies

School(s)

Welzijn, Educatie & Sport

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