

ZDROWIE PUBLICZNE
2 stopień, semestr letni / 2nd degree, summer term

Lp.	Nazwa przedmiotu	Subject name	Kod przedmiotu / Subject code	Punkty ECTS / ECTS credits	Język wykładowy / Lecture language	Rok / Year	Semestr / Semester	Opis treści omawianych w ramach przedmiotu / Description of the subject content
1	Zdrowie publiczne	Public health	US45PIL2983_15S	2	English	1	letni / summer	Substantive and methodical preparation of students to use physical exercise in people of the elderly and old age as an anti-aging agent. Developing the ability to select various forms of recreation and sports activities, taking into account environmental and climatic conditions for elderly people and maintaining the fitness of people with various disabilities.
2	Elementy rehabilitacji ruchowej	Elements of physical rehabilitation	12.7X45PIL2815_41 S	2	English	2	letni / summer	Theoretical and practical preparation of students in the field of functional disorders assessment including body posture defects in people of all ages and for independent programming of therapeutic and special exercises with elements of physical rehabilitation.
3	Aktywność fizyczna w zespołach chorobowych	Physical activity in disease syndromes	US45PIL2599_16S	2	English	1	letni / summer	To acquaint students with the issues concerning the impact of physical activity on human health and the differences in forms of activity undertaken according to the present dysfunction of the body.
4	Zywność i dieta	Nutrition and dietetics	US45PIL2980_12S	4	English	1	letni / summer	Acquisition of the principles of proper nutrition, including the role of nutrients essential for the proper functioning of the body of people of different ages and learning about the principles of dietary treatment in selected nutritional-dependent diseases. The ability to independently arrange a diet to a specific clinical case.
5	Gerontologia społeczna	Social gerontology	US45PIL2983_26S	2	English	1	letni / summer	To draw students' attention to the social problems of the elderly population, to show the areas and directions of activities enabling the improvement of the quality of life in this group.
6	Profilaktyka zdrowotna	Prevention of health	US45PIL2986_27S	2	English	1	letni / summer	To acquaint students with issues related to the health prophylaxis of people of all ages.
7	Styl życia ludności	The lifestyle of the population	12.7X45PIL2988_19 S	4	English	2	letni / summer	To familiarize students with the elements of a healthy lifestyle of the population.
8	Problemy zdrowotne ludności	Health problems of the population	US45PIL2983_30S	4	English	1	letni / summer	Gaining information on the course of diseases in all phases of human ontogeny and developing knowledge about interdisciplinary and complex health, psychological and environmental-social problems of people of all ages.
9	Higiena ogólna	General hygiene	12.7X45PIL2983_20 S	4	English	2	letni / summer	Understanding the basic issues regarding human hygiene and factors affecting the body.
10	Aktywność fizyczna w zdrowiu	Physical activity in health	12.7X45PIL2988_21 S	3	English	2	letni / summer	Acquiring knowledge by students about the impact of physical activity on the body, the recommended level and forms of activity for people of all ages.
11	Turystyka wypoczynkowa	Leisure tourism	12.7X45PIL2994_22 S	3	English	2	letni / summer	Gaining knowledge about the pro-health and pro-social role of active tourism.
12	Alternatywne formy aktywności fizycznej	Alternative forms of physical activity	12.7X45PIL2995_23 S	3	English	2	letni / summer	To familiarize students with alternative forms of physical activity.

Wszystkie przedmioty dla studentów przyjeżdżających prowadzone są w języku angielskim / All items for incoming students are taught in English

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ZDROWIE PUBLICZNE
1 stopień, semestr letni / 1st degree, summer term

