

**First degree
Public Health**

GRUPA B (przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów)

Moduł:					
Moduł: A: Family and work health promotion					
Course: health problems of children and adolescent (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: US45PIJ119_21S
Faculty: US public health					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty: health promotion	
Course status: optional			Lecture language: semester: 3 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	3	seminar	20	ZO	4
		lecture	5	ZO	
SUM			25		4
Subject coordinator		dr hab. MARTA STĘPIEŃ_SŁODKOWSKA			
Aim of the course		The aim of the course is to familiarize students with the basic health problems of school children and youth. This goal will be achieved by providing knowledge about the diagnosis of health problems of children and adolescents and methods of their prevention, as well as developing skills of diagnosis and designing a work plan, education conviction about the importance of a good analysis of all determinants affecting the lives of children and adolescents and the appropriate scenario for further education, therapy, rehabilitation and for the family			
Prerequisites requirements:		W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student is able to define and describe the method of assessing the health and give reasons disorders	K_W02 K_W03	
	2	EP2	student knows the basic types of epidemiological studies	K_W06	
	3	EP3	student has knowledge of health behaviors	K_W04	
Skills	1	EP4	student is able to identify health problems of the child	K_U04 K_U12 K_U13	
	2	EP5	student draws conclusions from the selected literature	K_U17	
	3	EP6	student is able to analyze statistical data	K_U11	
Social competence	1	EP7	in case of doubt student is ready to ask the teacher for help	K_K01	
	2	EP8	student is ready to promote healthy lifestyles of children and adolescents	K_K04	

	3	EP9	the student is ready to resolve conflicts in the area of children and adolescent health			K_K03
Course content					Semester	Hours
Subject: health problems of children and adolescent						
Lectures						
1. The main threat to health. Health behaviors of children and adolescents.					3	1
2. Threats to the social environment. Hazards in the physical environment. Infant mortality.					3	1
3. Intellectual disability children and adolescents.					3	1
4. Childhood diseases					3	1
5. Report regarding the child's health situation in Poland					3	1
Seminars						
1. Health behaviors of children and adolescents- workshops					3	20
Teaching methods		multimedia presentation, group and individual work, workshops				
Verification methods for achieving intended learning outcomes						Number of learning outcome
		TEST				EP1,EP2,EP3, EP4
		PROJECT				EP4,EP5, EP6
		PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP7,EP8,EP9
The form and conditions for receiving credit		Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the activity during the exercises and prepared project.				
		Rules for calculating the final grade				
		The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Method of calculating the final grade		Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
		3	health problems of children and adolescents		arithmetic	
		3	health problems of children and adolescents [lecture]	credit with grade		
		3	health problems of children and adolescents [seminars]	credit with grade		
Recommended literature						
Maria Gordon (2016): Challenges surrounding the education of children with chronic diseases, Information Science Reference, Hershey						
Maria Kaczmarek (2011): Health and well-being in adolescence. Part 1, Physical health and subjective well-being, BoguckiWydawnictwo Naukowe, Poznań						
Optional literature						
Andrea Nolan (2013): Research in early childhood, SAGE, London						
Sheana Bull (2011): Technology-based health promotion, SAGE, Thousand Oaks						
STUDENT WORKLOAD						
					Number of hours	
Classes					25	
Participation in the exam / pass					2	
Preparation for classes					10	
Studying literature					10	
Participation in consultations					23	
Preparation of the project / essay					10	
Preparing for the exam / passing					20	

TOTAL student workload	100
Number of ECTS points	4

Modul:	
Modul: B: Health promotion in European Union countries and in the world	
Course:	Kod przedmiotu:
environmental protection (SPECIALIZATIONS /SPECIALIZATION MODULES)	US45PIJ119_36S

Faculty:		
US public health		

Form of study:	Profile of education: .	Specialty:
Bachelor's degree, full-time	practical	health promotion

Course status:	Lecture language:
optional	semester: 3 - english (100%)

Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	3	seminar	20	ZO	4
		lecture	5	ZO	
SUM			25		4

Subject coordinator	dr HALINA BUDIS
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Aim of the course	Equipping the student with knowledge about the current threats to the natural environment on a supranational scale(regional, continental, global) and on the methods and strategies taken in various forms of international cooperation aimed at minimizing these threats. Equipping the student with the ability to analyze the impact of industry and synanthropization on the natural environment as well as the impact of the environment on the health of the society
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Prerequisites requirements:	W - student describes the main antropogenic influence on environment U - student chooses a way to solve the problem, K - the desire to acquire knowledge
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LEARNING OUTCOMES

Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program
Knowledge	1	EP1	student has knowledge of environmental protection	K_W03 K_W04
	2	EP2	student knows health determinants associated with the human environment	K_W03
	3	EP3	student has knowledge about the technology impact on environment	K_W07
Skills	1	EP4	the student is able to use information technology to acquire and use the data to prepare an environmental program	K_U11 K_U20
	2	EP5	the student has the ability to provide a report based on the data source	K_U04 K_U19
	3	EP6	the student has the ability to present the role of the state in solving problems concerning the protection of the environment	K_U05 K_U07 K_U15 K_U16
Social competence	1	EP7	student is ready to evaluate his own limitations and know when to ask the experts for help	K_K01
	2	EP8	student is ready to adequately define the priorities for the task	K_K04

Course content	Semester	Hours
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Subject: environmental protection

Lectures						
1. The transformation of landscapes as a result of anthropogenic activity		3	1			
2. Forms of environmental protection		3	1			
3. Global action to preserve a clean environment		3	1			
4. The impact of environmental pollution on public health		3	2			
Seminars						
1. Environmental pollution in Poland and in the world - workshops		3	20			
Teaching methods		multimedia presentation, group and individual work, workshops				
Verification methods for achieving intended learning outcomes					Number of learning outcomes	
		TEST			EP1,EP2,EP3	
		PROJECT			EP4,EP5, EP6, EP7, EP8	
The form and conditions for receiving credit		Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the activity during the exercises and prepared project.				
		Rules for calculating the final grade				
		The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Method of calculating the final grade		Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
		3	environmental protection		Arithmetic	
		3	environmental protection [lecture]	credit with grade		
		3	environmental protection [seminars]	credit with grade		
Recommended literature						
Marchwińska-Wyrwał, Ewa (2011) Environmental health risks in the XXI century. E-Book						
Optional literature						
R. Craig Lefebvre (2013) Social marketing. Vol. 5, Applications of social marketing for sustainable behavior and environmental protection. SAGE, Los Angeles						
STUDENT WORKLOAD						
			Number of hours			
Classes			25			
Participation in the exam / pass			5			
Preparation for classes			10			
Studying literature			15			
Participation in consultations			20			
Preparation of the project / essay			10			
Preparing for the exam / passing			15			
TOTAL student workload			100			
Number of ECTS points			4			

