Sveriges lantbruksuniversitet
Swedish University of Agricultural Sciences

SLUkurs

Outdoor Environments for Health and Well-being - Master´s Programme

Version 5. Is valid from autumn 2023

DECISION

Programme code:
LM007

Scope:
120 ECTS

Date:
2015-02-11

Decision by:
Utbildningsnämnden

Revised by:
2022-05-05

Programnämnden för utbildning inom landskap och trädgård (PN - LT)

SLU Id:
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Board responsible:
Programnämnden för utbildning inom landskap och trädgård (PN - LT)

PRIOR KNOWLEDGE AND OTHER ENTRY REQUIREMENTS
To be eligible for the Outdoor Environments for Health and Well-being – Master's Programme, the requirements are:
- General entry requirements: a Bachelor's degree (undergraduate cycle) corresponding to a minimum of 180 credits

In addition, knowledge corresponding to English 6 (Swedish secondary school) is required. This is according to a local SLU decision fulfilled by those who have a degree comprising at least 180 credits at first cycle level from a Swedish higher educational institute or 120 credits completed studies at SLU. English 6 can also be achieved in other ways, which are specified at universityadmissions.se.

The requirements for special eligibility as stated above can also be fulfilled by those who have equivalent knowledge through a foreign degree or if equivalent knowledge

has been obtained in another way.

For admission to the courses included in the program, the requirements for special qualifications are stated in the syllabus for each individual course.

It is further recommended that at least 15 credits have been taken within any of the behavioral disciplines, health care, education, design, environmental science, landscape architecture, gardening or forestry.

INTENDED LEARNING OUTCOMES

Objectives for a Degree in XX

In accordance with the annex to the Ordinance for the Swedish University of Agricultural Sciences, for a Degree of Master (120 credits) the student shall have:

Knowledge and understanding
- demonstrated knowledge and understanding in the main field of study, including both broad knowledge of the field and a considerable degree of specialised knowledge in certain areas of the field as well as insight into current research and development work, and
- demonstrated specialised methodological knowledge in the main field of study.

Competence and skills
- demonstrated the ability to critically and systematically integrate knowledge and analyse, assess and deal with complex phenomena, issues and situations even with limited information,
- demonstrated the ability to identify and formulate issues critically, autonomously and creatively as well as to plan and, using appropriate methods, undertake specialised tasks within predetermined time frames and so contribute to the formation of knowledge as well as the ability to evaluate this work,
- demonstrated the ability in speech and writing both nationally and internationally to report clearly and discuss his or her conclusions and the knowledge and arguments on which they are based in dialogue with different audiences, and
- demonstrated the skills required for participation in research and development work or autonomous employment in some other qualified capacity.

Judgement and approach
- demonstrated the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical considerations and also to demonstrate awareness of ethical aspects of research and development work,
- demonstrated insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used, and

- demonstrated the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning.

DEGREE

Degree awarded on completion of the programme

Outdoor Environments for Health and Well-being – Master's Programme aims at a Degree of Master of Science with a major in Environmental Psychology, a general qualification. See SLU:s internal directives for grading systems and examination rights.

Students who fulfill the qualification requirements for the Degree of Master of Science (120 credits) will be provided with a degree certificate upon request. The degree certificate will specify the qualification as *Degree of Master of Science (120 credits) with a major in Environmental Psychology.*

Degree requirements

A Degree of Master of Science (120 credits) with a major in Environmental Psychology will be awarded on completion of the course examinations (Pass grades) to the value of 120 credits, with the following requirements:
- a minimum of 30 credits courses shall concern in-depth study within Environmental Psychology (A1N, A1F),
- a minimum of 30 credits shall concern independent work (degree project) within Environmental Psychology (A2E).

First-cycle courses can constitute a maximum of 30 credits, provided these credits were not included in a qualifying Bachelor's degree or equivalent.

There is additional requirement of a completed Degree of Bachelor, Professional Degree of a minimum of 180 credits or a corresponding overseas qualification.

CONTENT AND OUTLINE

Programme description

The program is for students interested in the sustainable development of outdoor environments and outdoor activities contributing to peoples' development, well-being and health. Environmental psychology is the primary source of knowledge on the interaction between people and the physical environment. A broader field of landscape studies provides perspective on our relationship with nature and the particular role of animals and natural elements for the function of place. In focus are people´s need for outdoor recreation in terms of rest as well as activities, and the different physiological, psychological and social processes associated with these.

