Minor Five Big Issues in Health 2017-2018
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Drugs and Addiction

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<td>Coördinator</td>
<td>dr. T. Pattij</td>
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<td>Docent(en)</td>
<td>dr. L. Diergaarde, dr. T. Pattij</td>
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<td>Lesmethode(n)</td>
<td>Werkgroep, Computerpracticum, Hoorcollege</td>
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**Doel vak**
Students will obtain insight in the neurobiological, clinical and socio-economical aspects of drug and alcohol abuse and critically discuss and evaluate a current hot topic in addiction treatment/prevention.

**Inhoud vak**
Addiction is the most widely occurring psychiatric disorder, which continues to extract enormous human and financial costs on our western society. The central feature of drug addiction is compulsive drug use, i.e. loss of control over apparently voluntary acts of drug seeking and drug taking. Currently, the leading view on addiction is that repeated drug consumption by vulnerable individuals (genotype) causes compulsive drug-seeking behaviour (phenotype) due to long-lasting neurobiological changes in the brain. Whereas numerous compounds (with or without cognitive therapy), have been tested clinically in the past, available treatments are as yet inadequate for most people and the risk of relapse to active drug use remains very high (80-90%), even after extended periods of abstinence. Against this background, the course will allow students to become familiar with the epidemiology, psychology, neurobiology, psychopharmacology and therapy of addictive behaviour with a focus on nicotine, psychostimulant, heroin, cannabis and alcohol addiction as well as compulsive gambling. Political and societal aspects of addictive behaviour will also be addressed.

**Onderwijsvorm**
Lectures, workshops, site-visits and self-tuition

**Toetsvorm**
Individual essay which accounts for 70% of final mark and written midterm exam which accounts for 30% of final mark.

**Literatuur**
Primary literature: links to scientific papers will be provided in advance.

**Aanbevolen voorkennis**
Basic neuroscience knowledge

**Doelgroep**
3rd year bachelor Health Sciences and related bachelor programmes
Intekenprocedure
Due to limited number of places available for the site-visits, preregistration for participation in the site-visits may be required. Information for this registration procedure will be posted on Canvas.

Overige informatie
Course coordinators:
Dr. L. Diergaarde, department of Anatomy and Neurosciences, VU university medical center
Dr. T. Pattij, department of Anatomy and Neurosciences, VU university medical center
Various teachers from within our university and guest lecturers from other universities and institutes will provide lectures in the course.

Dit vak is onderdeel van een minor en heeft een maximaal aantal deelnemers. Studenten die de hele minor doen, hebben voorrang.

Food for Thought

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<td>Docent(en)</td>
<td>prof. dr. I.H.M. Steenhuis, prof. dr. ir. I.A. Brouwer, dr. J. Halberstadt, I. Veldman MSc</td>
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Doel vak
After this course, students will be able to:
• Recall and describe the important characteristics of sensory, socio-cultural environment, physical environment and sustainability and their relationship with food choice
• Conduct and report a small-scale research project to investigate the relationship between a certain factor and food choice
• Critically reflect upon factors that influence food choice and the complexity of food choice and research towards food choice

Inhoud vak
The course focuses on determinants of food choice. Although healthy eating is in fact quite simple, the current society makes the right food choices very difficult for people. The overwhelming amount of information about nutrition which reaches people through various media, the web and on food packages seems to confuse people rather than to educate them. Therefore there is a need for a greater understanding of the determinants that affect food choice. The main determinant is of course hunger, but many other drivers play a major role.
In this course we will discuss determinants such as sensory aspects of food (taste), the physical environment, social-cultural aspects and
sustainability.
In addition, students will design and perform their own small-scale research project on determinants of food consumption.

**Onderwijsvorm**
This course is rewarded with 6 ECTs and runs in period 2. Contact hours are filled in as follows: lectures, a film, work group meetings/consultation seminars, personal feedback by email on research protocol, answers to questions via the discussion forum and a poster presentation. In addition, self-study and team work are important components of this course. You have to study the literature extensively and conduct and report on a small-scale research project in small groups.

Food for thought is a half-time course, this means that ~20 hours a week) are necessary to pursue the goals of this course. Regular attendance during the weeks is mandatory.