GRUPA C (Przedmioty z programów studiów kierunków prowadzonych w języku polskim, które będą realizowane w języku obcym)

Course: family health education (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: KFZ45PIJ3451_22S	
Faculty: US public health						
Form of study: Bachelor's degree, full-time			Profile of education: . practical		Specialty: health promotion	
Course status: obligatory				Lecture language: semester: 3 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS	
2	3	seminar	30	ZO	3	
		lecture	30	E		
SUM			60		3	
Subject coordinator		dr HALINA BUDIS				
Aim of the course		The aim of education is to familiarize students with the knowledge available in the literature on the formation of proper pro-health behaviors in the family, factors conditioning health and stabilizing the family, factors threatening the proper functioning of the family. Developing the ability to analyze factors influencing human health and development, as well as planning, organizing and implementing didactic classes to transfer knowledge about health, and to make independent statements promoting a healthy lifestyle. Drawing the attention of students to the role of health education in everyday life and sensitizing them to the educational needs of people of different ages.				
Prerequisites requirements:		W - the student is able to define the basic concepts of health sciences U - the student solves the basic issues of health K - the student expresses his own opinions, discusses, works independently and in a group				
LEARNING OUTCOMES						
Category	Nr	Code	Description of directional learning outcomes		Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student has knowledge of family functions and family health threats related to lifestyle		K_W03	
	2	EP2	student knows terminology in the field of prevention and health education		K_W04	
	3	EP3	student has knowledge of how to prevent health problems in the family through educational activities using modern technologies		K_W02 K_W07	
Skills	1	EP4	student is able to present issues in the field of health education in the family habitat		K_U05 K_U10	
	2	EP5	student is able to plan and construct a scenario of teaching in the field of health and orally present the results of his work		K_U07 K_U20	
	3	EP6	student demonstrates the ability to communicate in a group		K_U03	
Social competence	1	EP7	student is ready to carry out the tasks of a health promoter in educational institutions and institutions, as well as to promote a healthy lifestyle in a family environment		K_K04 K_K07	
	2	EP8	student is ready to disseminate knowledge related to health education		K_K05	
Course content					Semester	Hours
Subject: family health education						

Lectures					
1. Definition, goal and evolution of health education			3		2
2. Concepts and theories of health education			3		2
3. Leading and complementary strategies in health education			3		2
4 The family and its functions			3		2
5. Factors affecting the health of family members			3		4
6. Family structure, characteristics and tasks of the family.			3		2
7. Health education in the family home: education methods for children, adolescents and the elderly			3		6
8. Phases of family life. Intra-family factors conditioning the proper functioning of the family.			3		2
9. Dysfunction of the family system			3		2
10. Help the family in fulfilling their tasks. Day-care care and education centers, social welfare homes			3		2
11. Care and upbringing of a child outside the family			3		2
12. Health promotion in the family			3		2
Seminars					
1. Basic methods, techniques and tools in health education			3		2
2. Construction of the outline of the didactic classes? affective, behavioral and cognitive goals			3		2
3. Construction of the outline of the didactic classes? activating methods used in the education of children, adolescents and the elderly			3		6
4. Lifestyle of children, adolescents, adults and the elderly? selection of appropriate educational methods, techniques and tools			3		6
5. Eating disorders. Addiction to digital technologies. Youth psychological comfort.			3		2
6. Characteristics of dysfunctional families, including the most common causes and effects of family pathologies			3		4
7. Simulations of the correct model of life in a family with various health and social problems.			3		8
Teaching methods	multimedia presentation, analysis of texts with discussion, preparation of outlines, team work, brainstorming and / or workshop classes				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	EXAM				EP1,EP2,EP3
	ESSAY / REVIEW				EP5,
	PROJECT				EP4,EP5, EP6,
PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP6,EP7, EP78	
The form and conditions for receiving credit	Seminars: class attendance, active participation in class and positive passing of group and individual work (written and project work).				
	The final exam includes knowledge of lectures, exercises				
	Rules for calculating the final grade				
The final grade is the arithmetic average of the grade obtained from seminars and exam.					
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	3	family health education		arithmetic	
	3	family health education [lecture]	credit with grade		
	3	family health education [seminars]	credit with grade		
Recommended literature					
Up to date literature about health education and family system					
Optional literature					
STUDENT WORKLOAD					

	Number of hours
Classes	60
Participation in the exam / pass	2
Preparation for classes	1
Studying literature	2
Participation in consultations	2
Preparation of the project / essay	3
Preparing for the exam / passing	5
TOTAL student workload	75
Number of ECTS points	3

Moduł:					
Moduł: A: Family and work health promotion					
Course: recreation in public health (SPECIALIZATIONS /SPECIALIZATION MODULES)				Kod przedmiotu: US45PIJ119_4S	
Faculty:					
US public health					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty: health promotion	
Course status: optional			Lecture language: semester: 3 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	3	seminar	30	ZO	3
		lecture	10	ZO	
SUM			40		3
Subject coordinator		dr MAŁGORZATA PACZYŃSKA-JĘDRYCKA			
Aim of the course		To acquaint students with selected forms of physical recreation undertaken by people of different ages and developing skills to apply them in different conditions and taking into account the possibilities of pupils. Shaping the attitude of responsibility for the group and taking care of safety during classes.			
Prerequisites requirements:		knowledge and skills acquired in the subject of the subject: physical education, the ability to use the acquired theoretical knowledge in practice, creativity and engaging in physical activities			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student has knowledge of the theory and methodology of motor recreation	K_W15	
	2	EP2	the student knows the basic information about the human anatomy	K_W01	
	3	EP3	student knows the rules of a healthy lifestyle skills	K_W04	
Skills	1	EP4	student demonstrates the ability to use professional literature	K_U17	
	2	EP5	student has motor skills in the field of selected forms of recreational activity	K_U01	
	3	EP6	The student is able to plan and conduct classes in physical recreation	K_U03 K_U05	
Social competence	1	EP7	the student is ready to carry out tasks in a way that ensures group safety	K_K02	
	2	EP8	student is ready to take care of his own and loved ones' health through, among others physical activity	K_K04 K_K07	
Course content				Semester	Hours
Subject: recreation in public health					
Lectures					
1. Theory and methodology of physical recreation				3	4
2. Health aspects of physical recreation. Recreational games and activities as a form of health promotion				3	4

