1 Name, Scope and Level of the Course

The course is provided by the University of Skövde and is named Altered States of Consciousness G1N. It comprises 7.5 credits and is on basic level. The level of progression of the course is G1N.

2 Objectives

After completion of the course the student should be able to:

- describe how an altered state of consciousness can be defined, and what the central phenomenological and neurophysiological features are of naturally recurring altered states of consciousness, such as sleep and dreaming,

- describe the central phenomenological and neurophysiological features of intentionally induced altered states of consciousness, such as hypnosis and drug states, as well as extraordinary (such as near-death experiences) and higher (such as flow) states of consciousness, and

- conduct a literature search, utilizing databases, to find relevant scientific literature within the topic.

3 Course Content

This course discusses the definition of an altered vs. a normal state of consciousness, and the scientific theories of different altered states of consciousness. As to empirical studies and research results, the course touches on scientific investigations of sleep, dreaming, hypnosis, mindfulness and meditation, pharmacologically-induced altered states, out-of-body experiences, near-death experiences and higher states of consciousness. The students will also learn to conduct a literature search utilizing scientific databases. In addition, the students are offered the possibility to test their hypnotizability.

4 Forms of Teaching

The teaching comprises lectures and seminars/group discussions.

The teaching is conducted in English.

5 Examination

The course is graded A (Excellent), B (Very good), C (Good), D (Satisfactory), E (Sufficient) or F (Fail).

The final grade is determined by a weighted mean value of the grades for the examination components Supervised written examination 1 and Supervised written examination 2.

Registration of examination results:

<table>
<thead>
<tr>
<th>Name of examination</th>
<th>Credits</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised written examination 1</td>
<td>2.5</td>
<td>A/B/C/D/E/F</td>
</tr>
<tr>
<td>Supervised written examination 2</td>
<td>2.5</td>
<td>A/B/C/D/E/F</td>
</tr>
<tr>
<td>Oral group presentation</td>
<td>2.5</td>
<td>G/U</td>
</tr>
</tbody>
</table>

Students with a permanent disability who have been approved for special educational support may be offered adapted or alternative examinations.
6 Admission Requirements
General requirements for university studies (or the equivalent).

7 Subject, Main Field of Study and Disciplinary Domain
The course forms a part of the academic subject area of Cognitive Neuroscience. The course is a part of the main field of study in Cognitive Neuroscience at the University of Skövde. The disciplinary domain of the course is Natural Sciences.

Every course at the University of Skövde belongs to a subject. The division of subjects is used for follow-up and quality assurance. A main field of study is an area in which a degree can be awarded. Disciplinary domain is a division which is used by the government for the allocation of resources for studies at basic level and advanced level.

8 Approval of Course and Course Syllabus
The course was approved by the Curriculum Committee for Bioscience on 23 May 2019. This course syllabus was approved by the Curriculum Committee for Bioscience on 23 May 2019. It is valid from 1 July 2019.

9 Overlapping with Another Course
This course cannot constitute a part of a degree also containing a course the content of which is totally or partly equivalent to the content of this course.

10 Additional Information
Further information will be available on the university’s website before a course is given.

National and local regulations for higher education are available on the university’s website.

Upon completion of the course there will be a follow-up. The main purpose of this follow-up is to contribute to improvements of the course. The students’ experiences and views constitute one of the criteria for the follow-up and are gathered by means of course evaluations. The students will be informed of the results of the follow-up and any decisions regarding actions that are to be taken.

11 Course Literature and Other Educational Materials
Main literature


Scientific articles and other relevant material according to the teacher’s instructions may be added.