Training is given in methods for investigating place and to study people's relationships to particular places and landscapes surrounding them in everyday life. The focus is on proficiency to carry out documentation, analysis and evaluation and the ability to develop research-based applications adapted to local circumstances and particular user groups. Relevant fields for application include outdoor environments in healthcare, residential areas, schools and workplaces, as well as parks, playgrounds and other public places and outdoor recreational settings.

Through specific course choices and choice of subject for the independent project it is possible to specialize in a specific area. More or less focus can be placed on knowledge about the design of the physical environment or about the activities engaging people in different types of outdoor environments. A third option is focusing on issues related to the role of strategic planning in promoting outdoor stay and people's contact with nature.

The independent project will provide additional skills on how to investigate the relationship between people and their physical environment and provides opportunities to delve further into the subject area while addressing an important problem. Links to previous studies at bachelor level can benefit the independent project. Vital during the education is the development of sensible judgement regarding ethical considerations, methodologies and applications, with the ability to critically and constructively evaluate projects and proposals.

The program prepares students for strategic tasks in planning and development work, evaluation and research.

The program is taught in English, with the possibility of written submissions in Swedish in some assignments.

Courses in the programme
Main subject area:
Environmental psychology (MP)
Landscape Architecture (LK)

The program consists of eight courses as well as an independent project. Upon admission to the program, students are admitted to the course "Environmental Perception and Experience". Fulltime students are also admitted to the course "Place, Activity, and Human Development". An independent project of 30 credits (Environmental Psychology, A2E) is mandatory for the Degree of Master (120 credits).

Year 1

Autumn Semester
Environmental Perception and Experience, 15 credits (Environmental Psychology, A1N)
Place, Activity, and Human Development, 15 credits (Environmental Psychology, A1N)
Spring Semester
Landscape Analysis for People and Environment Studies, 15 credits (Environmental Psychology/Landscape Architecture, A1N)
Research Methods for People and Environment Studies, 15 credits (Environmental Psychology/Landscape Architecture, A1N)

Year 2
Autumn Semester
Outdoor Environments for Children and Youth, 15 credits (Environmental Psychology/Landscape Architecture, A1N)
Nature Based Interventions, 15 credits (Environmental Psychology, A1N)
Spring Semester
Health Promoting Outdoor Environments, 15 credits (Environmental Psychology/Landscape Architecture, A1F)
Nature and Animal Assisted Interventions, 15 credits (Environmental Psychology, A1N)

Autumn and Spring Semester
Independent Project in Environmental Psychology, 30 credits (Environmental Psychology, A1E)
Independent project in Landscape Architecture, 30 credits (Landscape Architecture, A2E)

The courses offered may change during the course of the programme. Decisions on the courses offered are taken well in advance of the next academic year.

Each course combine tasks carried out independently and/or in groups with mandatory online meetings.

Course syllabus – detailed information is available on the SLU student web.

TRANSITIONAL REGULATIONS AND OTHER REGULATIONS

Transitional regulations

Up to and including the 2019 autumn semester, the Outdoor Environments for Health and Well-being Master´s programme aimed at a Master´s degree with

landscape architecture as the main field of study.

For students admitted to this programme up to and including the 2019 autumn semester, it will still be possible to be awarded a Master´s degree with landscape architecture as the main field of study. For these students, courses classified as environmental psychology only can be credited towards the main field of study landscape architecture. Students will be offered the possibility of doing an independent project in landscape architecture up to and including the academic year 2024/25.

For students admitted to the Outdoor Environments for Health and Well-being Master´s programme up to and including the 2019 autumn semester, courses previously classified as landscape architecture only can be credited towards the new main field of study environmental psychology.

Subject area: MP = Environmental Psychology, LK = Landscape Architecture

Course New Subject Area Can be credited by students admitted up until HT 2019
Environmental Perception and Experience 15 hp MP LK
Place, Activity, and Human Development 15 hp MP LK
Nature Based Interventions 15 hp MP LK
Nature and Animal Assisted Interventions 15 hp MP LK

Course Previous Subject Area Can be credited by students admitted up until HT 2019
Environmental Perception and Experience 15 hp LK MP
Place, Activity, and Human Development 15 hp LK MP
Nature Based Interventions 15 hp LK MP
Nature and Animal Assisted Interventions 15 hp LK MP