3. The importance of physical recreation in shaping a healthy lifestyle for society		3	2		
Seminars					
1. Physical recreation in public health - the purpose of classes, safety rules, preparation of measures, discussion of issues and literature		3	2		
2. Physical recreation and selected defects in posture and civilization diseases		3	6		
3 Selected games and activities		3	6		
4. Fitness - variations and combinations of basic steps, technique of basic strengthening and stretching exercises.		3	6		
5. Conducting classes in selected forms of physical recreation		3	10		
Teaching methods	multimedia lecture, theoretical and practical activities (reproductive and creative), group work, individual work				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1,EP2,EP3
	PROJECT				EP1, EP5, EP6, EP7, EP8,
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP5, EP6, EP7, EP8,
The form and conditions for receiving credit	Lectures (theoretical credit): positive evaluation of the test covering the subject of the subject (theory of lectures and exercises). Seminars (practical credit): attendance, active participation in classes, independent preparation of the set of exercises and its presentation, preparation of the outline and conducting classes on its basis (in groups).				
	Final grade for seminars: arithmetic average of all grades obtained (the grade for exercises may be increased for additional activity or volunteering). The condition of passing the course is to obtain min. satisfactory grade from seminars and lectures				
	Rules for calculating the final grade				
	The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	3	recreation in public health		arithmetic	
	3	recreation in public health[lecture]	credit with grade		
	3	recreation in public health[seminars]	credit with grade		
Recommended literature					
Up to date literature about health education and family system					
Optional literature					
STUDENT WORKLOAD					
		Number of hours			
Classes		40			
Participation in the exam / pass		5			
Preparation for classes		8			
Studying literature		5			
Participation in consultations		5			
Preparation of the project / essay		4			
Preparing for the exam / passing		8			
TOTAL student workload		75			
Number of ECTS points		3			

Course: sanitary and epidemiological supervision (DIRECTIONAL)				Kod przedmiotu: US45PIJ2996_61S	
Faculty: US public health					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty: health promotion	
Course status: obligatory			Lecture language: semester: 2 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	conversatory	15	ZO	2
SUM			15		2
Subject coordinator	dr HALINA BUDIS				
Aim of the course	The aim of education is to familiarize students with the structure and tasks of institutions conducting activities in the field of sanitary and epidemiological supervision. Developing skills to solve problems in the field of sanitary and epidemiological supervision and health promotion and apply them in practice				
Prerequisites requirements:	K - student engages in work U - student works independently, willingly undertakes new tasks W - student independently solves the problems and questions posed to him, organizes work, analyzes issues that raise doubts for him				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	The student knows the legal, organizational and ethical conditions of the professional activity	K_W05	
	2	EP2	The student knows the principles of functioning of organizations and institutions operating in the field of sanitary-epidemiological supervision	K_W08	
	3	EP3	The student knows the basic principles of control tests in the field of sanitary-epidemiological supervision	K_W10	
	4	EP4	The student knows the basic research techniques in public health	K_W06	
	1	EP5	Student is able to identify patient's problems	K_U06	
	2	EP6	The student is able to keep records of units, institutions and documentation of subtracted activities	K_U04	
Social competence	1	EP7	The student is ready to set appropriate priorities for the implementation of the task specified by him or herself	K_K04	
Course content				Semester	Hours
Subject: sanitary and epidemiological supervision					
Lectures					
1. Sanitary activities yesterday and today				2	2
2 The organization of the State Sanitary Inspection in Poland, its goals, tasks and role in public life				2	2
3. Types of epidemiological surveillance. Operation of sanitary services in the state of epidemiological and epidemic threat.				2	2
4. Preventive and health-related activities of governmental and non-governmental organizations				2	2
5. Methods of conducting supervised and intervention inspections (food inspection, educational institutions, places of rest, transport)				2	2
6 Dietary supplements on the market - control activities of sanitary services				2	2

7. Implementation of tasks in the field of health promotion and health education by the State Sanitary Inspection (e.g. healthy city, health promoting school, health promoting hospital, health programs)		2	3		
Teaching methods	informative lecture (giving method), multimedia presentation, conversational lecture (problem method), case study				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1,EP2,EP3, EP4
	PROJECT				EP6, EP7, EP8,
The form and conditions for receiving credit	Completing the conversatory includes passing the group work (project) and obtaining a positive grade from the final test.				
	Rules for calculating the final grade				
	Completion of the course includes obtaining a positive grade from the final test. The final grade is the grade from the conversatory.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	sanitary and epidemiological supervision		weighted	
	2	sanitary and epidemiological supervision [conversatory]	credit with grade		1,00
Recommended literature					
legal acts regarding sanitary and epidemiological supervision and sanitary inspection					
Optional literature					
STUDENT WORKLOAD					
		Number of hours			
Classes		15			
Participation in the exam / pass		2			
Preparation for classes		5			
Studying literature		8			
Participation in consultations		8			
Preparation of the project / essay		4			
Preparing for the exam / passing		8			
TOTAL student workload		50			
Number of ECTS points		2			