**Toetsvorm**
This course will be graded as follows:
a. A written exam (multiple choice questions and open questions) on all lectures AND literature. (is 50% of final grade)

• The other 50% of the final grading for this course is based on the assessment of the research project and consists of several sub gradings:
b. Grading research protocol = 10%
c. Grading poster + handout = 20%
d. Grading short scientific introduction = 20%
e. Grading individual contribution will be used to decide upon final grading assignment

In order to pass this course you need to have sufficiently contributed to the research project and you need at least a 5.5 for examination parts a, c and d

**Literatuur**
Literature will be provided on Canvas, and includes among others:

**Vereiste voorkennis**
Basic understanding of epidemiological research methods and statistics
Sufficient command of English

**Aanbevolen voorkennis**
Students need a sufficient level of the English language because the lectures will be taught in English.
Doelgroep
Students who are registered for the minor Five Big Issues in Health

Overige informatie
Guest lectures will be invited to share their expertise with the students. Students need a sufficient level of the English language because the lectures will be taught in English.

Lecturers:
- Dr. Jutka Halberstadt
- Dr. Judith Neter
- Drs. Simone Dorresteijn
- Drs. Ilse Veldman
- And guest lecturers

This course is part of a minor and works with a maximum number of students. Students who follow the entire minor will be selected first.

Health @ Work

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Doel vak
1. Student applies knowledge on workplace factors, prevalence statistics, theories and models (model workload, ICF model, healthy worker effect) on work participation and health and explains the organization and functioning of the occupational health care and social insurance medicine, including legislation and social security issues.
2. Student designs and evaluates a simple worksite health promotion intervention and is able to differentiate between the specific research settings of occupational health, and the public health setting including economic aspects.
3. Student debates about risk factors, intervention strategies and their effectiveness, specifically with respect to worksite health promotion and improving work participation of individuals with health problems.
4. Student differentiates between program and theory failure, and designs a process evaluation to investigate the possibility of program failure in an occupational health intervention study.
5. Student constructs a scientific question in the occupational health field and reports on this in a systematic way.
6. Student applies the basic principles of project management in the writing process of the written report.
**Inhoud vak**
This course is part of the minor ‘Five big issues in health’. The course focuses on the big issues in occupational health: It gives both insights in workplace factors affecting health and tools for keeping chronically ill patients working. Students will work focus on a specific occupational group, map the most important risks for developing a work-related disease, and think of a worksite health intervention to reduce those risks. The occupational group will be used as guidance to gain insight into the models, theories, and methodological issues specific for the work setting.

**Onderwijsvorm**
The course consists of lectures, tutorials, and group assignments. In addition, students are required to study independently for 120 hours in the 8-week period, summing up to a total time expenditure of 160 hours.

Number of contact hours with teacher
- Lectures (H): 30 hours
- Tutorials (W): 10 hours
- Total: 40 hours

**Toetsvorm**
The final mark of the Health@Work course consists of:
- 60% individual exam (E)
- 40% written group report (V)
- Oral group presentation (this is a pass/ fail component of the assessment and a necessary condition for getting your grade) (Pres)

The written report and the final exam will both be given a mark from 0 to 10. Compensation is not allowed. Both parts need to be at least 5.5. If one of the parts is below 5.5, a re-examination of that part is necessary. The oral presentation has to be passed by all group members. If not, re-examination of the oral presentation part of the whole group is necessary.

**Literatuur**
An online reader will be used, which will be made available through Canvas.

**Doelgroep**
The minor is open to students in Health Sciences, Health and Life Sciences, Human Movement Sciences, Biomedical Sciences, Medicine and Psychology from the VU University. Students from other universities following similar education programs are also invited to participate.

**Overige informatie**
Dit vak is onderdeel van een minor en heeft een maximaal aantal deelnemers. Studenten die de hele minor doen, hebben voorrang.

**Moving Matters in Health**

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**Doel vak**
The student acquires knowledge about the relationship between health and psychological, social and physiological aspects of exercise. Students get insight into current theoretical developments, empirical findings and their practical implications. During the practical students learn to apply their theoretical knowledge to the development and evaluation of motivation strategies in health exercise programmes.

**Inhoud vak**
The course ‘Moving matters in health’ introduces basic theoretical concepts and empirical methods and findings in the domain of exercise and its relation to (psychological and physiological) health. People move for different reasons, for example, because they want to reduce stress, for enjoyment, to be part of a social group, or to become more healthy. This course provides insights into the relation between health and psychological, physiological and, to a lesser extent, social aspects of exercise.

Several chapters from leading textbooks in the domain of sport and exercise such ‘Foundations of sport and exercise psychology’ (Weinberg & Gould) and ‘Physiology of sport and exercise’ (Kenney, Wilmore & Costill) will form the basis for introducing basic concepts and relevant empirical findings.