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1	Propedytyka zdrowia publicznego	Propeдевitics of the public health	US45P12996_49S	6	English	1	letni / summer	The scope of social medicine and public health. Origin and history of social medicine and public health. Definition of issues such as health protection, health care, health culture, preventive medicine, prospective medicine, environmental medicine, social medicine, public health. Medical and non-medical health conditions. Health as social and individual value. Health measure. European Union policy concerning public health.
2	Epidemiologia	Epidemiology	12.7X45AL2622_67S	4	English	3	letni / summer	Definition and role of epidemiology in public health. Data sources as far as population's health condition is concerned. Evaluation of population's health condition. Epidemiological examinations: descriptive, analytic and experimental. The rules to out contagious disease center. Some chosen elements of epidemiology of contagious diseases, epidemic chain, basic terms, ways to fight contagious diseases. Basic morphological and physiological features of pathogenic microbes. Metabolism, epidemiology, pathogenesis, mechanisms of the disease, ways of spreading the disease in the system Micro flora of the human system and surrounding environment. Physiological features of bacteria, viruses, coxiella burnetii, mykoplasmas and fungi. Mechanisms of spreading a disease in the system. Specific and non-specific resistance. Disinfections, sterilization and chemotherapy. Mechanisms of allergy, auto antibody, immunity sera and vaccines. Microbes causing infections of respiratory, digestion, urinary systems and animal originating diseases. Anaerobic bacteria dangerous for man. Fungi causing the diseases in the man
3	Promocja zdrowia i higieny w środowisku pracy	Health promotion and hygiene in the workplace	12.7X45AL2599_63S	4	English	3	letni / summer	The scope of preventive medicine in a working place. Hygiene at work. Normative values, degree and intensity of harmful factors. Work-related diseases. Chosen aspects and approaches. Monitoring in a work place. Accident rate. Ideas and aspects of ergonomics in workplace hygiene. Prophylaxis of overload in movement organs.
4	Edukacja zdrowotna w rodzinie	Health education in the family	12.7X45AL2622_62S	4	English	3	letni / summer	Characteristics of phases, ontogeny of man with discussing elements of a lifestyle and threats in individual phases ontogeny. Role of the woman in the family. Partners: model of the family. Education role of the care of the sick person at home. Preventing, illnesses of dirty hands. Discussing of issues concerning the violence in the family and so-called the divided family.
5	Kwalifikowana pierwsza pomoc	Qualified first aid	12.7X45AL2622_64S	4	English	3	letni / summer	Diagnosis of life and health threatening situations. Estimation of basic life functions in dangerous situations. Recovery, support and stabilization of injured areas against external factors. Undertaking qualified emergency actions in extreme environmental conditions. Organization of qualified and safe transportation in emergency cases.
6	Metodyka badań naukowych	Research methods	US45P12996_55S	2	English	1	letni / summer	With purpose of the object like to do technical arrangements of the independent planning and the completion of the research, in the course of the completion of classes students will get needed abilities will give writing the scientific work, and preparing and presenting of research findings. Students should competently exploit different sources of information, to analyse and to select academic notifications according to needs and the aim of examinations, to apply standardized touchy to do research, to draw statistically and graphically research findings up.
7	Programy promocji zdrowia	Health promotion programmes	12.7X45P12983_22S	4	English	2	letni / summer	Programs of identifying health needs. Programming action prozdrowotnych programming identifying factors of the threat of the health. Programming the research on the threat of the mental health, obesity, cardiovascular diseases, of respiratory system, with cancers, educational Workshops from the scope of individual techniques of fighting the stress, in the living conditions family, in conditions of the work, the communal life. Programs of preventing depression, for torpor, neuroses, addictions. Programs fighting an infectious diseases, social, of injuries.
8	Wychowanie zdrowotne	Health education	12.7X45P12988_33S	2	English	2	letni / summer	Models of health education. Functions, targets and aims of health education. Health results of obesity, risk factors and prophylaxis in circulation diseases, infant diseases, factors impeding health condition, health behaviours and their relationship with health condition, medical care in school within health education.
9	Turystyka uzdrowiskowa	Health tourism	12.7X45P1119_37S	2	English	2	letni / summer	Place of health tourism in health system. The SPAs functioning in Poland.
10	Antropologia z elementami biometrii	Anthropology with elements of biometrics	12.7X45P1119_54S	4	English	2	letni / summer	Length and width measurements showing body ratio and skeleton mass. Ratio of nutrition and obesity of an individual. Physiological measurements of blood pressure and heart rate as health indicator.
11	Demografia	Demography	12.7X45P1119_55S	4	English	2	letni / summer	To familiarize students with the demographic situation in the country and in the world.

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