Modul:					
Modul: A: Family and work health promotion					
Course:				Kod przedmiotu:	
hygiene during pregnancy (SPECIALIZATIONS /SPECIALIZATION MODULES)				KFZ45PIJ3451_16S	
Faculty:					
US public health					
Form of study:		Profile of education: .		Specialty:	
Bachelor's degree, full-time		practical		health promotion	
Course status:			Lecture language:		
optional			semester: 5 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
3	5	seminar	20	ZO	3
		lecture	15	ZO	
SUM			35		3
Subject coordinator		dr HALINA BUDIS			
Aim of the course		The aim of the course is to familiarize the student with the basic issues of pregnancy hygiene and the perinatal period. In addition, equipping students with the skills necessary to carry out promotional, educational and hygienic tasks among women and young children, including the diagnosis of health threats in the pre-contraceptive period, pregnancy and the perinatal as well as neonatal and infant, designing preventive programs focused on these threats and taking action to counteract marginalization and exclusion of these social groups.			
Prerequisites requirements:		student is able to define the basic concepts of health promotion and health education			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student is able to define and describe health threats in the pre-contraceptive period, pregnancy and perinatal, as well as neonatal and infant	K_W03	
	2	EP2	student understands activities aimed at strengthening health in pregnant women and young children	K_W02	
	3	EP3	student has knowledge of health behaviors	K_W04	
	4	EP4	student knows the needs of implementing health programs	K_W09	
Skills	1	EP5	student is able to identify health problems of pregnant women and young children	K_U04	
	2	EP6	student is able to plan a health program focused on the health of pregnant women and young children	K_U05	
	3	EP7	student discusses, presents orally his / her observations	K_U10	
Social competence	1	EP8	the student is ready to ensure safety and be guided by ethical considerations while performing professional activities	K_K04 K_K06	
Course content				Semester	Hours
Subject: hygiene during pregnancy					
Lectures					
1. Health threats during pregnancy and perinatal, neonatal and infant periods - biological factors				5	3
2. Health threats during pregnancy and perinatal, neonatal and infant -periods environmental factors				5	3
3. Health threats during pregnancy and perinatal, neonatal and infant periods - social factors				5	3

4. Health programs aimed at the population of women in the pre-contraceptive, pregnancy and perinatal period	5	3			
5. Health programs aimed at the population of children in newborn and infancy.	5	3			
Seminars					
1. Situation of pregnant women in different parts of the world	5	2			
2. Organogenesis and harmful factors in pregnancy. Preventive examinations in the pre-contraceptive period	5	3			
3 Prenatal diagnosis	5	2			
4. Newborn care.	5	2			
5. Objectives and activities of social organizations related to women's and children's health issues	5	3			
6. Preventive care for pregnant women. The idea of a antenatal school.	5	2			
7. Babywearing - purpose, meaning, technique	5	2			
8. Caries during pregnancy - prevention, treatment, health consequences for women and the fetus	5	2			
9. Promoting breastfeeding. Breastfeeding as a prevention of lifestyle diseases	5	2			
Teaching methods	multimedia lecture, workshop, group work, individual work				
Verification methods for achieving intended learning outcomes			Number of learning outcome		
	TEST	EP1,EP2,EP3, EP4			
	PROJECT	EP4, EP5, EP6, EP7, EP8,			
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)		EP6, EP7, EP8,		
The form and conditions for receiving credit	Lectures: positive evaluation of the final test.				
	Seminars: attendance, active participation in classes, positive passing of group work (project) and positive passing of the test				
	Rules for calculating the final grade				
	The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	5	hygiene during pregnancy		arithmetic	
	5	hygiene during pregnancy [lecture]	credit with grade		
	5	hygiene during pregnancy [seminars]	credit with grade		
Recommended literature					
Up to date literature about health during pregnancy and neonatal/infant period.					
Optional literature					
STUDENT WORKLOAD					
					Number of hours
Classes					35
Participation in the exam / pass					22
Preparation for classes					5
Studying literature					8
Participation in consultations					5
Preparation of the project / essay					10
Preparing for the exam / passing					10
TOTAL student workload					75
Number of ECTS points					3

Course: biological basis of health (BASIC)				Kod przedmiotu: KFZ45PIJ3451_7S	
Faculty: US public health					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty:	
Course status: obligatory			Lecture language: semester: 1 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	1	seminar	10	ZO	2
		lecture	10	ZO	
SUM			20		2
Subject coordinator	dr hab. MARTA STĘPIEŃ-SŁODKOWSKA				
Aim of the course	The aim of the course is to familiarize students with the structure and functions of individual human cells and tissues.				
Prerequisites requirements:	none				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	The student knows and understands the basic concepts related to cell biology, histology and human genetics as well as diseases associated with them	K_W01	
Skills	1	EP2	The student is able to recognize the basic cell organelles in human somatic cells in photographs of microscopic preparations	K_U02	
	2	EP3	can present selected functional problems of a patient suffering from a genetic disease	K_U04	
Social competence	1	EP4	The student is aware of his own limitations and knows when to turn to experts	K_K01	
Course content				Semester	Hours
Subject: biological basis of health					
Lectures					
1. The structure and composition of the human cell				1	3
2. Cell types and tissue types				1	3
3. Basics of human genetics.				1	4
Seminars					
1. Cell organelles - structure and functions				1	2
2. Structure and functions of human tissues.				1	2
3. Cell divisions; mitosis and meiosis.				1	3
4. Genetic polymorphisms. Human genetic diseases				1	3
Teaching methods	lecture with audiovisual equipment, project, workshop, discussion				

Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1
	PROJECT				EP2, EP3, EP4
The form and conditions for receiving credit	Lectures: positive evaluation of the final test. Seminars: attendance, active participation in classes, positive passing of group work (project) and positive passing of the test				
	Rules for calculating the final grade				
	The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	biological basis of health		arithmetic	
	1	biological basis of health [lecture]	credit with grade		
	1	biological basis of health [seminars]	credit with grade		

Recommended literature

Wolfgang Kuehnel (2003) Color Atlas of Cytology, Histology, and Microscopic Anatomy, 4 ed. Georg Thieme Verlag, Stuttgart (<https://patologi.com/atlas%20cytologi%20histologi.pdf>)

Optional literature

Janice Gabriel (2007) The biology of cancer. John Wiley and Sons, Chichester

STUDENT WORKLOAD

	Number of hours
Classes	20
Participation in the exam / pass	2
Preparation for classes	3
Studying literature	4
Participation in consultations	5
Preparation of the project / essay	8
Preparing for the exam / passing	8
TOTAL student workload	50
Number of ECTS points	2

**Second degree
Public Health**

GRUPA B (przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów)

