

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z							
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku							
Course title: alternatywne formy aktywności fizycznej (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_59S		
Name of field of study: zdrowie publiczne							
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:		
Course / module status elective			Language of instruction: semester: 4 - polish language				
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
2	4	discussion classes	20	0	pg	3	
Total			20			3	
Course / module coordinator		dr MONIKA NIEWIADOMSKA					
Course instructor		dr MONIKA NIEWIADOMSKA					
Course / module objectives		The aim of the subject is to familiarize students with alternative forms of physical activity. Developing skills in the field of methods of using alternative means of education and upbringing in the implementation of physical activities. Improving skills of activating people of different ages in physical activity. Developing a pro-health attitude.					
Prerequisites		Knowledge of the basic principles of undertaking proper physical activity.					
LEARNING OUTCOMES							
Category	No.	Code	Description			Ref. to programme benchmarks	
knowledge	1	EP1	the student knows various forms of physical activity for people of different ages			K_W16	
skills	1	EP2	the student is able to assess the fitness level of people exercising and adapt appropriate forms of movement to this level			K_U01	
social competences	1	EP3	the student is ready to take care of his/her own level of physical fitness			K_K02	
CONTENT					Semester	No. of hours	
						including e-learning	
Subject title: alternatywne formy aktywności fizycznej							
Format of instruction: discussion classes							
1. To familiarize students with various forms of physical activity.					4	20	0
Modes of delivery		practical exercises, outdoor activities					
		The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					

Assessment methods					No. of learning outcome from the syllabus
	SPRAWDZIAN				EP1
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)				EP1,EP2,EP3
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.					
Grading criteria	Passing the exercises based on a positive assessment of the test and practical tasks - physical exercises				
	Grade calculation principles				
	<p>The final grade for the subject is the grade for the exercises</p> <p>1. Grade 5.0 (very good) ? Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam or final paper. ? Skills: The ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.</p> <p>2. Grade 4.5 (plus good) ? Requirements: The student should score between 86% and 90% of the points. ? Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.</p> <p>3. Grade 4.0 (good) ? Requirements: The student must score between 71% and 85% of the points. ? Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.</p> <p>4. Grade 3.5 (plus satisfactory) ? Requirements: Achievement of 61% to 70% of points. ? Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.</p> <p>5. Grade 3.0 (sufficient) ? Requirements: The student must achieve 51% to 60% of points. ? Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.</p> <p>6. Grade 2.0 (inadequate) ? Requirements: Achievement of less than 50% of points. ? Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level.</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	alternatywne formy aktywno ci fizycznej		Wa ona	
	4	alternatywne formy aktywno ci fizycznej [wiczenia]	zaliczenie z ocen		1,00
Basic reading	Joanna Mazurek (2019): Aktywno fizyczna : zalecenia dotycz ce aktywno ci fizycznej, wskazania i przeciwwskazania do podejmowania aktywno ci fizycznej, przykładowe aktywno ci fizyczne, przykładowe wiczenia zalecane przy ró nych rodzajach schorze , Infor Biznes Sp. z oo., Warszawa				
Supplementary reading	Howley Edward T. (2007): Fitness professional's handbook , Human Kinetics, Champaign, IL				
	Wilanowski Aleksander. (2014): Nordic Walking dla ka dego, Wydawnictwo Bukowy Las, Wrocław				
STUDENT WORKLOAD					
		No. of hours			
		including e-learning			
Contact hours	20		0		
Participation in test / exam	5		0		
Preparation for contact hours	7		0		
Private reading and studying	3		0		
Participation in tutorials	15		0		
Preparation of project / essay / etc.	0		0		

Preparation for test / exam	25	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-25/26Z						
Course title: podstawy ywienia (KIERUNKOWE)					Course code: KFZ45PIJ3451_8S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	discussion classes	20	0	pg	3
		lecture	20	0	e	
Total			40			3
Course / module coordinator		dr in . ANNA KRAJEWSKA-P DZIK				
Course instructor		dr in . ANNA KRAJEWSKA-P DZIK				
Course / module objectives		The aim of the course is to familiarize the student with the basics of human nutrition, the composition and properties of food in terms of meeting the body's nutritional needs, the physiological basis of rational nutrition, its importance for the health of the population, the effects of defective nutrition, the mechanisms of development of diet-related diseases and the basics of nutritional prevention. The student will acquire the ability to interpret physiological parameters that influence the nutritional status of the body. Preparing the student for healthy behavior as a client and consumer.				
Prerequisites		The student expresses his or her own opinions, discusses, and works independently and in a group.				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student has basic knowledge of measures for assessing health status.	K_W01 K_W02		
	2	EP2	The student knows the basic determinants of a healthy lifestyle through proper nutrition.	K_W04		
	3	EP3	The student knows preventive measures applied to individuals and social groups and the mechanisms of development of diet-related diseases.	K_W02 K_W03 K_W06 K_W07		
skills	1	EP4	The student uses foreign-language literature in his work.	K_U08 K_U17		
	2	EP5	The student is able to take educational, preventive and corrective actions in the field of nutrition of an individual and a social group.	K_U02 K_U03 K_U09 K_U20		
	3	EP6	The student has the skills to plan and design a proper nutrition regimen, taking into account applicable standards.	K_U05 K_U06		
	4	EP7	The student has the ability to present orally the results of his/her own activities and thoughts regarding the subject.	K_U07 K_U10		

social competences	1	EP8	The student is ready to appropriately define priorities for the implementation of a task specified by himself or others.	K_K03 K_K05 K_K06
	2	EP9	The student is ready to take care of his own health and that of his loved ones by implementing programs regarding the principles of rational nutrition.	K_K03 K_K07
CONTENT			Semester	No. of hours including e-learning
Subject title: podstawy ywienia				
Format of instruction: lecture				
1. Basics of nutrition - concepts and definitions. Rational nutrition. A comprehensive approach to nutrition. Basic issues in the field of human nutrition (food selection, eating experiences, demand for nutrients). Comfort food. Current nutritional recommendations.			1	8 0
2. Anatomy of the digestive tract with elements of physiology.			1	2 0
3. Metabolism, factors shaping it, assessment methods and types.			1	2 0
4. The role of water in the human body. Proper hydration. Effects of fluid deficiency and excess in the human body.			1	2 0
5. Adverse food reactions - allergic and non-allergic. Eating disorders. Specific dietary patterns of certain population groups. The problem of providing healthy food (eating style, nutrition quality, food contamination).			1	6 0
Format of instruction: discussion classes				
1. Basic issues in the field of human nutrition. Food origin - food kilometers.			1	2 0
2. The role of nutrition in the aspect of health promotion and the principle of rational nutrition. The role of vitamins and mineral salts. The role of proteins, lipids and carbohydrates in nutrition.			1	6 0
3. Familiarization with methods of assessing nutritional status and method and developing the ability to use somatic indicators in assessing nutritional status. Presentation of completed tasks. Assessment of students' nutrition based on the analysis of the weekly menu.			1	6 0
4. The impact of nutrition on the occurrence of diet-related diseases.			1	4 0
5. The latest achievements in the field of food and nutrition. Food safety.			1	2 0
Modes of delivery	<p>Multimedia presentation, analysis of completed tasks, development of a final project, individual student work, discussion, brainstorming and/or workshops.</p> <p>The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.</p>			
Assessment methods				No. of learning outcome from the syllabus
	EGZAMIN PISEMNY			EP1,EP2,EP3
	KOLOKWIMUM			EP1,EP2,EP3
	PREZENTACJA			EP4,EP5,EP6
	PROJEKT			EP5,EP6,EP7,EP8,EP9
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP5,EP6,EP7,EP8,EP9
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	<p>Exercises: passing the exercises based on active participation in classes, group work, positive assessment of the presentation and menu, and positive assessment of the colloquium.</p> <p>Lectures: pass the lectures based on the exam grade.</p> <p>Exam in written form.</p>			
	Grade calculation principles			
	<p>The final grade is the arithmetic mean of the grades from the exercises and exam.</p> <p>Grade 5.0 (very good):</p> <p>*Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply</p>			

it in practice. Achieving at least 91% of points on the exam/credit or credit paper.

***Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.**
Grade 4.5 (plus good):
***Requirements: The student should score between 86% and 90% of points.**

***Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.**
Grade 4.0 (good):
***Requirements: The student must score between 71% and 85% of points.**

***Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.**
Grade 3.5 (plus satisfactory):
***Requirements: Achievement of 61% to 70% of points.**
***Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.**
Grade 3.0 (sufficient):
***Requirements: The student must achieve 51% to 60% of points.**
***Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.**
Grade 2.0 (inadequate):
***Requirements: Achievement of less than 50% of points.**
***Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level**

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	podstawy ywienia		Arytmetyczna	
	1	podstawy ywienia [wykład]	egzamin		
	1	podstawy ywienia [wiczenia]	zaliczenie z ocen		
Basic reading	Bułhak-Jachymczyk B. (2015): Normy ywienia człowieka, podstawy prewencji otyło ci i chorób niezaka nych , PZWL , Warszawa				
	Ciborowska H., Rudnicka A. (2014): Dietetyka ywienie zdrowego i chorego człowieka, PZWL, Warszawa				
	Gertig H., Przysławski J. (2006): Bromatologia, PZWL, Warszawa				
	Gibney M.J. (2009): Introduction to Human Nutrition , Wiley- Blackwell, USA (https://www.hairscientists.org/wp-content/uploads/2013/06/1405168072%2BNutritionA.pdf)				
	Kunachowicz H. (2018): Tabele składu i warto ci od ywczzej ywno ci - Food composition tables, PZWL, Warszawa				
	Langley-Evans S. (2016): ywienie - wpływ na zdrowie człowieka, PZWL, Warszawa				
Supplementary reading	Gaw cki J., Mossor-Pietraszewska T. (2014): Kompendium wiedzy o ywno ci, ywieniu i zdrowiu, PWN, Warszawa				
	Kolarzyk E. (2016): Antyod ywczce i antyzdrowotne aspekty ywienia człowieka, Wydawnictwo Uniwersytetu Jagiello skiego, Kraków				
	Lewandowska A. (2019): Dieta zdrowych jelit, RM				
	Panasiuk A., Kowali ska J. (2019): Mikrobiota przewodu pokarmowego, PZWL, Warszawa				
	Sikorski Z.E., Staroszczyk H. (2018): Chemia ywno ci: T.2 Biologiczne wła ciwo ci składników ywno ci, PWN, Warszawa				
	Stephenson T.J., Schiff W. (2020): Human Nutrition: Science for Healthy Living Updated with 2015–2020 Dietary Guidelines for Americans, University of Kentucky, USA				
	(2016): (2016): ROZPORZ DZENIE MINISTRA ZDROWIA, z dn. (26.08.2015 r.) 26.07.2016 r. w sprawie grup rodków spo ywczych przeznaczonych do sprzeda y dzieciom i młodzie y, w jednostkach systemu o wiaty oraz wymaga , jakie muszą spełnia rodki spo ywczce stosowane w ramach ywienia zbiorowego dzieci i młodzie y w tych jednostkach, Warszawa, https://isap.sejm.gov.pl/isap.nsf/DocDetails.xsp?id=WDU20160001154				
	(2023): Current articles on the nutrition of various social groups, https://pubmed.ncbi.nlm.nih.gov/				
	(2000): Nutrition for Health and Development. A global agenda for combating malnutrition, WHO, France (https://apps.who.int/iris/bitstream/handle/10665/66509/WHO_NHD_00.6.pdf;sequence=1)				
STUDENT WORKLOAD					
		No. of hours			
				including e-learning	
Contact hours		40		0	
Participation in test / exam		3		0	

Preparation for contact hours	6	0
Private reading and studying	8	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	6	0
Preparation for test / exam	6	0
TOTAL workload	75	
ECTS credits	3	

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-ZP-P-I-S-24/25Z						
Moduł: Moduł B: Działania profilaktyczne w państwach Unii Europejskiej i na świecie						
Nazwa przedmiotu: environmental protection (ochrona środowiska) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ45PIJ3451_51S	
Nazwa kierunku: zdrowie publiczne						
Forma studiów: I stopnia lic., stacjonarne		Profil studiów: praktyczny			Specjalność:	
Status przedmiotu: fakultatywny				Język przedmiotu: semestr: 3 - j język angielski		
Rok	Semestr	Forma zajęć	Liczba godzin		Forma zaliczenia	ECTS
				w tym e-learning		
2	3	wiczenia	20	0	ZO	2
		wykład	5	0	ZO	
Razem			25			2
Koordynator przedmiotu:		dr inż. HALINA BUDIS				
Prowadzący zajęcia:		dr inż. HALINA BUDIS				
Cele przedmiotu:		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.				
Wymagania wstępne:		K - the desire to acquire knowledge				
EFEKTY UCZENIA SI						
Kategoria	Lp	KOD	Opis efektu		Odniesienie do efektów dla programu	
wiedza	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 environmental		K_W07	
umiejętności	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_U16 K_U21	
kompetencje społeczne	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	
TRECI PROGRAMOWE ZAJĘCIA I KONSULTACJE					Semestr	Liczba godzin zajęć
						w tym e-learning
Przedmiot: environmental protection (ochrona środowiska)						
Forma zajęć: wykład						
1. The transformation of landscapes as a result of anthropogenic activity					3	1 0

2. Forms of environmental protection		3	1	0	
3. Global action to preserve a clean environment		3	1	0	
4. The impact of environmental pollution on public health		3	2	0	
Forma zaj : wiczenia					
1. Water protection and renewal on the example of sewage treatment plant activity		3	4	0	
2. Effective waste management		3	4	0	
3. Pollution protection programs.		3	4	0	
4. Biodiversity and its relationship with environmental protection		3	4	0	
5. Principles of sustainable development		3	4	0	
Metody kształcenia	a seminar lecture, individual work, possible outdoor activity				
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest określony przez prowadzącego zajęcia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczecińskiego. Prowadzący informuje studentów o zakresie oraz możliwościach korzystania z SI podczas pierwszych zajęć, wskazując katalog narzędzi lub zastosowania, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu				
Metody weryfikacji efektów uczenia się				Nr efektu uczenia się z sylabusu	
	KOLOKWIUM			EP1,EP2,EP3	
	PROJEKT			EP4,EP5,EP6,EP7,EP8	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP4,EP5,EP6,EP7,EP8	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Forma i warunki zaliczenia	Seminars: passing the exercises includes: attendance at classes, active participation in classes and positive passing group and individual papers				
	Lectures: completion of lectures on the basis of the positive completion of the final test.				
	Zasady wyliczania oceny z przedmiotu				
The final grade for the subject is the arithmetic average of the grades for the lectures and the exercises					
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	3	environmental protection (ochrona środowiska)		Arytmetyczna	
	3	environmental protection (ochrona środowiska) [wiczenia]	zaliczenie z ocen		
	3	environmental protection (ochrona środowiska) [wykład]	zaliczenie z ocen		
Literatura podstawowa	Frank Biermann and Philipp Pattberg (2012): Global environmental governance reconsidered, MIT Press, Cambridge ; London				
	Kazimierz Równy (2010): Towards international and comparative law of sustainable development in environmental protection : (selected papers), Wydawnictwo Wyższej Szkoły Zarządzania i Prawa im. Heleny Chodkowskiej w Warszawie, Warszawa				
Literatura uzupełniająca	Alexandros Gasparatos, Per Stromberg (2012): Socioeconomic and environmental impacts of biofuels : evidence from developing nations, Cambridge University Press, Cambridge				
	Svitlana Gutkevych, Barbara Kryk, Anetta Zielińska (2010): Ukraine and Poland : selected social-economic and environmental issues, Volumina.pl Daniel Krzanowski, Kyiv ; Szczecin				
NAKŁAD PRACY STUDENTA					
		Liczba godzin			
		w tym e-learning			
Zajęcia dydaktyczne	25		0		
Udział w egzaminie/zaliczeniu	2		0		
Przygotowanie się do zajęć	0		0		

Studiowanie literatury	4	0
Udział w konsultacjach	3	0
Przygotowanie projektu / eseju / itp.	7	0
Przygotowanie si do egzaminu/zaliczenia	9	0
Ł CZNY nakład pracy studenta w godz.	50	
Liczba punktów ECTS	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z						
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku						
Course title: Health problems of the population (problemy zdrowotne ludności) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_45S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective			Language of instruction: semester: 2 - english language polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	discussion classes	20	0	pg	4
		lecture	5	0	pg	
Total			25			4
Course / module coordinator		dr in . HALINA BUDIS				
Course instructor		dr in . HALINA BUDIS				
Course / module objectives		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						
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
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 elderly.	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 competences	1	EP6	He is ready to assess his own occupational limitations	K_K08		
CONTENT				Semester		No. of hours
						including e-learning
Subject title: Health problems of the population (problemy zdrowotne ludności)						