The following aspects will be dealt with:
- The relation between exercise and psychological well-being
- Motivating people to exercise
- Exercise in relation to the brain
- Moving with certain health issues
- Exercise behavior and adherence: Models, theories and practical implications
- Individual intervention strategies
- Training effects of exercise
- Measuring physical activity
- Overtraining

**Onderwijsvorm**
The course is a combination of lectures and a practical. The course requires active participation of the students. For the majority of lectures students are expected to read and digest the literature prior to the lectures.

The total study duration of the course is 168 hours (6 ECTS), approximately specified as follows:
- Contact 27
- Preparation of lectures 38
- Self-study 100
- Exam 3

**Toetsvorm**
The final assessment will take place in the form of a written exam consisting of multiple choice questions (85% of the final grade). In
addition, in relation to the practical students (in groups of max. four) produce a practical report (15% of the final grade). Both parts must be sufficient to pass the course (i.e., no compensation possible).

**Literatuur**
Several chapters from the following books:
Several scientific articles

**Aanbevolen voorkennis**
Some basic knowledge of human anatomy and physiology is recommended.

**Overige informatie**
The course includes several guest lectures, provided by:
1) dr. Annick Ledebt, FGB
2) dr. John Stins, FGB

The course is part of a minor and has a maximum number of participants. Students participating in the complete minor have priority.

**Sexual Health: Threats and Opportunities**

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<td>dr. M. van Elteren-Jansen</td>
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**Doel vak**
The main aim of the course is to give an overview of recent scientific knowledge and insights about sexual health and sexual behaviour. Opportunities and threats for a healthy sexual human development and behaviour will be discussed.
The different aims of the course are represented in the learning objectives:
1. The student can identify the different theoretical perspectives that can be used to study sexual health and can discuss about how to apply these perspectives in an interpretational framework.
2. The student can explain for sexual health outcomes; the change over time in STI prevalence, transmission and variation across settings, discuss about a broadly based and multi-faceted approach to STI control, the meaning of unplanned pregnancy and understand related issues for effective public health intervention. Can identify the health consequences of sexual violence and discuss strategies for prevention.
3. The student is able to discuss and can describe patterns and trends in sexual behaviour of social groups and can explain their vulnerability and risks and can assess priorities for intervention; The student gains
insight into the relationships between sexual health status of social
groups structural factors and aspects of identity.
4. Student can identify and describe challenges researchers, policy
makers and practitioners face in planning and implementing sexual health
interventions such as sexual health promotion and sexual health
education and can explain the role of the sexual health services.
5. Student can discuss and explain approaches and challenges for
research into sexual behaviour and possible bias and implications for
interpretation of data.
6. Student can discuss new techniques for medically assisted
reproduction (MAR) and can explain why these techniques raise ethical
questions.
7. Student is able to develop in a balanced group effort a scientific
research question in the field of sexual health and can report and
present a joint paper on this question based on own literature search.

Inhoud vak
In this course, sexual health will be approached from a public health
perspective. The focus is oriented towards sexual health issues of
populations rather than that of individuals (Wellings et al, Sexual
to sexual health will be discussed in more detail in order to come to a
better understanding of sexual health in its context. In the tutorials,
sexual health is also explored in relation to society and the
individual.

The aim of the course is to give an overview of recent scientific
knowledge and insights about sexual health and sexual behaviour.
Opportunities and threats for a healthy sexual human development and
behaviour will be discussed.

The main information about sexual health is presented in the book Sexual
Health. A Public Health Perspective (2012). This book consists of five
parts, each of which will be discussed during this course. The five
parts are:
Part 1: Conceptual and theoretical aspects of sexual health
Part 2: Sexual health outcomes
Part 3: Risk and vulnerability
Part 4: Interventions to improve sexual health
Part 5: Measuring and assessing sexual health status
In addition, the theme of artificial reproduction is added to this
course.

Onderwijsvorm
The course consists of guest lectures in which information is presented
related to the different chapters of the book. In addition, there are
seven tutorials. In five tutorials the course content will be discussed
in small groups. Students have to prepare these discussions by reading
one or two articles or watch a video. Furthermore, students will be
supervised by an instructor in writing the paper assignment. In tutorial
six the students will receive feedback on their paper assignment.
Tutorial seven will be devoted to the presentation of the paper
assignments. So in total, there will be seven tutorials.