Moduł:					
Moduł: B: Active senior					
Course:				Kod przedmiotu:	
metodological workshops working with people of the third age (SPECIALIZATIONS /SPECIALIZATION MODULES)				US45PIIJ2996_47S	
Faculty:					
US public health					
Form of study:		Profile of education: .		Specialty:	
Master's degree, full-time		practical		health promoter and trainer	
Course status:			Lecture language:		
optional			semester: 2 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	seminar	20	ZO	4
		lecture	5	E	
SUM			25		4
Subject coordinator		dr HALINA BUDIS			
Aim of the course		Acquiring knowledge in the field of work methodology with people in the elderly. Develop skills of communicating with the elderly, designing and conducting physical and educational activities. To make students aware of barriers in education and communication with seniors and to develop conscious use of specific models and models in methodological work with older people.			
Prerequisites requirements:		The acquaintance of basic social problems and wholesome persons stricken in years			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	the student has broad the knowledge on the subject methodologies of the work with older persons	K_W05	
Skills	1	EP2	the student has practical skills of the conduct of occupations about the preventive character with particular reference to problems of the day of seniors	K_U02 K_U07	
	2	EP3	the student possesses skills in linking of the cooperation with the environment of persons stricken in years	K_U10	
	3	EP4	the student can design works educational in the environment of older person	K_U01	
	4	EP5	the student can work in the group over chosen problems of seniors	K_U04	
Social competence	1	EP7	is ready to take care of the safety of the pupils during work with elderly people	K_K03	
Course content				Semester	Hours
Subject: metodological workshops working with people of the third age					
Lectures					
1. Concepts, the foundation and the terminology of the methodology of the work with persons of the third age. Forms and labour practices with seniors. Forms and labour practices with seniors.				2	5
Seminars					
1. The approach in the work with persons of the third age. The troubleshooting of needs, problems and living conditions of seniors and the grant of the help in their satisfaction				2	6
2. Evaluating of the efficiency of persons stricken in years, in this the exercise of daily activities				2	7

3. The help to seniors in daily domestic activities. Granting of the emotional support. The help in the elaborations of the individual plan of action.		2	7		
Teaching methods	the multimedia presentation, the analisis of performed tasks, the draftee, the individual work				
Verification methods for achieving intended learning outcomes					Number of learnig outcome
	EXAM				EP1
	TEST				EP1
	PROJECT				EP1, EP2, EP3, EP4, EP5, EP5, EP6
	PRESENTATION				EP2, EP3, EP4, EP5, EP5
PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP2, EP3, EP4	
The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test including theories from lectures Seminars: based on the activity during the exercises and the positive evaluation from done a job (the project) .				
	Rules for calculating the final grade				
	The final evaluation to the state the evaluation from the examination in written form				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	3	metodological workshops working with people of the third age		weighted	
	3	metodological workshops working with people of the third age [lecture]	exam		1,00
	3	metodological workshops working with people of the third age [seminars]	credit with grade		0,00
Recommended literature					
Li X.,Anis A.H. (2013): Cost Sharing of Prescription Drugs and Demand for Health-Care Utilization among Seniors with Rheumatoid Arrtritis , Applied Economics Letters					
Myung-Ja Kim, Choong- Ki Lee, Woo Gon Kim (2013): Relationships between lifestyle of health and sustainabyty and healthy food choices for seniors					
Park W., Grace A. at. el. (2014): Supporting frail seniors through a family physician and Home Health intergrated care model in Fraser Health.					
Xiaojing S, Simpson Penny M. Seniors (2013): Health Information, and the internet: Motivation, Ability, and Internet Knowledge.					
(2013): United Health Foundation's America's Health Rankings Senior Report , Minnesota Healthiest State for Seniors					
Optional literature					
(2012): Marketing Health Services, Senior MomentsLiteratura					
STUDENT WORKLOAD					
					Number of hours
Classes					25
Participation in the exam / pass					3
Preparation for classes					10
Studying literature					10
Participation in consultations					23
Preparation of the project / essay					12
Preparing for the exam / passing					17
TOTAL student workload					100
Number of ECTS points					4

Modul:					
Modul: A: Health promotion and prevention of people of all ages					
Course: health problems of the population (SPECIALIZATIONS /SPECIALIZATION MODULES)				Kod przedmiotu: US45PIIJ2983_29S	
Faculty: US public health					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty: health promoter and trainer	
Course status: optional			Lecture language: semester: 2 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	seminar	20	ZO	4
		lecture	5	ZO	
SUM			25		4
Subject coordinator		dr HALINA BUDIS			
Aim of the course		Acquiring information on the course of diseases in all phases of human ontogeny and developing the ability to analyze the complex determinants of health, mental and environmental and social problems of people of all ages, as well as the socio-cultural differences resulting from them. To make students aware of the role of the health promoter in shaping individual and population health.			
Prerequisites requirements:		Knowledge of health promotion and health education, anatomy, nutrition and health education			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Knows and understands the course, mechanisms and symptoms of aging, as well as the principles of global geriatric and interdisciplinary assessment of elderly patients	K_W03	
	2	EP2	Understands the causes and knows the basic differences in the most common diseases occurring in the elderly and the principles of management in basic geriatric syndromes	K_W03 K_W06	
	3	EP3	He knows and understands the dangers of the elderly	K_W07	
Skills	1	EP4	He plans to work with the team to try to address the most common health problems of the elderl.	K_U05	
	2	EP5	It can identify environmental hazards in relation to older people and prepare and present an action plan for the geriatric population	K_U06	
Social competence	1	EP6	He is ready to assess his own occupational limitations	K_K08	
Course content				Semester	Hours
Subject: health problems of the population					
Lectures					
1. Specificity of pathology of old age. Picture and course of illness in the elderly				2	3
2. The problem of multiformality and the specificity of the course of diseases in the elderly. Psychogeriatric syndromes on the example of dementia, depression and delirium				2	3
Seminars					

1. Prevention of addiction in the elderly. Diseases of the circulatory system in old age.	2	5
2. Prevention of gastrointestinal (metabolic, hydroelectric, dehydration and malnourishment) disorders in the elderly. Problem constipation and incontinence, haemorrhoid disease. Dietotherapy. Endocrine disorders in geriatrics	2	5
3. Selected aspects of mental disorders in the elderly. The problem of aggression in the elderly population	2	5
4. Disease prevention and promotion of old people's health in research and intervention programs	2	5

Teaching methods	Multimedia presentation, Analysis of performed tasks, Preparation of a final project, Individual student work, workshops
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Verification methods for achieving intended learning outcomes		Number of learning outcome
	TEST	EP1, EP2, EP3,
	ESSAY / REVIEW	EP3, EP4, EP5, EP5, EP6
	PRESENTATION	EP1, EP2, EP3, EP4,
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)	EP4, EP5