Format of instruction: lecture			
1. Health problems of the population as a consequence of demographic and social changes.y	2	5	0
Format of instruction: discussion classes			
1. Social diseases - urinary incontinence.	2	2	0
2. Neurological disorders - speech therapy for the elderly.	2	4	0
3. Mental health consequences selected diseases.	2	4	0
4. Infectious diseases - the problem of the return of old diseases.	2	2	0
5. Health dilemmas - discussion.	2	4	0
6. Current health challenges of societies.	2	4	0
Modes of delivery	Multimedia presentation, Analysis of performed tasks, Preparation of a final project, Individual student work and/or outdoor activity		
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.		
Assessment methods			No. of learning outcome from the syllabus
	KOLOKWIUM		EP1,EP2,EP3
	PRACA PISEMNA/ ESEJ/ RECENZJA		EP3,EP4,EP5,EP6
	PREZENTACJA		EP1,EP2,EP3,EP4
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP4,EP5
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.		
Grading criteria	Lectures: credit on the basis of a final test, including lecture theory. Exercises: pass the classes on the basis of active participation in the classes, positive evaluation from the group work (presentation and writing) and positive assessment from the test. In the period of hybrid or distance learning only, the conditions for passing the course will be changed to the following requirements: the condition for passing the classes is attendance at classes, active participation in classes, positive completion of the group work and passing the test. In the period of hybrid or distance learning only, the conditions for passing the course will change to the following requirements: The condition for passing the lectures is to pass the test using the MS Teams platform.		
	Grade calculation principles		
	The final grade is the arithmetic mean of the scores from lectures and exercises Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper. *Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently. Grade 4.5 (plus good): *Requirements: The student should score between 86% and 90% of points. *Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently. Grade 4.0 (good): *Requirements: The student must score between 71% and 85% of points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills. Grade 3.5 (plus satisfactory): *Requirements: Achievement of 61% to 70% of points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones. Grade 3.0 (sufficient): *Requirements: The student must achieve 51% to 60% of points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues. Grade 2.0 (inadequate): *Requirements: Achievement of less than 50% of points.		

***Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level.**

	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
Final grade calculation method	2	Health problems of the population (problemy zdrowotne ludno ci)		Arytmetyczna	
	2	Health problems of the population (problemy zdrowotne ludno ci) [wiczenia]	zaliczenie z ocen		
	2	Health problems of the population (problemy zdrowotne ludno ci) [wykład]	zaliczenie z ocen		
Basic reading	D avid Mechanic (2007): Population Health: Challenges for Scienceand Society, Blackwell Publishing, https://www.researchgate.net/publication/6120837_Population_Health_Challenges_for_Science_and_Society				
	Department of Mental Health and Substance Dependence, Noncommunicable Diseases and Mental Health, World Health Organization (2003): Investing in mental health, WHO Library Cataloguing-in-Publication Data, Geneva/ https://apps.who.int/iris/bitstream/handle/10665/42823/9241562579.pdf				
	Erik Rottier and Margaret Ince (2003): Controlling and preventing diseases, WEDC Publications, Leicestershire / https://ec.europa.eu/echo/files/evaluation/watsan2005/annex_files/WEDC/diseases/diseases.htm				
Supplementary reading	Małgorzata Anna Basi ska (2015): Coping flexibility with stress in health and in disease, Wydawnictwo Uniwersytetu Kazimierza Wielkiego, Bydgoszcz				

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	6	0
Participation in tutorials	23	0
Preparation of project / essay / etc.	20	0
Preparation for test / exam	24	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
Course title: turystyka uzdrowiskowa (KIERUNKOWE)					Course code: KFZ45PIJ3451_41S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	discussion classes	20	0	pg	2
		lecture	15	0	pg	
Total			35			2
Course / module coordinator		dr EWA KRUSZY SKA				
Course instructor		dr EWA KRUSZY SKA				
Course / module objectives		The aim of the course is to present the place of spa tourism in the health tourism system and to become acquainted with the functioning of spas in the country. Preparing students to independently plan, organize and implement activities with elements of recreation with patients staying in sanatoriums and health resorts. Showing the possibilities of practical use of the values of health resort areas.				
Prerequisites						
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student has knowledge in the field of tourism health resort, knows Polish health resorts and knows what to do they specialize, knows the profile of their activities. Know the most important health resorts in the world and in Europe. Has knowledge of therapeutic methods used in spa tourism.	K_W02 K_W08		
	2	EP2	The student knows the basic legal regulations regarding spa tourism spa resort.	K_W05		
	3	EP3	The student knows the place of spa tourism in the framework organization of the health care system at the level national.	K_W09		
skills	1	EP4	The student is able to use literature in his work foreign language.	K_U08 K_U17		
	2	EP5	The student prepares presentations using techniques information.	K_U10		
	3	EP6	the student is able to use interdisciplinary knowledge and scientific in the organization and implementation of educational activities with visitors of spa facilities, including active nature, taking into account the rules safety.	K_U01 K_U03 K_U10		
social competences	1	EP7	The student treats patients with respect staying in sanatoriums and health resorts.	K_K06 K_K07		
	2	EP8	The student is ready to treat each other with respect towards the spa client and demonstrates attitude promoting health	K_K02		

CONTENT		Semester	No. of hours		
				including e-learning	
Subject title: turystyka uzdrowiskowa					
Format of instruction: lecture					
1. Place of spa tourism in health tourism. Characteristics of Polish health resorts. Legal regulations in spa tourism.		4	3	0	
2. Treatment methods in spa tourism.		4	3	0	
3. Spa tourism in the world and in Europe.		4	3	0	
4. Barriers to the development of spa treatment in Poland.		4	3	0	
5. Health resort treatment as a Polish brand among the European Union countries.		4	3	0	
Format of instruction: discussion classes					
1. Basic concepts in the field of spa tourism. The tourist potential of health resorts in Poland.		4	4	0	
2. Spa towns in Poland.		4	4	0	
3. Patients in spas.		4	4	0	
4. Development and functioning of Polish health resorts.		4	4	0	
5. SPA and WELLNESS in spa tourism.		4	4	0	
Modes of delivery	multimedia presentations,				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods			No. of learning outcome from the syllabus		
	KOLOKWIUM		EP1,EP2,EP3		
	PREZENTACJA		EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8		
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Lectures: pass based on positive grade from the colloquium.				
	Exercises: passing the exercises based on attendance at classes, active participation in classes, positive passing of group work (presentation) and positive passing of the colloquium.				
	Grade calculation principles				
Final grade for completing the course: arithmetic mean of grades for exercises and lectures					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	turystyka uzdrowiskowa		Arytmetyczna	
	4	turystyka uzdrowiskowa [wiczenia]	zaliczenie z ocen		
	4	turystyka uzdrowiskowa [wykład]	zaliczenie z ocen		
Basic reading	Boruszczak M (2009): Turystyka uzdrowiskowa. Stan i perspektywy, WSZTiH, Gdańsk				
	Lewandowska A. (2007): Turystyka uzdrowiskowa: materiały do studiowania, WNUS, Szczecin				
	Patricia Erfurt-Cooper, Malcolm Coope (2009): Health and wellness tourism : spas and hot springs , Channel View Publications, Bristol				
	Tazim Jamal and Mike Robinson (2012): The SAGE handbook of tourism studies, SAGE , Los Angeles				

Supplementary reading	David Reisman : Health tourism : social welfare through international trade, Edward Elgar, Northampton
	Iwanek T. [red.] (2006): Turystyka uzdrowiskowa w gospodarce regionu i kraju, WSzZ Edukacja, Wrocław
	Kaczy ska I., Kaczy ski T. (2006): Polska: najpi kniejsze uzdrowiska, Muza, Warszawa
	Reszel E. [red.] (2006): Polskie uzdrowiska: kurorty, sanatoria, Spa, centra odnowy biologicznej, Pascal, Bielsko-Biala