The main assignment of this course consists of a group assignment that
will be carried out during the tutorials and at home. For this group
assignment, you can choose one of the following four themes:
AR: Artificial Reproduction
SE: Sexuality Education
Each tutorial group consists of these four assignment groups.
How to subscribe for the assignment?
- As an assignment group of 2-3 students, you choose one of the themes for the assignment as mentioned above;
- Register yourself on Canvas along with your fellow-students on Canvas, under the Sexual Health 2017 / ‘Assignment Group Enroll’ button.
- The Assignment Group Enroll scheme will appear on Canvas on Monday 28 August 2017;
- You can start working on the assignment from the beginning of the course.

Attendance:
The arrangements for the attendance for this course are the following:
- Attendance at the tutorial meetings is obligatory and will be administered; nonattendance will lead to an alternative assignment.
- Attendance at the guest lectures is recommended; attendance during the guest lectures will be administered.

Toetsvorm
The assessment of the course consists of two parts:
1. Paper assignment and oral presentation of the paper using PowerPoint (40%); Assessment participation group member(s) part of paper assignment grading.
2. An exam on Thursday 26 October 2017 (60 %).

To complete the course, one needs a minimum score of >5.5 for both the paper assignment / presentation and the exam. The scores of the assignment and exam cannot be compensated.

Literatuur
The literature for this course consists of:
2. Articles: the articles and links to it are listed in the course schedule after each lecture and tutorial. The articles give more in-depth information about the theme related to the lecture.

Doelgroep
Target group for this minor course are students from FALW, Bio Medical Sciences and other students eligible to participate in the Minor five big issues of Health.

Intekenprocedure
You have to register for the Minor Five Big Issues of Health.

Overige informatie
In our contemporary situations, everybody is daily confronted with sexuality. It is visible on billboards along the streets and main roads. It is an issue to be found in newspapers and magazines. It is discussed on television, sexually explicit material is accessible for everybody on the internet. In our daily conversations, we joke around about sexual
behaviour. Sexuality is a broad subject and does not only refer to the act of having sex. Sexuality comprises several areas such as our body, our (perceived) sexual identity, our culture, norms and values about sexuality, the social environment we live in, institutions or organisations that spread knowledge about it.

Within science, the study into sexuality is called sexology, the study of human sexual life or relationships. Alfred Kinsey (1895 – 1956) is an American scientist, who has made important contributions to the study of sexology. The concept of Sexual Health originated at a later date. On the website www.who.int/topics/sexual_health, the World Health Organisation (WHO) gives the following definition of sexual health: “Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.” The WHO emphasizes in its definition a positive and respectful approach towards sexuality and sexual behaviour. It perceives positive sexuality as part of human rights. Sexual health is relevant during the whole life of an individual; it refers not only to the reproductive years, but is important as well when somebody is young or an elderly. In the past, with the rapid spread of sexually transmitted diseases, such as HIV/AIDS but also Chlamydia and HPV, there has been an emphasize on the possible threats of sexual behaviour, such as becoming ill from the act of having sex. It was neglected that sexuality also comes with benefits possibilities, such as pleasure and enjoying the presence of the other, regardless of gender identity, age or abilities.

Different guest lecturers from the field of sexual health will present lectures on the main themes of this course. Lecturers in this course are (to be confirmed):
- Marianne van Elteren PhD, Department of Medical Humanities Vumc;
- Prof. Woet Gianotten, World Association for Sexual Health (WAS);
- Hanna Bos, Msc. SOA AIDS Netherlands
- Rien Janssens PhD, Department of Medical Humanities Vumc;
- Susanne Metselaar PhD, Department of Medical Humanities Vumc;
- Yuri Ohlrichs Msc, Rutgers, WPF;
- Petra Verdonk PhD, Department of Medical Humanities Vumc,
- Prof. Eddy Houwaart PhD, Department of Health, Ethics & Society, Maastricht University
- Marie-Louise Janssen PhD, Faculty of Social & Behavioural Sciences, University of Amsterdam
- Marianne Jonker Msc, Faculty of Social & Behavioural Sciences, University of Amsterdam
- Lisette Kuyper PhD, The Netherlands Institute for Social Research,
- Stephanie Both PhD, Department of Psychosomatic Gynaecology and Sexology, LUMC
- Jos Megens MSc, Gender Specialist, Gender Clinic VU University Medical Center Amsterdam.
- Tim van der Griff, Msc, Gender and Sexology VUmc

Tutorial teachers:
- Marianne van Elteren PhD
- Fijgje de Boer PhD
- Maaike Muntinga PhD