1 Name, Scope and Level of the Course
The course is provided by the University of Skövde and is named Various 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 completed course the student should be able to:

- describe how altered state of consciousness is defined, and what kind of various states of consciousness exist in addition to normal waking state of consciousness,
- communicate basic level information about various altered states of consciousness, including sleep and dreaming, hypnosis, meditation, and drug states,
- understand how neurophysiological phenomena during various altered states is related to the phenomenal level of consciousness and
- understand the strengths and limitations of introspective reports as a method for studying subjective contents of consciousness.

3 Course Content
The normal waking state of consciousness is accompanied by various other, altered states of consciousness. The course begins with an introduction to the concepts of altered states of consciousness, and continues with more detailed lectures about the following states of consciousness: Naturally occurring altered states of awareness, such as sleep and dreaming; induced altered states, such as hypnosis, meditation, drug states; and pathological altered states, such as can be experienced during partial epileptic seizures. The main characteristics of these states will be covered, as well as their links to neurophysiological changes in the brain. The students will also review one altered state, according to their own interest, more thoroughly in an essay, and will get a first-person-perspective into their own subjective altered state by writing dream diaries.

4 Forms of Teaching
The teaching comprises lectures.

The teaching is conducted in English.

5 Examination
The course is graded G (Pass) or U (Fail).

Registration of examination results:

<table>
<thead>
<tr>
<th>Name of examination</th>
<th>Credits</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essay</td>
<td>5 credits</td>
<td>G/U</td>
</tr>
<tr>
<td>Written assignment</td>
<td>2.5 credits</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 22 November 2018. This course syllabus was approved by the Curriculum Committee for Bioscience on 26 March 2020. It is valid from 1 July 2020 and replaces the course syllabus approved 20 December 2020.

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.

**Reference**