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	35	0
Participation in test / exam	2	0
Preparation for contact hours	2	0
Private reading and studying	2	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	2	0
Preparation for test / exam	5	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
Unit: Moduł A: Profilaktyka w rodzinie i środowisku pracy						
Course title: Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIJ3451_47S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective			Language of instruction: semester: 3 - english language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	3	discussion classes	20	0	pg	2
		lecture	5	0	pg	
Total			25			2
Course / module coordinator		dr n. med. KATARZYNA MACIEJEWSKA				
Course instructor		dr n. med. KATARZYNA MACIEJEWSKA				
Course / module objectives		The aim of the course is to familiarize students with the basic health problems of schoolchildren 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		W - student and 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 groups				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
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 competences	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		
CONTENT					Semester	No. of hours
						including e-learning

Subject title: Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y)					
Format of instruction: lecture					
1. The main threat to health. Health behaviors of children and adolescents		3	1	0	
2. Threats to the social environment. Hazards in the physical environment.		3	1	0	
3. Intellectual disability children and adolescents		3	1	0	
4. Childhood diseases		3	1	0	
5. Report regarding the child's health situation in Poland. Comparison to other countries.		3	1	0	
Format of instruction: discussion classes					
1. Health problems of children and adolescents over the years.		3	3	0	
2. Oppositional-defiant behaviors and their health consequences.		3	4	0	
3. Prevention programs addressed to children and youth in the local environment - workshops.		3	4	0	
4. Presentation of previously prepared projects / reports.		3	3	0	
5. Sensory integration.		3	3	0	
6. Pediatric osteopathy.		3	3	0	
Modes of delivery	multimedia presentation, group and individual work, and/or outdoor activities				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	KOLOKWIUM			EP1,EP2,EP3,EP4	
	PROJEKT			EP4,EP5,EP6	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP5,EP6,EP7,EP8,EP9	
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.					
Grading criteria	Lectures: credit on the basis of a positive grade from the final test.				
	Seminars: assessment based on a positive assessment of the final test and prepared preventive program.				
	Grade calculation principles				
The final grade for the subject is the arithmetic average of lectures and seminars					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y)		Arytmetyczna	
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y) [wykład]	zaliczenie z ocen		
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y) [wiczenia]	zaliczenie z ocen		
Basic reading	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, Bogucki Wydawnictwo Naukowe, Pozna				
Supplementary reading	Andrea Nolan (2013): Research in early childhood, SAGE, Lindon				
	Sheana Bull (2011): Technology-based health promotion, SAGE, Thousand Oaks				

STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	4	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	8	0
Preparation for test / exam	9	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z							
Course title: History of medicine (OGÓLNOUCZELNIANE)					Course code: KFZ45PIIJ3451_2S		
Name of field of study: zdrowie publiczne							
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:		
Course / module status obligatory				Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
1	1	conversation	20	0	pg	2	
Total			20			2	
Course / module coordinator		dr RYSZARD STEFANIK					
Course instructor		dr RYSZARD STEFANIK					
Course / module objectives		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		Student zna poj cia, pogl dy i kierunki w naukach medycznych. Potrafi poslugiwa si ródlami historycznymi.					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
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	The student is able to indicate historical differences in the approach to topics related to public health, including cultural, religious and ethnic conditions.	K_U14			
social competences	1	EP3	The student is ready to deepen his knowledge and turn to experts in case of difficulties.	K_K01			
CONTENT					Semester		
					No. of hours		
						including e-learning	
Subject title: History of medicine							
Format of instruction: conversation							
1. Introduction to the history of medicine. Prehistoric medicine.					1	5	0
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	0
3. Medieval medicine. The birth of university medicine. Arabic medicine. Development of hospitality.					1	5	0
4. Medicine in the Renaissance and Baroque. Enlightenment Medicine. Development of medical specialties. 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	0

Modes of delivery	Wykład problemowy, wykład konwersatoryjny, wykład informacyjny, prezentacja multimedialna.				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods					No. of learning outcome from the syllabus
	KOLOKWIUM				EP1,EP2,EP3
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Positive assessment of the final test.				
	Grade calculation principles The final grade is the grade from test. Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper. *Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently. Grade 4.5 (plus good): *Requirements: The student should score between 86% and 90% of points. *Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently. Grade 4.0 (good): *Requirements: The student must score between 71% and 85% of points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills. Grade 3.5 (plus satisfactory): *Requirements: Achievement of 61% to 70% of points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones. Grade 3.0 (sufficient): *Requirements: The student must achieve 51% to 60% of points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues. Grade 2.0 (inadequate): *Requirements: Achievement of less than 50% of points. *Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	historia medycyny		Ważona	
	1	historia medycyny [konwersatorium]	zaliczenie z ocen		1,00
Basic reading	Armine S. Aslanyan (2018): Manual, YSMU, https://ysmubooks.am/uploads/THE_MANUAL_OF_HISTORY_OF_MEDICINE1.pdf				
	Tadeusz Brzeziński (2015): Historia medycyny, Warszawa, Warszawa				
	Wiesława Noszczyka (2011): Zarys dziejów chirurgii polskiej, Warszawa, Warszawa				
Supplementary reading	Bartosz Płotka (2019): Historia tradycyjnej chińskiej medycyny, Time Marszałek Group, Łysomice				
	Meyer Friedman, Gerald W. Friedland (2017): Krótka historia medycyny, Warszawa, Warszawa				
	Sutcliffe J., Duijn N.: A History Of Medicine. From Prehistory to the Year 2020, Barnes & Noble Inc., https://storage.googleapis.com/global-help-publications/books/help_historyofmedicine.pdf				
STUDENT WORKLOAD					
			No. of hours		
			including e-learning		
Contact hours			20	0	

Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	12	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	13	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z							
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku							
Course title: Lifestyle of the population (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_60S		
Name of field of study: zdrowie publiczne							
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:		
Course / module status elective			Language of instruction: semester: 4 - polish language				
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
2	4	discussion classes	20	0	pg	3	
		lecture	15	0	pg		
Total			35			3	
Course / module coordinator		mgr SZYMON KUCHARSKI					
Course instructor		dr inż. HALINA BUDIS , mgr SZYMON KUCHARSKI					
Course / module objectives		Providing students with extended knowledge of various aspects of lifestyle in the social, health and cultural context. In addition, developing practical skills related to socio-cultural differences in the approach to health and disease. Developing the ability to work in a team, make decisions and represent the interests of the group on the forum. Shaping the student's attitude towards openness and sensitivity to health issues in society.					
Prerequisites							
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	the student has in-depth knowledge of the factors determining human health	K_W02			
	2	EP2	the student has in-depth knowledge of health-promoting attitudes and health-promoting behaviors	K_W07			
skills	1	EP3	the student takes action in a team to improve the lifestyle of the population, taking into account cultural, religious and ethnic conditions	K_U05 K_U14			
	2	EP4	the student is able to prepare and implement a project aimed at raising the health awareness of the population	K_U04 K_U07			
	3	EP5	the student is able to use information techniques, collects data on the basis of which he/she analyzes the lifestyle of the population	K_U12			
	4	EP6	the student assesses the impact of living conditions on the lifestyle pursued	K_U20			
social competences	1	EP7	the student is ready to act as a health advocate	K_K06			
CONTENT					Semester	No. of hours	
						including e-learning	
Subject title: Lifestyle of the population							
Format of instruction: lecture							
1. Health-promoting and anti-health factors that determine the health of populations in different parts of the world					4	5	0

