



## COURSE SYLLABUS

### Beteendeförändring för hållbarhet - med introduktion till strategisk hållbar utveckling

Behavior change for sustainability – with introduction to strategic sustainable development

7.5 credits (7,5 högskolepoäng)

**Course code:** SLI411

**Main field of study:** Strategic Leadership towards Sustainability

**Disciplinary domain:** Technology

**Education level:** First cycle

**Specialization:** GIN - First cycle, has only upper-secondary level entry requirements

**Subject area:** Industrial Engineering and Management

**Language of instruction:** English

**Applies from:** 2021-01-18

**Approved:** 2020-10-01

#### 1. Decision

This course is established by Dean 2020-04-27. The course syllabus is approved by Head of Department of Strategic Sustainable Development 2020-10-01 and applies from 2021-01-18.

#### 2. Entry requirements

General entry requirements for university studies

#### 3. Objective and content

##### 3.1 Objective

This course is one of a group of three courses on behaviour change for sustainability. This version is the most comprehensive, suitable for students who have not previously studied strategic sustainable development (SSD). It includes a project where students can practise applying behaviour change approaches for sustainability.

The purpose of educating students in behaviour change for sustainability is to provide organisations and communities with knowledge and skills that are useful for promoting sustainable development. Transitioning towards sustainability is a complex challenge and considerations on human behaviour are important for succeeding with the transition. The knowledge and skills are applicable in many contexts, for example, in commercial or public sector sustainability work, in grass-roots action or in other work seeking to contribute to sustainable development.

##### 3.2 Content

- The socio-ecological system on which humanity depends and the challenges associated with degrading it
- Sustainability and sustainable development, including principles, goals and targets
- Why behaviour change is important for sustainable development
- The human behavioural system and theories of behaviour change
- The self-determination theory of motivation
- Psychological barriers and nudging
- Economic incentives and punishment
- Criticisms and ethics of using behaviour change approaches
- How to apply various behaviour change approaches for sustainability

#### 4. Learning outcomes

The following learning outcomes are examined in the course:

##### 4.1 Knowledge and understanding

On completion of the course, the student will be able to:

- Explain the sustainability challenge and sustainability
- Use established models and theories to describe the behavioural system
- Explain various behaviour change approaches for sustainability
- Apply various behaviour change approaches

#### 4.2 Competence and skills

On completion of the course, the student will be able to:

- Apply selected sustainability communication strategies in an audio-visual presentation

#### 4.3 Judgement and approach

On completion of the course, the student will be able to:

- Critically discuss the philosophical, ethical and ideological underpinnings of the current discourse on behaviour change
- Describe how to implement behaviour change techniques ethically

### 5. Learning activities

The course is given online. Learning activities will be designed to encourage active engagement in order to foster deeper learning. Activities will include reading, watching lectures, participating in discussions, seminars and project work in small teams. In order to facilitate higher levels of learning, students will work with staff to create a safe space with a trusting atmosphere where students can participate in deep, open dialogue, give feedback to each other and share their own reflections.

### 6. Assessment and grading

Modes of examinations of the course

Code	Module	Credits	Grade
2105	Oral presentation	2 credits	GU
2115	Take-home examination	4 credits	GU
2125	Written report	1.5 credits	GU

The course will be graded G Pass, UX Fail, supplementation required, U Fail.

Students will also have to submit three mandatory written assignments for formative feedback during the course. These assignments are for completion and, as such, do not contribute the final grade for the course.

The course-PM for each course revision should include the assessment criteria and make explicit in which modes of examination that the learning outcomes are assessed.

An examiner can, after consulting the Disability Advisor at BTH, decide on a customized examination form for a student with a long-term disability to be provided with an examination equivalent to one given to a student who is not disabled.

### 7. Course evaluation

The course evaluation should be carried out in line with BTH:s course evaluation template and process.

### 8. Restrictions regarding degree

The course can form part of a degree but not together with another course the content of which completely or partly corresponds with the contents of this course.

### 9. Course literature and other materials of instruction

TITLE: Engaged: Designing for Behavior Change

AUTHORS: Amy Bucher and Jeff Kreisler

PUBLISHER: Rosenfeld Media, 2020

PRINT ISBN: 9781933820422

EBOOK ISBN: 9781933820415

\*This book is available in print or as an e-book via the university's library.

Other material will be made available on the learning management system.