



This course is part of the project "847174 / EUPAP" which has received funding from the European Union's Health Programme (2014–2020).

COURSE CURRICULUM

Education and training

– Physical activity on prescription – the Swedish method

Description

A three-day course and a follow-up in the core components of the Swedish physical activity on prescription method (PAP-S). Due to COVID-19 this third course will be held digitally.

Course aim

The course aims to provide course participants with basic knowledge and skills for prescribing physical activity in prevention and treatment of disease according to the Swedish PAP method.

Intended Learning Outcomes

At the end of the course, participants are expected to be able to:

- understand and discuss the basic concept of PAP-S
- perform clinical reasoning and prescribe individualized physical activity, including estimation of physical activity intensity and risk assessment
- understand and describe the associations between physical activity and health with examples from common diagnoses
- understand and describe person-centered care, behavioral change and interview technique, as part of PAP-S
- reflect and discuss on how PAP-S can be used in own context/country
- understand and use implementation tools and start the planning of implementation in own context/country



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Course content

The course includes:

- Background on the evidence for associations between physical activity and health, and activity levels in the population
- Basic concept of PAP-S, and how the method is used in primary health care and at hospital level
- Scientific evidence for PAP
- PAP in cardiovascular disease, mental health/stress, surgery, and orthopedics
- Person centered care, behavior change and interview technique
- Implementation of PAP – processes and tools
- Practical prescription of physical activity (case study)
- Site visit at PAP-center including description of experiences from an enhanced support
- Exchange of experiences of PAP from different countries
- An individual written assignment to reflect and discuss how PAP-S can be implemented in own context/country, including barriers and enablers, and describe actions taken after the first days of the course, with reference to the course literature

Work model

This course is based on theories of experiential learning, collaboration and meaningful learning. This means that active participation during course sessions is an essential part of the course content. Participants will get the opportunity to experience a variety of teaching-learning activities and teaching techniques related to e.g. lectures, discussions, group work and study visit. The course includes activities that support capacity building and networking. The individual written assignment will be discussed at a follow-up webinar.

Course literature

Course literature will consist of lecture handouts and current scientific papers, information and working material for clinicians and patients.