2. Individual behavior and lifestyle of selected populations.		4	5	0	
3. Prospects for changes in lifestyles. Society in the world of modern technologies. Consequences of the phenomenon		4	5	0	
Format of instruction: discussion classes					
1. Analysis of the lifestyle of a population of people of different ages, cultures and nationalities.		4	20	0	
Modes of delivery	lecture with the use of audiovisual equipment, teamwork, discussion, searching methods: problem-based, practical exercises, outdoor activities				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods			No. of learning outcome from the syllabus		
	SPRAWDZIAN		EP1,EP2		
	PRACA PISEMNA/ ESEJ/ RECENZJA		EP1,EP2,EP3,EP4,EP5,EP6,EP7		
	PREZENTACJA		EP3,EP5,EP6		
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Passing the exercises based on a positive grade for the assigned written work and presentation and activity in class. Lectures: credit based on a positive test grade				
	Grade calculation principles				
	<p>The final grade for the subject is the arithmetic average of the grades from lectures and exercises.</p> <p>Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper.</p> <p>*Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.</p> <p>Grade 4.5 (plus good): *Requirements: The student should score between 86% and 90% of points.</p> <p>*Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.</p> <p>Grade 4.0 (good): *Requirements: The student must score between 71% and 85% of points.</p> <p>*Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.</p> <p>Grade 3.5 (plus satisfactory): *Requirements: Achievement of 61% to 70% of points.</p> <p>*Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.</p> <p>Grade 3.0 (sufficient): *Requirements: The student must achieve 51% to 60% of points.</p> <p>*Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.</p> <p>Grade 2.0 (inadequate): *Requirements: Achievement of less than 50% of points.</p> <p>*Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	styl życia ludności		Arytmetyczna	
	4	styl życia ludności [wykład]	zaliczenie z ocen		
	4	styl życia ludności [wiczenia]	zaliczenie z ocen		

Basic reading	Daniel li , Artur Mamcarz (2019): Medycyna stylu ycia , PZWL Wydawnictwo Lekarskie, Warszawa
	Joanna Kowalska, Rafał Dziurla, Kamilla Bargiel-Matusiewicz (2018): Kultura a zdrowie i niepełnosprawno , Wydawnictwa Uniwersytetu Warszawskiego, Warszawa
	Martin Kornberger (2011): Brand society : how brands transform management and lifestyle, Cambridge University Press, Cambridge
	Wevolve (2013): Future lifestyles in Europe and in the United States in 2020. A trend report for the Horizon 2020 programme, https://espas.secure.europarl.europa.eu/orbis/sites/default/files/generated/document/en/10%20EFFLA%20Study%20-%20Tikka%20-%20Wevolve%20-%20Life%20styles.pdf
Supplementary reading	Dominik Kopi ski, Arkadiusz ukowski (2009): Afryka na progu XXI wieku. T. 2, Polityka. Kwestie społeczne i gospodarcze, Oficyna Wydawnicza ASPRA-JR, Warszawa
	Małgorzata Górnik-Durose (2013): Kultura współczesna a zdrowie : aspekty psychologiczne, Gdańskie Wydawnictwo Psychologiczne, Sopot
	Monika mudzka-Brodnicka (2013): Zdrowie, sprawno i edukacja w krajach Grupy Wyszehradzkiej, Wydawnictwo Athenae Gedanenses ; Uniwersytet Kazimierza Wielkiego, Gdańsk : Bydgoszcz
	Reena Sahota (2017): The changing life style of youth: a big challenge to modern India, International Journal of Research Culture Society, http://ijrcs.org/wp-content/uploads/201712028.pdf

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	35	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	8	0
Participation in tutorials	5	0
Preparation of project / essay / etc.	12	0
Preparation for test / exam	13	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z						
Unit: Moduł: Aktywny senior [moduł]						
Course title: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_43S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status elective			Language of instruction: semester: 2 - english language polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	discussion classes	20	0	pg	4
		lecture	5	0	pg	
Total			25			4
Course / module coordinator		dr in . HALINA BUDIS				
Course instructor		dr in . HALINA BUDIS				
Course / module objectives		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		The acquaintance of basic social problems and wholesome persons stricken in years				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
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	he possesses skills in linking of the cooperation with the environment of persons stricken in years	K_U10		
	3	EP4	he can design works educational in the environment of older persons	K_U01		
	4	EP5	he can work in the group over chosen problems of seniors.	K_U04		
social competences	1	EP6	is ready to take care of the safety of the pupils during work with elderly people	K_K03		
CONTENT				Semester	No. of hours	
						including e-learning
Subject title: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku)						
Format of instruction: lecture						
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	0
Format of instruction: discussion classes						

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	0	
2. Evaluating of the efficiency of persons stricken in years, in this the exercise of daily activities		2	7	0	
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	0	
Modes of delivery	the analysis of performed tasks, the multimedia presentation, the draft, the individual work				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods			No. of learning outcome from the syllabus		
	KOLOKWIUM		EP1		
	PREZENTACJA		EP1,EP2,EP3,EP4,EP5,EP6		
	PROJEKT		EP2,EP3,EP4,EP5,EP6		
	ZAJCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP2,EP3,EP4,EP5,EP6		
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	Lectures: the credit of lectures on the basis the final colloquium including theories from lectures. Exercises: the credit of exercises on the basis presences, the active participation in occupations, the positive evaluation from done a job (the project) and positive evaluations with the colloquium				
	Grade calculation principles				
	The final grade is the arithmetic mean of the scores from lectures and exercises				
	<p>Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper.</p> <p>*Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.</p> <p>Grade 4.5 (plus good): *Requirements: The student should score between 86% and 90% of points.</p> <p>*Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.</p> <p>Grade 4.0 (good): *Requirements: The student must score between 71% and 85% of points.</p> <p>*Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.</p> <p>Grade 3.5 (plus satisfactory): *Requirements: Achievement of 61% to 70% of points.</p> <p>*Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.</p> <p>Grade 3.0 (sufficient): *Requirements: The student must achieve 51% to 60% of points.</p> <p>*Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.</p> <p>Grade 2.0 (inadequate): *Requirements: Achievement of less than 50% of points.</p> <p>*Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level.</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku)		Arytmetyczna	
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) [wykład]	zaliczenie z ocen		
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) [wiczenia]	zaliczenie z ocen		

Basic reading	Katarzyna Jagielska, Joanna Małgorzata Łukasik, Norbert Gerard Pikuła (2015): Violence against the elderly : challenges - research - action , Nova Printing, Toronto
	Myung-Ja Kim, Choong- Ki Lee, Woo Gon Kim (2013): Relationships between lifestyle of health and sustainability and healthy food choices for seniors, https://www.researchgate.net/publication/262870090_Relationships_between_lifestyle_of_health_and_sustainability_and_healthy_food_choices_for_seniors
	Park W., Grace A. at. el. (2014): Supporting frail seniors through a family physician and Home Health integrated care model in Fraser Health., https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956084/pdf/IJIC-14-2014001.pdf
	The United Health Foundation (2023): United Health Foundation's America's Health Rankings Senior Report , Minnesota Healthiest State for Seniors, https://www.americashealthrankings.org/learn/reports/2023-senior-report
	Xiaojing S, Simpson Penny M. Seniors (2013): Health Information, and the internet: Motivation, Ability, and Internet Knowledge., https://www.researchgate.net/publication/236914113_Seniors_Health_Information_and_the_Internet_Motivation_Ability_and_Internet_Knowledge
Supplementary reading	Malhotra, Naresh K. (2011): Marketing Health Services - retailing and health care, SAGE, New Delhi

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	5	0
Preparation for contact hours	0	0
Private reading and studying	10	0
Participation in tutorials	20	0
Preparation of project / essay / etc.	20	0
Preparation for test / exam	20	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
Unit: Moduł B: Działania profilaktyczne w państwach Unii Europejskiej i na świecie						
Course title: współczesne choroby zakaźne (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIJ3451_48S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time		Profile of study: practical			Specialty:	
Course / module status elective			Language of instruction: semester: 3 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	3	discussion classes	30	0	pg	3
		lecture	10	0	pg	
Total			40			3
Course / module coordinator		dr in . HALINA BUDIS				
Course instructor		dr in . HALINA BUDIS				
Course / module objectives		The aim of the subject is to present the threat of new infectious diseases on a global scale and nosocomial infections, and to familiarize the student with the etiopathogenesis and symptoms of modern infectious diseases and the principles of planned and ad hoc prevention of selected infectious diseases. Improving the ability to analyze the cause and effect relationships of infectious diseases, as well as implementing preventive measures, including those related to occupational exposure. Developing an attitude of respect towards people infected with infectious diseases, raising awareness of the importance of professional secrecy.				
Prerequisites						
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student knows the needs for implementing strategies in health promotion	K_W04		
	2	EP2	the student has knowledge of methods of combating health threats	K_W02		
	3	EP3	the student has knowledge of methods of collecting data for research	K_W06		
	4	EP4	the student knows the principles of prevention of modern infectious diseases	K_W02		
skills	1	EP5	the student has the ability to conduct epidemiological investigations	K_U04		
	2	EP6	the student has the ability to prevent infectious diseases	K_U05		
	3	EP7	the student has the ability to transfer the acquired knowledge in the local environment	K_U07		
social competences	1	EP8	the student is ready to act as a health promoter and spread knowledge regarding the prevention of infectious diseases	K_K04		
CONTENT					Semester	No. of hours
						including e-learning