The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test including theories from lectures Seminars: based on the activity during the exercises and the positive evaluation from the group work (presentation and writing)
	Rules for calculating the final grade
	The final grade is the arithmetic mean of the scores from lectures and exercises

Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	health problems of the population		arithmetic	
	2	health problems of the population [lecture]	credit with grade		
	2	health problems of the population [seminars]	credit with grade		

Recommended literature

Yuri Quintana (2012) Advancing cancer education and healthy living in our communities : putting visions and innovations into action : selected papers from the St. Jude Cure4Kids Global Summit 2011, IOS Press, Amsterdam

Annemien Haveman-Nies (2010) Epidemiology in public health practice Wageningen Academic Publishers, Wageningen

Optional literature

Agata Chabior (2014) Ageing and old age as a task : health, activation, development, integration. Wydawnictwo Libron - Filip Lohner, Kraków

STUDENT WORKLOAD

	Number of hours
Classes	25
Participation in the exam / pass	5
Preparation for classes	8
Studying literature	8
Participation in consultations	35
Preparation of the project / essay	9
Preparing for the exam / passing	10
TOTAL student workload	100
Number of ECTS points	4

GRUPA C (Przedmioty z programów studiów kierunków prowadzonych w języku polskim, które będą realizowane w języku obcym)

Course: history of medicine (GENERAL)					Kod przedmiotu: US45PIIJ2984_10S	
Faculty: US public health						
Form of study: Master's degree, full-time			Profile of education: . practical		Specialty: health promoter and trainer	
Course status: obligatory				Lecture language: semester: 1 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS	
1	1	lecture	20	ZO	2	
SUM			20		2	
Subject coordinator		dr HALINA BUDIS				
Aim of the course		Acquiring knowledge of the development of medicine and medical sciences throughout history, from prehistoric times to the second half of the 20th century, with an emphasis on the history of medicine in Poland. Developing appropriate skills in the field of analysis and interpretation of historical sources related to health. The use of knowledge in the field of medical history in professional activity.				
Prerequisites requirements:		The student knows the concepts, views and directions in medical sciences. Is able to use historical sources				
LEARNING OUTCOMES						
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program		
Knowledge	1	EP1	The student knows the history of the beginnings of medicine, medicine of primitive peoples and the most ancient civilizations, as well as the characteristic features of medieval and modern medicine and its most important discoveries as well as the process of shaping new medical disciplines, achievements of leading representatives of Polish and world medicine	K_W13		
Skills	1	EP2	is able to indicate historical differences in the approach to topics related to public health, including cultural, religious and ethnic conditions	K_U14		
Social competence	1	EP3	is ready to deepen his knowledge and turn to experts in case of difficulties	K_U01		
Course content				Semester	Hours	
Subject: history of medicine						
Lectures						
1. Introduction to the history of medicine. Prehistoric medicine				1	5	
2. Ancient medicine, the concept of health and disease in ancient Egypt and Mesopotamia. The level of medical knowledge in ancient China, India and in Jewish culture. Greek and Roman medicine				1	5	
3. Medieval medicine. The birth of university medicine. Arabic medicine. Hospital development.				1	5	
3. Medicine in the Renaissance and Baroque. Enlightenment medicine. Development of medical specialties. A revolution in the history of science in the nineteenth century. Changes in world medicine in the first half of the 20th century. Polish medicine from the earliest times to the 20th century.				1	5	
Teaching methods		Problem lecture, seminar lecture, informative lecture, multimedia presentation				

Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1, EP2, EP3,
The form and conditions for receiving credit	Positive assessment of the final test.				
	Rules for calculating the final grade				
	The final grade is the grade from test				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	history of medicine		weighted	
	1	history of medicine [lecture]	credit with grade		1,00

Recommended literature

Book and articles about history medicine

Optional literature

STUDENT WORKLOAD

	Number of hours
Classes	20
Participation in the exam / pass	2
Preparation for classes	8
Studying literature	8
Participation in consultations	4
Preparation of the project / essay	0
Preparing for the exam / passing	8
TOTAL student workload	50
Number of ECTS points	2

Modul:					
Modul: A: Health promotion and prevention of people of all ages					
Course:				Kod przedmiotu:	
Hygiene (SPECIALIZATIONS /SPECIALIZATION MODULES)				US45PIIJ2983_38S	
Faculty:					
US public health					
Form of study:		Profile of education: .		Specialty:	
Master's degree, full-time		practical		health promoter and trainer	
Course status:			Lecture language:		
optional			semester: 4 - polish (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	seminar	20	ZO	3
		lecture	15	E	
SUM			35		3
Subject coordinator		dr inż. ANNA KRAJEWSKA-PĘDZIK			
Aim of the course		The aim of the course is to learn the issues of general hygiene and factors affecting the human body, from the perspective of the health promoter, as well as methods of estimating and ways to minimize environmental risks. Providing the student with knowledge on how to assess nutritional status and human nutrition in the aspect of oral prophylaxis in school children and adolescents. Acquisition of practical skills in environmental monitoring by students. Developing awareness about the impact of lifestyle and diet on the health status of people of different ages			
Prerequisites requirements:		Knowledge of health promotion and health education, anatomy, nutrition and health education			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student has in-depth knowledge of the impact of environmental physical, chemical and biological factors as well as personal hygiene, nutrition, work and science on human health.	K_W01 K_W02 K_W06	
	2	EP2	student has in-depth knowledge of epidemiological transformation and the impact of hygienic living conditions on inequalities in health on a national and global scale	K_W13	
Skills	1	EP3	student is able to identify factors threatening the hygienic lifestyle	K_U06 K_U19	
	2	EP54	student is able to prepare a program in the field of hygiene of the human life environment	K_U07 K_U13	
Social competence	1	EP5	the student is ready to take care of the hygiene of his own work and work	K_K03	
Course content			Semester	Hours	
Subject: hygiene					
Lectures					
1. Environmental-physical factors affecting the human body			4	5	
2. Physical, chemical, biological factors present in food, soil, water, atmospheric air and in the living environment of humans.			4	5	
3. Occupational health and safety in care, teaching and upbringing institutions: Safety and accident concepts. Breakdown of accidents. Accidents among children and young people inside and outside the school. Accident prevention. Regulations of facilities. Rest hygiene. The role of rest in the promotion of human health with particular emphasis on the importance of physical activity: The impact of physical activity on the human body. Leisure and passive; recreation; rest. Selected forms of physical activity.			4	5	

