MP0008 Health promoting outdoor environment: Schedule 2022

The course is given as a distance course at 50% with three online mandatory meetings and one meeting at a project place. Course period: January 17th 2022 -June 5th 2022

Course meeting 1 – Zoom	January 19-21
Submission 1: Draft of part 1 (group) including group contract Hand in of Exercise: Study visit (individual)	February 25 March 7
Course meeting 2 – Zoom	March 7-9
Submission 2: Revision of part 1 (group)	March 25
Group meeting at project place	March 21-23
Hand in of Exercise: Reading log (individual) Submission 3: Revision of part 1	April 19
and draft of part 2 (group)	April 28
Feedback on submission 3 (course leaders)	May 12
Course meeting 3 – Zoom	May 18-20
Submission of revised version of entire	
group project (group)	May 25
Submission 4: Part 4 (individual)	June 5

Feedback on submission 4 (course leaders) By end of June

In between the course meetings, you are welcome to contact Anna Bengtsson either by phone (0046 40 415170) or by e-mail (anna.bengtsson@slu.se) for guidance in relation to the course and the assignments.

Flipped classroom

Before the first course meeting, watch the Lecture: Health promoting outdoor environments – Evidence, Patrik Grahn. You find it at Canvas/Media Gallery

Group meetings every week

The group meetings between the course meetings (1-3) are important and mandatory for the course. The groups schedule meetings on their own once a week. If, in exceptional cases, you are unable to attend a group meeting, you must report this to the group and to the course leaders as soon as possible.

Meeting 1, January 19-21: Orientation to the field, forming a group and finding a project case for the course assignment

Wednesday January 19

Zoom

13.00-14.15 Course introduction, Anna Bengtsson and Helene Landin14.30-16.30 Lecture: Health promoting outdoor environments, Anna Bengtsson

Thursday January 20

Zoom

8.30-10.30	Introduction to group work, Anna and Helene
11.00-12.00	Lecture: Designing for a target group - a roof top garden at the Memory Clinic in
	Malmö, Nina Oher
13.00-14.30	Three step seminar: Health promoting outdoor environments, Anna and Helene
14.30-16.30	Group assignment

Friday January 21

Zoom: Special link to zoom this day

- 8.30-9.30 Lecture: Body, Mind and Nature A way to cope with mental fatigue after acquired brain injury, Helene Landin
- 9.45-10.45 Lecture: Outdoor rehabilitation and evidence based practice, Lotta Lundmark
- 11.15-12.15 Lecture: Alnarp rehabilitation garden, Sara Kyrö Wissler
- 13.15-14.15 Lecture: An example of the course assignment in four parts, Helene
- 14.15-16.30 Reflections and questions / Group work

Flipped classroom

In between the course meetings, watch:

To activate a place, Anna Litsmark.

A tour in the Garden in March, Frederik Tauchnitz

You find them at Canvas/Media Gallery

Meeting 2 March 7-9: Background, aim and method for group project

Monday March 7

Zoom

8.30-9.00	Information about course meeting 2
9.00-15.00	Groups presenting and giving feedback. Five groups.
15.30-17.00	Group work: Present your Study tour exercise. Four students in each group.

Tuesday March 8

Zoom

8.30-9.30	Lecture: Using outdoor environment in the psychology profession, Elizabeth Marcheschi
10.00-11.00	Lecture: Using outdoor environment in the occupational therapy profession, Vanessa
	Reyners
11.00-12.00	Group assignment / group presentation
13.00-13.45	Introduction to workshop (Helene & Anna)
13.45-15.15	Group work creating outdoor exercises
15.15-16.30	Presentations (5-10 minutes/group)

Wednesday March 9

Zoom

9.00-11.00	Lecture: Dialogue in the design process, Johanna Eriksson from Chalmers
11.00-12.00	Reflections and summery
13.00-16.30	Optional time for group work. Possibility to book supervision with Anna and Helena
	via e-mail.

Group meeting at project place March 21-23: Conducting analyses of physical environment and conducting pilot study to investigate user group All group members meet at their project place. Attendance is crucial to the project and to the group work and therefore mandatory. It is recommended for all group members to visit the site for the

project. Otherwise the group should contact the course leader and discuss other options. The groups arrange the meetings themselves, and contact key persons beforehand.

Meeting 3 May 18-20: Program Proposals - Health promoting outdoor environment

Monday May 18 Zoom 8.15-17.00 Project presentations/Group work preparing presentations and constructive reflections

Tuesday May 19 Zoom 8.15-17.00 Project presentations/Constructive reflections

Wednesday May 20 Zoom 8.15-10.00 Project presentation/ Constructive reflections 10.00-12.30 Course evaluation and time for questions