Subject title: współczesne choroby zakaźne					
Format of instruction: lecture					
1. Factors contributing to the spread of infectious diseases		3	2	0	
2. Contemporary epidemiological threat and bioterrorism: tuberculosis, anthrax, smallpox.		3	2	0	
3. Nosocomial infections and methods of prevention		3	3	0	
4. Prevention of infectious diseases in various environments		3	3	0	
Format of instruction: discussion classes					
1. Epidemiological investigations. Rules of conduct in poisoning outbreaks. Molecular typing in epidemiological investigation.		3	10	0	
2. New and recurrent infectious diseases: polio, measles, hemorrhagic fevers, human retrovirus infections, Herpes virus infections, Helicobacter pylori infection. Infections with primary hepatotropic viruses (HAV, HEV, HBV, HCV, HDV).		3	10	0	
3. Spirochetes including Lyme borreliosis, syphilis, leptospirosis, relapsing typhus. Infectious diseases transmitted by droplets: influenza, bird flu, ornithosis, Q fever, SARS, COVID-19. Secondary immune deficiencies - HIV/AIDS infections. Hazards encountered in the tropics and their prevention.		3	10	0	
Modes of delivery	lecture with multimedia presentation, group work and/or field activities, project				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	KOLOKWIUM			EP1,EP2,EP3,EP4	
	PROJEKT			EP5,EP6,EP7,EP8	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP5,EP6,EP7,EP8	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	Passing the lectures means obtaining a positive grade in the final test. Passing the exercises includes participation in classes and obtaining a positive grade in group work (presentation) and the written test.				
	Grade calculation principles				
	The final grade for completing the course is the arithmetic mean of the grades from lectures and exercises				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	współczesne choroby zakaźne		Arytmetyczna	
	3	współczesne choroby zakaźne [wiczenia]	zaliczenie z ocen		
	3	współczesne choroby zakaźne [wykład]	zaliczenie z ocen		
Basic reading	Jerzy Konieczny (2013): Bezpieczeństwo epidemiologiczne. Postępy metodologii badań, Garmond Oficyna Wydawnicza, Inowrocław ; Poznań				
	Krzysztof Korzeniewski (2016): Medycyna podróży. Kompendium, Wydawnictwo Lekarskie PZWL, Warszawa				
	Michalina Treder (2012): Pandemie zagrożeniem XXI wieku, Oficyna Wydawnicza Ło graf, Warszawa				
	Zdzisław Dziubek (2000): Choroby zakaźne i pasożytnicze, Wydaw.Lekarskie PZWL, Warszawa				
Supplementary reading	Kurt Langbein (2003): Bioterroryzm, "Muza", Warszawa				
	M.H.V. van Regenmortel (2000): M.H.V. van Regenmortel (2000): Virus taxonomy : classification and nomenclature of viruses : seventh report of the International Committee on Taxonomy of Viruses, "Academic Press", San Diego				
	Osterholm M. T. (2020): Wirus : jak przewidziano pandemię, Bez Fikcji, Owi-cim				
	Pete Moore (2009): Tajemnicze choroby współczesnego świata. nowe zagrożenia : wirusy, bakterie, zarazki, Bellona, Warszawa				

STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	40	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	8	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	10	0
Preparation for test / exam	12	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z						
Course title: rekreacja ruchowa osób w różnym wieku (KIERUNKOWE)					Course code: KFZ45PIIJ3451_64S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	discussion classes	20	0	pg	3
		lecture	5	0	pg	
Total			25			3
Course / module coordinator		dr EWA KRUSZY SKA				
Course instructor		dr EWA KRUSZY SKA				
Course / module objectives		Equipping students with basic knowledge and skills in the field of physical recreation for people of different ages. Developing the ability to analyze the processes of recreation development and assess the effects of its practice and select various forms of physical activity. Shaping a pro-health attitude and expressing respect and support when conducting exercise classes with people of different ages.				
Prerequisites		General knowledge of the theory and methodology of recreation and biological human development as well as physical fitness at a good level				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student has in-depth knowledge of planning an exercise training program for people of different ages	K_W16		
skills	1	EP2	the student independently takes the initiative to improve the health situation of people of different ages by planning and implementing exercise training	K_U07		
	2	EP3	the student is able to take care of his/her own physical fitness, necessary to prepare and conduct a series of training programs adapted to the age and health condition of people of all ages	K_U15 K_U16		
social competences	1	EP4	the student is ready to systematically improve, maintain and strengthen his/her own physical condition	K_K02		
	2	EP5	the student is ready to follow the rules of safety for himself and the participants of classes	K_K03		
	3	EP6	the student is ready to help and support participants during physical activities and transfer of knowledge and values in the field of health promotion, including physical activity	K_K07		
CONTENT					Semester	No. of hours
						including e-learning

Subject title: rekreacja ruchowa osób w różnym wieku				
Format of instruction: lecture				
1. Benefits, risks and safety of training. Basic knowledge and terminology in the field of selected health forms of physical activity. Selected biological and psychosocial effects of increased activity. Physical activity of people of different ages.		1	2	0
2. Nutrition in health training: nutritional tips before long-term exercise and competition, during physical exercise, and in the post-exercise period. Supporting physical exercise, support methods. Optimization of rest methods and prevention of excessive fatigue: sleep as a condition for effective rest, active rest during work breaks, passive rest, organization and hygienic working conditions, natural methods of intensifying rest.		1	3	0
Format of instruction: discussion classes				
1. Teaching methodology and technique of selected elements of physical recreation		1	8	0
2. Conducting part of the classes in a selected form of physical recreation		1	12	0
Modes of delivery	individual work , work in groups , conducting classes			
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.			
Assessment methods				No. of learning outcome from the syllabus
	KOLOKWIUM			EP1
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP1,EP2,EP3,EP4,EP5,EP6
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.			
Grading criteria	1. Participation in classes (1 unexcused absence allowed. 2. The absence from classes must be made up before the final exam, after prior justification or presentation of a medical certificate. 3. In exceptional situations, the student may make up classes in a theoretical/written form. 4. Students participating in practical classes are required to have the required gymnastics outfit, appropriate to the place of classes and weather conditions. 5. Pass on conducting classes. 6. Positive assessment of theoretical knowledge required in a given semester (including theoretical knowledge from lectures and exercises). 7. Completing all the above-mentioned practical elements			
	Grade calculation principles			
	PASSING THE EXERCISES: 60% of the grade for conducting classes + 40% of activity during classes The final grade for the course will be the arithmetic average of lectures and exercises 1. Grade 5.0 (very good) ? Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam or final paper. ? Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently. 2. Grade 4.5 (plus good) ? Requirements: The student should score between 86% and 90% of points. ? Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently. 3. Grade 4.0 (good) ? Requirements: The student must score between 71% and 85% of points. ? Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills. 4. Grade 3.5 (plus satisfactory) ? Requirements: Achievement of 61% to 70% of points. ? Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones. 5. Grade 3.0 (sufficient) ? Requirements: The student must achieve 51% to 60% of points. ? Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues. 6. Grade 2.0 (inadequate) ? Requirements: Achievement of less than 50% of points. ? Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level.			
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method
	1	rekreacja ruchowa osób w różnym wieku		Arytmetyczna
	1	rekreacja ruchowa osób w różnym wieku [wiczenia]	zaliczenie z ocen	

1	rekreacja ruchowa osób w różnym wieku [wykład]	zaliczenie z ocen		
---	--	-------------------	--	--

