

ZDROWIE PUBLICZNE II stopień, semestr zimowy / 2nd degree, winter term

| Lp. | Przedmiot | Subject | W | I | PKT. | Opis przedmiotu / Subject description |
|-----|---------------------------------------|---|----|----|------|---|
| 1 | Historia medycyny | History of medicine | 20 | | 2 | Acquisition of knowledge in the field of medicine and medical science development throughout history, from prehistoric times to the second half of the twentieth century, with emphasis on the history of medicine in Poland. |
| 2 | Nauki o kulturze fizycznej | Physical education | 13 | | 1 | A place of sport in the life of a person in different periods of life. Theory and laws explaining the mechanisms of physical action on the body. |
| 3 | Biologia człowieka | Human biology | 15 | 15 | 3 | Complement and extend knowledge of the biological mechanisms occurring in the human body. |
| 4 | Biostatystyka | Biostatistics | 10 | 15 | 3 | Learning the principles of planning scientific research and principles of using advanced statistical tools for data analysis. |
| 5 | Promocja zdrowia i edukacja zdrowotna | Health promotion and health education | 15 | 15 | 3 | Understanding the current directions of development of health promotion and health education in the country and the world. |
| 6 | Ratownictwo medyczne | Medical emergency | 15 | 15 | 2 | To acquaint students with the principles of the organization of rescue operations and the principles of documenting actions. |
| 7 | Rekreacja ruchowa osób w różnym wieku | Physical recreation of people of all ages | 5 | 30 | 3 | Theoretical and practical preparation of students to independently conduct physical activities with people of different ages in the field of so-called primary prevention. |
| 8 | Trening zdrowotny | Health training | 10 | 15 | 2 | Acquiring knowledge by students about types, exertion, tending and their effects on the body. |
| 9 | Edukacja zdrowotna w rodzinie | Health education in the family | 15 | 15 | 4 | Equipping students with knowledge in the field of health education in the family. |
| 10 | Taniec i teatr ruchu | Dance and movement theater | | 25 | 5 | Transfer of basic skills related to physical activity in the form of dance and stage movement. |
| 11 | Programy profilaktyczne | Preventive programs | 15 | 30 | 6 | To acquaint students with developed health programs in the country and in Europe and learning the principles of creating programs for selected populations. |

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

| Lp. | Przedmiot | Subject | W | I | PKT. | Opis przedmiotu / Subject description |
|-----|--|--|----|----|------|--|
| 1 | Zdrowie publiczne | Public health | 15 | 15 | 3 | 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 | 15 | 15 | 2 | 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 | 15 | 15 | 2 | 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 | Żywność i dietetyka | Nutrition and dietetics | 30 | 30 | 3 | 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 | 10 | 10 | 2 | 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 | 15 | 15 | 2 | To acquaint students with issues related to the health prophylaxis of people of all ages. |
| 7 | Styl życia ludności | The lifestyle of the population | 15 | 15 | 4 | To familiarize students with the elements of a healthy lifestyle of the population. |
| 8 | Problemy zdrowotne ludności | Health problems of the population | 5 | 20 | 4 | 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 | 15 | 20 | 4 | Understanding the basic issues regarding human hygiene and factors affecting the body. |
| 10 | Aktywność fizyczna w zdrowiu | Physical activity in health | | 15 | 3 | 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 | | 15 | 3 | Gaining knowledge about the pro-health and pro-social role of active tourism. |
| 12 | Alternatywne formy aktywności fizycznej | Alternative forms of physical activity | | 20 | 3 | To familiarize students with alternative forms of physical activity. |

Legenda / legend:

W Wykład / Lecture

I Ćwiczenia / Exercises

PKT. Punkty ECTS / ECTS credits

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

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