Seminars					
1. Organizational exercises. Objectives, tasks and importance of hygiene in human life: Definition of health and hygiene. The history of hygiene at the turn of history. Factors conditioning human health. Hygiene departments. School and sports hygiene tasks.		4	5		
2. Supervision of sanitary and technical and health conditions in teaching and upbringing institutions: Supervision of sanitary and technical conditions in care, teaching and upbringing institutions. Budyneki its surroundings. Assessment of the adaptation of school furniture to student growth. Assessment of health conditions in computer labs in schools. Giving opinions on facilities for the preparation of recreation facilities for children and youth in terms of hygiene and health requirements. Health requirements for persons employed in care, teaching and upbringing institutions		4	5		
3. Hygiene of teaching and upbringing: Student's work hygiene. Hygienic assessment of timetables. Lesson plans.		4	5		
4. Personal hygiene and everyday life: Hygiene of skin, arms, legs. Hygiene of sight and hearing organs, hygiene of the nervous system, mental hygiene; cardiovascular hygiene; respiratory hygiene; digestive hygiene		4	5		
Teaching methods	multimedia presentation, analysis of performed tasks, Individual student work, workshops				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	EXAM				EP1, EP2, EP3,
	TEST				EP1, EP2, EP3,
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP1, EP2, EP3, EP4, EP5
The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test including theories from lectures Seminars: based on the activity during the exercises and the positive evaluation from the individual and group work and positive assessment of the final test. The final seminar grade is the arithmetic mean of the scores from lectures and seminars				
	Rules for calculating the final grade				
	The final grade from the exam				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	4	hygiene		weighted	
	4	hygiene [lecture]	exam		1,00
	4	hygiene [seminars]	credit with grade		
Recommended literature					
Up to date articles and publications about hygiene					
Optional literature					
STUDENT WORKLOAD					
		Number of hours			
Classes		35			
Participation in the exam / pass		5			
Preparation for classes		8			
Studying literature		7			
Participation in consultations		10			
Preparation of the project / essay		0			
Preparing for the exam / passing		10			
TOTAL student workload		75			
Number of ECTS points		3			

Modul:					
Modul: A: Health promotion and prevention of people of all ages					
Course:				Kod przedmiotu:	
prevention programs (SPECIALIZATIONS /SPECIALIZATION MODULES)				US45PIIJ2996_33S	
Faculty:					
US public health					
Form of study:		Profile of education: .		Specialty:	
Master's degree, full-time		practical		health promoter and trainer	
Course status:			Lecture language:		
optional			semester: 3 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	3	seminar	30	ZO	6
		lecture	15	ZO	
SUM			45		6
Subject coordinator	dr HALINA BUDIS				
Aim of the course	The aim of the course is to familiarize students with the developed health programs in the country, in Europe and in the world, and to indicate the factors conditioning their effectiveness and good practices when creating health programs. Improving the skills of designing a health program, creating a schedule of activities, presenting reports, evaluation methods. Arousing the student's interest in the health needs of the society and pointing to the relationship between the implementation of good health programs directed to the needs and the improvement of health indicators of society.				
Prerequisites requirements:	Knowledge about health determinants and risk factors for body dysfunction, basic knowledge about the design of health promotion programs				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student has in-depth knowledge about the creation of health programs, their implementation and evaluation of the effectiveness of preventive actions directed to the health of people of different ages	K_W12	
	2	EP2	student has knowledge about the impact of health programs focused on mental health prophylaxis and on shaping health-promoting attitudes	K_W07	
	3	EP3	student has in-depth knowledge of copyright	K_W15	
Skills	1	EP4	student is able to identify environmental factors threatening health and create an action plan to eliminate health hazards in a population of people of different ages	K_U13	
	2	EP5	student is able to construct an educational program promoting physical activity of people of all ages	K_U01 K_U07	
	3	EP6	the student knows how to make the right choice of IT tools and apply them to the preparation and implementation of programs aimed at maintaining health	K_U12	
	4	EP7	student is able to run social campaigns affecting health attitudes of people of different ages, based on the presentation of health programs	K_U04	
	5	EP8	the student is able to independently perform the work and present it in the form of a presentation made in an appropriate computer program	K_U08	
Social competence	1	EP9	social competences the student is ready to act as an educator and health promoter using various methods of social communication	K_K06	
Course content				Semester	Hours

Subject: prevention programs					
Lectures					
1. Local, national and global conditions for the creation of preventive programs. Evaluation of the effectiveness of health programs.			3	15	
Seminars					
1. Governmental and local prevention programs			3	10	
2. Preventive programs in the European Union			3	10	
3. Constructing preventive programs at local, national and global level			3	10	
Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1, EP2
	PROJECT				EP3, EP4, EP5, EP6, EP7, EP8, EP9
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP6, EP8
The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the activity during the exercises and the positive evaluation from the group work (project) and positive assessment of the final test				
	Rules for calculating the final grade				
	The final grade is the arithmetic mean of the scores from lectures and seminars				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	3	prevention programs		arithmetic	
	3	prevention programs [lecture]	credit with grade		
	3	prevention programs [seminars]	credit with grade		
Recommended literature					
Law regulations and health programs documentation from Poland, EU and WHO					
Optional literature					
David L. Barry (2012) Correlation between human factors and the prevention of disasters. IOS Press. Amsterdam					
STUDENT WORKLOAD					
			Number of hours		
Classes			45		
Participation in the exam / pass			4		
Preparation for classes			10		
Studying literature			15		
Participation in consultations			26		
Preparation of the project / essay			20		
Preparing for the exam / passing			30		
TOTAL student workload			150		
Number of ECTS points			6		