Basic reading	Drabik J. (1996): Aktywność fizyczna w treningu zdrowotnym osób dorosłych, AWF, Gdańsk
	Drabik J. (1995): Aktywność fizyczna w edukacji zdrowotnej społeczności, AWF, Gdańsk
	Mazurek Joanna : Mazurek Joanna : Aktywność fizyczna : zalecenia dotyczące aktywności fizycznej, wskazania i przeciwwskazania do podejmowania aktywności fizycznej, przykładowe aktywności fizyczne, przykładowe ćwiczenia zalecane przy różnych rodzajach schorzeń / Podtytuł: zalecenia dotyczące aktywności fizycznej, wskazania i przeciwwskazania do podejmowania aktywności fizycznej, przykładowe aktywności fizyczne, przykładowe ćwiczenia zalecane przy różnych rodzajach schorzeń, Infor Biznes Sp. z o.o., Warszawa
Supplementary reading	Justyna Mazurek, Jarosław Szczygieł, Anna Blaszkowska, Karolina Zgajewska, Wojciech Richter, Józef Opara (2014): Aktualne zalecenia dotyczące aktywności ruchowej osób w podeszłym wieku, Gerontologia Polska
	Robert E. Manning and Laura E. Anderson (2012): Managing outdoor recreation : case studies in the national parks, CAB International, Cambridge, MA

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	3	0
Private reading and studying	4	0
Participation in tutorials	11	0
Preparation of project / essay / etc.	15	0
Preparation for test / exam	15	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
Unit: Moduł A: Profilaktyka w rodzinie i środowisku pracy						
Course title: rekreacja w zdrowiu publicznym (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIJ3362_44S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time		Profile of study: practical			Specialty:	
Course / module status elective			Language of instruction: semester: 3 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	3	discussion classes	30	0	pg	3
		lecture	10	0	pg	
Total			40			3
Course / module coordinator		dr EWA KRUSZY SKA				
Course instructor		dr EWA KRUSZY SKA				
Course / module objectives		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						
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	student has knowledge of the theory and methodology of motor recreation	K_W15		
	2	EP2	student knows the basic information about the human anatomy	K_W01		
	3	EP3	student knows the rules of a healthy lifestyle	K_W04		
skills	1	EP5	student demonstrates the ability to use professional literature	K_U17		
	2	EP6	student has motor skills in the field of selected forms of recreational activity	K_U01		
	3	EP9	Student is able to plan and conduct classes in physical recreation	K_U03 K_U05		
social competences	1	EP7	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		
CONTENT					Semester	No. of hours
						including e-learning

Subject title: rekreacja w zdrowiu publicznym					
Format of instruction: lecture					
1. Theory and methodology of recreation.		3	3	0	
2. Health aspects of recreation. Recreational games and activities as a form of health promotion.		3	3	0	
3. The importance of recreation in shaping a healthy lifestyle for society.		3	4	0	
Format of instruction: discussion classes					
1. Physical recreation in public health - the purpose of classes, safety rules, preparation of measures, discussion of issues and literature.		3	6	0	
2. Selected forms of recreation.		3	10	0	
3. Conducting classes in selected forms of recreation.		3	14	0	
Modes of delivery	multimedia lecture, theoretical and practical activities (reproductive and creative), group work, individual work, outdoor classes				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods			No. of learning outcome from the syllabus		
	SPRAWDZIAN		EP1,EP2,EP3		
	PROJEKT		EP1,EP5,EP6,EP7,EP8,EP9		
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP5,EP6,EP7,EP8,EP9		
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.					
Grading criteria	Lectures (theory): positive evaluation of the test covering knowledge of the subject (theory of lectures and exercises).				
	Seminars (practice): attendance, active participation in classes, independent preparation of excersises 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). The condition of passing the course is to obtain min. satisfactory grade from seminars and lectures				
Grade calculation principles					
The final grade is the arithmetic average of the grade obtained from seminars and lectures.					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	rekreacja w zdrowiu publicznym		Arytmetyczna	
	3	rekreacja w zdrowiu publicznym [wiczenia]	zaliczenie z ocen		
	3	rekreacja w zdrowiu publicznym [wykład]	zaliczenie z ocen		
Basic reading	Bondarowicz M., Owczarek S. (1998): Zabawy i gry ruchowe w gimnastyce korekcyjnej., WSiP, Warszawa				
	Nowak M., Piekarski R., Kuria ska-Wołoszyn J., Nowak L., Prywer-Drozdowska J. (2009): Gimnastyka. Zarys historii, terminologia i systematyka., Zamiejscowy Wydział Kultury Fizycznej pozna skiej AWF, Gorzów Wielkopolski				
	Siwi ski W., Pluta B. (2010): Teoria i metodyka rekreacji, AWF , Pozna				
	Trze niowski R. (1995): Gry i zabawy ruchowe , WSiP, Warszawa				
	William C. Gartner and David W. Lime (2004): Trends in outdoor recreation, leisure and tourism, CABI Publishing, Wallingford ; Cambridge, MA				

Supplementary reading	Marek Napierała (2009): Selected problems of the foundations of sport, nutrition, recreation, tourism and rehabilitation, University of Economics, Bydgoszcz
	Paczyńska-Jedrycka M., Eider P. (2017): Edukacja zdrowotna w kontekście zdrowia i animacji czasu wolnego https://www.ceeol.com/search/article-detail?id=665643
	Paczyńska-Jedrycka M., Łubkowska W. (2014): Edukacja zdrowotna przez gry i zabawy ruchowe z uwzględnieniem zabaw animacyjnych w opinii studentek pedagogiki elementarnej (na przykładzie województwa wielkopolskiego) https://depot.ceon.pl/bitstream/handle/123456789/7793/Paczynska_Jedrycka_%C5%81ubkowska_Edukacja_przez_gry_i_zabawy_215_3_53_2014.pdf?sequence=1&isAllowed=y , Poznań
	Zbigniew Kwasnik (2009): Current challenges of tourism and recreation to the health : physiotherapeutic aspects in the prevention and treatment of diseases, Radomska Szkoła Wyższa, Radom

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	40	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	8	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	11	0
Preparation for test / exam	12	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-25/26Z						
Course title: nadzór sanitarno-epidemiologiczny (KIERUNKOWE)					Course code: KFZ45PIJ3451_3S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory			Language of instruction: semester: 2 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	conversation	15	0	pg	2
Total			15			2
Course / module coordinator		dr n. med. KATARZYNA MACIEJEWSKA				
Course instructor		dr in . HALINA BUDIS				
Course / module objectives		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 in solving problems in the field of sanitary-epidemiological supervision and prevention and developing readiness to apply them in practice.				
Prerequisites		W - the student has knowledge of biology at the high school level				
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student knows the legal, organizational and ethical conditions of the professional activity, in the area of sanitary and epidemiological supervision.			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, used to prevent diseases.			K_W06
skills	1	EP6	Student is able to identify patient's problems.			K_U06
	2	EP7	The student is able to keep records of units, institutions and documentation of subtracted activities.			K_U04
social competences	1	EP8	The student is ready to set appropriate priorities for the implementation of the task specified by him or herself, including keeping documentation regarding the sanitary and epidemiological condition.			K_K04
CONTENT					Semester	No. of hours
						including e-learning
Subject title: nadzór sanitarno-epidemiologiczny						
Format of instruction: conversation						

1. Sanitary activities yesterday and today.		2	2	0	
2. The organization of the State Sanitary Inspection in Poland, its goals, tasks and role in public life.		2	2	0	
3. Types of epidemiological surveillance. Operation of sanitary services in the state of epidemiological and epidemic threat.		2	2	0	
4. Preventive and pro-health activities of governmental and non-governmental organizations.		2	2	0	
5. Types of sanitary supervision. Methods of carrying out supervised and intervention controls (food control, educational institutions, places of rest, transport).		2	2	0	
6. Dietary supplements on the market - control activities of sanitary services.		2	2	0	
7. Prevention of infectious diseases in the light of the Act on preventing and combating infections and infectious diseases in humans.		2	3	0	
Modes of delivery	informative lecture (giving method), multimedia presentation, conversational lecture (problem method), case study, Prezentacja multimedialna, Wykład konwersatoryjny (metoda problemowa), dyskusja, praca w grupach				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	KOLOKWIUM			EP1,EP2,EP3,EP4	
	PROJEKT			EP6,EP7,EP8	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Completing the conversatory includes passing the group work (project) and obtaining a positive grade from the final test				
	Grade calculation principles				
Final grade calculation method	Completion of the course includes obtaining a positive grade from the final test. The final grade is the grade from the conversatory				
	Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper.				
	*Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.				
	Grade 4.5 (plus good): *Requirements: The student should score between 86% and 90% of points.				
	*Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.				
	Grade 4.0 (good): *Requirements: The student must score between 71% and 85% of points.				
	*Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.				
	Grade 3.5 (plus satisfactory): *Requirements: Achievement of 61% to 70% of points.				
	*Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.				
	Grade 3.0 (sufficient): *Requirements: The student must achieve 51% to 60% of points.				
*Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.					
Grade 2.0 (inadequate): *Requirements: Achievement of less than 50% of points.					
*Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is insufficient, and practical skills are at a very low level					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	nadzór sanitarno-epidemiologiczny		Ważona	
	2	nadzór sanitarno-epidemiologiczny [konwersatorium]	zaliczenie z ocen		1,00

Basic reading	Annemien Haveman-Nies (2010): Epidemiology in public health practice, Wageningen Academic Publishers, Wageningen
	Marcin Janik (2012): Policja sanitarna, LEX a Wolters Kluwer business, Warszawa
	Marian Sygit (2017): Zdrowie publiczne, Wolters Kluwer Polska, Warszawa
	redakcja naukowa Andrzej Denys (2015): Zagro enia zdrowia publicznego. Cz. 2, Zdrowie człowieka a rodowisko, Wolters Kluwer SA, Warszawa
	(2018): HYGIENE AND SANITATION HANDBOOK, https://ec.europa.eu/programmes/erasmus-plus/project-result-content/908fceb3-6d8d-43a0-bc76-d780aeb1a13b/Hygiene-Sanitation-Handbook_ENG.pdf
	Obowi zuj ce ustawodawstwo: Ustawa o Pa stwowej Inspekcji Sanitarnej, Ustawa o zapobieganiu oraz zwalczaniu zaka e i chorób zaka nych u ludzi., Ustawa o ywno ci i ywieniu
Supplementary reading	Ewa Jasi ska-Zubelewicz (2013): Organizowanie nara enia na alergeny podczas procesu dydaktycznego, Wydawnictwo Naukowe PWN, Warszawa
	redakcja naukowa Tadeusz Brzezi ski (2015): Historia medycyny, Wydawnictwo Lekarskie PZWL, Warszawa
	Richard Matthews, James Ageros (2010): Health and safety enforcement : law and practice, Oxford University Press , Oxford ; New York
	Urszula Kozłowska (2013): Organizacja zwalczania chorób zaka nych jako element polityki zdrowotnej pa stwa na Pomorzu Zachodnim (1944/45 - 1972), Szczeci skie Towarzystwo Naukowe, Szczecin
	WHO Regional Office for Europe (2019): Surveillance of water, sanitation and hygiene in schools. A practical tool., WHO, Copenhagen

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	15	0
Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	5	0
Participation in tutorials	8	0
Preparation of project / essay / etc.	7	0
Preparation for test / exam	8	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-25/26Z						
Course title: Social gerontology (KIERUNKOWE)					Course code: KFZ45PIIJ3451_67S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 2 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	discussion classes	10	0	pg	2
		lecture	10	0	pg	
Total			20			2
Course / module coordinator		dr in . HALINA BUDIS				
Course instructor		dr in . HALINA BUDIS				
Course / module objectives		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						
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	Student knows the cause of selected disease disorders and social dysfunctions of the elderly	K_W01		
	2	EP3	Student knows and understands the functioning of organizations caring for the elderly.	K_W14		
skills	1	EP5	Student takes actions to improve the social situation of the elderly.	K_U16 K_U19		
	2	EP6	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		
	3	EP7	Student has the ability to communicate and solve the problem situations he faces.	K_U05		
	4	EP8	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 competences	1	EP9	Student is ready to deepen knowledge and improve skills in the field of widely understood gerontology.	K_K01		

CONTENT	Semester	No. of hours	
			including e-learning
Subject title: Social gerontology			
Format of instruction: lecture			
1. Sources and scope of the phenomenon of demographic old age.	2	2	0
2. Economic and social consequences of demographic old age.	2	3	0
3. Neglect and self-neglect of older people as a social problem	2	2	0
4. The phenomenon of ageism, methods of counteracting it and intergenerational integration of older people.	2	3	0
Format of instruction: discussion classes			
1. Health and disease as determinants of the quality of life in old age.	2	3	0
2. Old age as a developmental task - preparation for old age.	2	3	0
3. Educational programs aimed at the needs of older people. Methodology of research on older people.	2	4	0
Modes of delivery	Lectures: with the use of audiovisual equipment, exercises - team work, discussion (round table, seminar)		
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.		
Assessment methods			No. of learning outcome from the syllabus
	KOLOKWIUM		EP1,EP3
	PROJEKT		EP5,EP6,EP7,EP8,EP9
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP5,EP6,EP7,EP8,EP9
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.		
Grading criteria	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.		
	Grade calculation principles		
The final grade is the arithmetic mean of the scores from lectures and seminars.			
Grade 5.0 (very good):			
*Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieving at least 91% of points on the exam/credit or credit paper.			
*Skills: Ability to analyze and synthesize information, creative approach to problem solving and the ability to think independently.			
Grade 4.5 (plus good):			
*Requirements: The student should score between 86% and 90% of points.			
*Skills: Good knowledge of the material with minor errors in interpretation or application of knowledge. Can solve most problems independently.			
Grade 4.0 (good):			
*Requirements: The student must score between 71% and 85% of points.			
*Skills: Solid knowledge of the material, but with noticeable errors. The student can solve typical problems and has basic analytical skills.			
Grade 3.5 (plus satisfactory):			
*Requirements: Achievement of 61% to 70% of points.			
*Skills: Knowledge is satisfactory, but there are significant gaps in understanding some issues. The student can solve simple problems, but has difficulty with more complex ones.			
Grade 3.0 (sufficient):			
*Requirements: The student must achieve 51% to 60% of points.			
*Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can answer basic questions, but has difficulty with more advanced issues.			
Grade 2.0 (inadequate):			
*Requirements: Achievement of less than 50% of points.			
*Skills: The student does not meet the minimum criteria required to pass the course. Knowledge is			

insufficient, and practical skills are at a very low level.

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	gerontologia społeczna		Arytmetyczna	
	2	gerontologia społeczna [wiczenia]	zaliczenie z ocen		
	2	gerontologia społeczna [wykład]	zaliczenie z ocen		
Basic reading	Artur Fabi , Joanna K. Wawrzyniak, Agata Chabior (2017): Ludzka staro : wybrane zagadnienia gerontologii społecznej, Oficyna Wydawnicza Impuls, Kraków				
	Barbara Szatur-Jaworska, Piotr Bł dowski, Małgorzata Dzi gielewska.. (2006): Podstawy gerontologii społecznej, Oficyna Wydawnicza Aspra-Jr, Warszawa				
	Chabior A., Szplit A. (2014): Ageing and old age as a task : health, activation, development, integration, Wydawnictwo Libron - Filip Lohner, Kraków				
	Magdalena Wnuk-Olenicz (2015): Problemy i szanse rozwoju osób starszych w społecze stwie polskim, Wydawnictwo Adam Marszałek, Toru				
	Mazur Z., Umiastowska D. (2019): Przeciwdziałanie wykluczeniu osób starszych przez wspieranie ich aktywno ci fizycznej i rozwijanie umiej tno ci cyfrowych., Texter, Warszawa				
Supplementary reading	eds. Mordini E., Paul de Hert P. (2010): Ageing and invisibility, IOS Press, Amsterdam				
	eds. Tomczyk Ł., Klimczuk A. (2017): Selected contemporary challenges of ageing policy, Katedra Pedagogiki Społecznej i Andragogiki. Uniwersytet Pedagogiczny, Kraków				
	El bieta Wo nicka (2015): O wiata dorosłych : inspiracje i wyzwania, Wydawnictwo Akademii Humanistyczno-Ekonomicznej,, Łód				
	pod red. Doroty Kału y-Kopias i Piotra Szukalskiego (2013): Pomy lne starzenie si - uwarunkowania społeczne, przestrzenne i zdrowotne, Wydawnictwo Uniwersytetu Łódzkiego, Łód				
	red . Tobiasz-Adamczyk B. (2019): Zaniedbanie i samozaniedbanie osób starszych., Wydawnictwo Uniwersytetu Jagiello skiego, Kraków				
	Gerontologia polska - czasopismo naukowe				
	Journal of the American Geriatrics Society - czasopismo naukowe				

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	20	0
Participation in test / exam	2	0
Preparation for contact hours	0	0
Private reading and studying	8	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	6	0
Preparation for test / exam	8	0
TOTAL workload	50	
ECTS credits	2	