Modul:					
Modul: A: Health promotion and prevention of people of all ages					
Course: social gerontology (SPECIALIZATIONS /SPECIALIZATION MODULES)				Kod przedmiotu: US45PIIJ2983_26	
Faculty: US public health					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty: health promoter and trainer	
Course status: obligatory			Lecture language: semester: 2 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	seminar	10	ZO	2
		lecture	10	ZO	
SUM			20		2
Subject coordinator		dr HALINA BUDIS			
Aim of the course		The main goal is to draw the attention of students to the social problems of the elderly population, to show the problems related to the elderly in the family and society, and to areas and directions of activities that allow achieving improvement in the quality of life in this group. Acquaintance with the lifelong process of human development. Drawing attention to the need to prepare for old age and showing the possibility of a satisfying life in old age. Developing skills to analyze demographic transformations in Poland and the world, and to formulate conclusions and opinions regarding the social situation of seniors. Shaping a positive attitude towards old age.			
Prerequisites requirements:		Having basic knowledge about the health education of the elderly and their environment and the ability to recognize the basic life needs of older people			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	knows the cause of selected disease disorders and social dysfunctions of the elderly and elderly	K_W01	
	2	EP2	student knows and understands the functioning of organizations caring for the elderly	K_W14	
Skills	1	EP3	student has the ability to prepare a program targeted at elderly people in order to improve their quality of life	K_U07	
	2	EP4	student takes actions to improve the social situation of the elderly	K_U16 K_U19	
	3	EP5	student has the ability to search for valuable information from various domestic and foreign sources regarding the issues of old age and aging, as well as to independently discuss the studied phenomenon	K_U06 K_U08	
	4	EP6	the student has the ability to communicate and solve the problem situations he faces	K_U05	
	5	EP7	student is able to analyze the demographic situation on a national and global scale as well as the activities of the senior policy and independently draw conclusions on this basis and form opinions on improving the health and psychosocial situation of the elderly	K_U17	
Social competence	1	EP8	student is ready to deepen knowledge and improve skills in the field of widely understood gerontology	K_K01	
Course content				Semester	Hours

Subject: social gerontology					
Lectures					
1. Mechanisms and conditions of human aging. Cultural perception of old age. Longevity in Poland and in the world. Demographic processes in an aging society. Tasks of government and non-governmental units dealing with the care of elderly people				2	10
Seminars					
1. Old age as a phase of human life. Developmental paths of old age. Factors affecting the quality of life of older people.				2	3
2. Factors affecting social dysfunctions of the elderly population.				2	3
3. Educational programs addressed to the needs of the elderly				2	4
Teaching methods	lecture with the use of audiovisual equipment, exercises - teamwork, discussion (round table, workshops)				
Verification methods for achieving intended learning outcomes					Number of learning outcomes
	TEST				EP1, EP2,
	PROJECT				EP4, EP5, EP6, EP7, EP8, EP9
The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the activity during the exercises and the positive evaluation from the group work (presentation and writing) and positive assessment of the final test				
	Rules for calculating the final grade				
	The final grade is the arithmetic mean of the scores from lectures and seminars				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	social gerontology		arithmetic	
	2	social gerontology [lecture]	credit with grade		
	2	social gerontology [seminars]	credit with grade		
Recommended literature					
Łukasz Tomczyk (2017) Selected contemporary challenges of ageing policy. Katedra Pedagogiki Społecznej i Andragogiki. Uniwersytet Pedagogiczny. Kraków					
Optional literature					
STUDENT WORKLOAD					
			Number of hours		
Classes			20		
Participation in the exam / pass			2		
Preparation for classes			3		
Studying literature			5		
Participation in consultations			4		
Preparation of the project / essay			6		
Preparing for the exam / passing			10		
TOTAL student workload			50		
Number of ECTS points			2		

Modul:					
Modul: A: Health promotion and prevention of people of all ages					
Course: lifestyle of the population (SPECIALIZATIONS /SPECIALIZATION MODULES)				Kod przedmiotu: US45PIIJ2996_37	
Faculty: US public health					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty: health promoter and trainer	
Course status: optional			Lecture language: semester: 4 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	seminar	25	ZO	3
		lecture	15	ZO	
SUM			40		3
Subject coordinator		dr HALINA BUDIS			
Aim of the course		The aim of the course is to familiarize students with contemporary factors affecting the lifestyle of the population and lifestyle differences resulting from ethnic, cultural and religious conditions. Developing skills in analyzing the dynamics of changes in contemporary lifestyle trends and effective action to improve and maintain health. To make students aware of the social and cultural dimensions of health and illness and the relationship between living conditions and lifestyle. Shaping an attitude of constant improvement and updating of knowledge, and is aware of the need for further training and self-improvement in the role of healthy promoter			
Prerequisites requirements:		Knowledge of basic concepts in the field of general hygiene, nutrition, physical activities			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	student has in-depth knowledge of factors conditioning human health	K_W02	
	2	EP2	student has in-depth knowledge of health-promoting attitudes and health-promoting behaviors	K_W07	
Skills	1	EP3	student undertakes activities in a team to improve the lifestyle of the population, taking into account cultural, religious and ethnic conditions	K_U05 K_U14	
	2	EP4	student is able to prepare and implement an undertaking to raise the health awareness of the population	K_U04 K_U07	
	3	EP5	student is able to use information techniques, collects data based on which he analyzes the lifestyle of the population	K_U12	
	4	EP6	student assesses the impact of living conditions on an individual's lifestyle	K_U20	
Social competence	1	EP7	student is ready to act as a health promoter	K_K06	
Course content				Semester	Hours
Subject: lifestyle of the population					
Lectures					
1. Health and anti-health factors conditioning human health				4	5
2. Individual behavior and lifestyle of selected populations				4	5
3. Prospects for lifestyle changes. Society in the world of modern technologies - consequences of the phenomenon				4	5

Seminars					
1. Lifestyle analysis of the population of people of different ages, different cultures and nationalities.			4	25	
Teaching methods	lecture with the use of audiovisual equipment, teamwork, discussion, problem-based method, workshops				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1, EP2
	ESSAY / REVIEW				EP1, EP2, EP3, EP4, EP5, EP6, EP7
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP3, EP4, EP5, EP6,
The form and conditions for receiving credit	Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the positive assessment of the written work.				
	Rules for calculating the final grade				
	The final grade is the arithmetic mean of the scores from lectures and seminars				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	4	lifestyle of the population		arithmetic	
	4	lifestyle of the population [lecture]	credit with grade		
	4	lifestyle of the population [seminars]	credit with grade		
Recommended literature					
Martin Kornberger (2011) Brand society : how brands transform management and lifestyle. Cambridge: Cambridge University Press					
Optional literature					
STUDENT WORKLOAD					
			Number of hours		
Classes			40		
Participation in the exam / pass			2		
Preparation for classes			3		
Studying literature			5		
Participation in consultations			4		
Preparation of the project / essay			8		
Preparing for the exam / passing			13		
TOTAL student workload			75		
Number of ECTS points			3		