

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. Indoor activity					4	6	0
2. Outdoor activity					4	7	0
3. Physical activity with animals					4	7	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 The final grade for the subject is the grade for the exercises
	<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-26/27Z						
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 possesses knowledge of the key measures and indicators used to assess health status.	K_W01 K_W02		
	2	EP2	The student knows the key principles of a healthy lifestyle resulting from proper nutrition and can identify the main determinants that influence its development.	K_W04		
	3	EP3	The student has knowledge of nutrition-related preventive strategies targeted at individuals and social groups and can explain the mechanisms underlying the 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 can orally present the results of their work and reflections related to nutrition.	K_U07 K_U10		

social competences	1	EP8	The student is able to appropriately set priorities necessary for completing tasks related to nutrition, whether self-assigned or assigned by 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, preparation of a course project (menu planning), individual student work, discussion, brainstorming, and/or workshop sessions.</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 [wiczenia]	zaliczenie z ocen		
	1	podstawy ywienia [wykład]	egzamin		
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	6	0
Participation in tutorials	8	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-25/26Z						
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 - język angielski / język polski		
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 national and 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:		No requirements				
EFEKTY UCZENIA SI						
Kategoria	Lp	KOD	Opis efektu			Odniesienie do efektów dla programu
wiedza	1	EP1	the student understands the importance of environmental protection and species diversity as well as the impact of civilization progress on natural processes			K_W07
	2	EP2	the student knows the factors determining health related to the natural environment			K_W04
	3	EP3	the student has knowledge of environmental protection strategies implemented by various organizations and institutions related to the area of human health			K_W09 K_W10
umiejętności	1	EP4	the student is able to use information techniques to obtain and use data to prepare a report on the state of environmental quality			K_U07 K_U11 K_U12 K_U19
	2	EP5	the student is able to identify sources of pollution and propose methods for their reduction and present his/her observations during discussions			K_U10 K_U11 K_U17
	3	EP6	the student has the ability to present the role of the state in solving environmental protection problems			K_U16 K_U20 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_K03 K_K04

TRE CI PROGRAMOWE ZAJ I KONSULTACJI		Semestr	Liczba godzin zaj	
				w tym e-learning
Przedmiot: environmental protection (ochrona rodowiska)				
Forma zaj : 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. Forms of environmental protection - workshops		3	5	0
2. Efficient waste management. Principles of sustainable development		3	5	0
3. National and international smog protection programs.		3	5	0
4. Water protection and renewal on the example of sewage treatment plant operations.		3	5	0
Metody kształcenia	<p>a seminar lecture, individual work, possible outdoor activity</p> <p>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 zastosowań, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu</p>			
Metody weryfikacji efektów uczenia się			Nr efektu uczenia się z sylabusa	
	KOLOKWIUM		EP1,EP2,EP3	
	PROJEKT		EP4,EP5,EP6,EP7,EP8	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)		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	<p>Seminars: passing the exercises includes: active participation in classes and positive passing group.</p> <p>Lectures: completion of lectures on the basis of the positive completion of the final test.</p>			
	Zasady wyliczania oceny z przedmiotu			
	<p>The final grade for the subject is the arithmetic average of the grades for the lectures and the 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. *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. *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. *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. *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. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can</p>			

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.**

Metoda obliczania oceny kolejnej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	3	environmental protection (ochrona środowiska)		Arytmetyczna	
	3	environmental protection (ochrona środowiska) [wykład]	zaliczenie z ocen		
	3	environmental protection (ochrona środowiska) [ćwiczenia]	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 się do egzaminu/zaliczenia	9	0
Ł. CZNY nakład pracy studenta w godz.	50	
Liczba punktów ECTS	2	

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-ZP-P-II-S-26/27Z							
Moduł: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku							
Nazwa przedmiotu: Health problems of the population (problemy zdrowotne ludności) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ45PIIJ3451_45S		
Nazwa kierunku: zdrowie publiczne							
Forma studiów: II stopnia, stacjonarne		Profil studiów: praktyczny			Specjalność:		
Status przedmiotu: fakultatywny				Język przedmiotu: semestr: 2 - język angielski i język polski			
Rok	Semestr	Forma zajęć	Liczba godzin		Forma zaliczenia	ECTS	
				w tym e-learning			
1	2	wiczenia	20	0	ZO	4	
		wykład	5	0	ZO		
Razem			25			4	
Koordynator przedmiotu:		dr inż. HALINA BUDIS					
Prowadzący zajęcia:		dr inż. HALINA BUDIS					
Cele przedmiotu:		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.					
Wymagania wstępne:							
EFEKTY UCZENIA SI							
Kategoria	Lp	KOD	Opis efektu		Odniesienie do efektów dla programu		
wiedza	1	EP1	Knows and understands the course, mechanisms and symptoms of selected health problems, as well as the principles of interdisciplinary assessment patients		K_W03		
	2	EP2	Understands the causes and knows the basic differences in the most common diseases occurring in the society in different world regions and the principles of their prevention		K_W03 K_W06		
	3	EP3	Knows and understands the global threat to mental health and effective ways to prevent it		K_W07		
umiejętności	1	EP4	He plans to work with the team to try to address the most common health problems		K_U05		
	2	EP5	Student can identify environmental hazards in relation to local society and prepare and present an action plan for this population		K_U06		
kompetencje społeczne	1	EP6	He is ready to assess his own occupational limitations		K_K08		
TRECI PROGRAMOWE ZAJĘCIA I KONSULTACJE					Semestr	Liczba godzin zajęć	
						w tym e-learning	
Przedmiot: Health problems of the population (problemy zdrowotne ludności)							
Forma zajęć: wykład							
1. Health problems of the population as a consequence of demographic, social and climate changes.					2	5	0
Forma zajęć: wiczenia							

1. Social diseases - urinary incontinence.	2	2	0		
2. Neurological disorders - speech therapy for people after stroke	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		
Metody kształcenia	Multimedia presentation, Analysis of performed tasks, Preparation of a final project, Individual student work and/or 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 zastosowań, 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		
	KOŁOKWIUM		EP1,EP2,EP3		
	PREZENTACJA		EP1,EP2,EP3,EP4		
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)		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.				
Forma i warunki zaliczenia	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.				
	Zasady wyliczania oceny z przedmiotu				
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. Achievement of at least 93% on the exam or final paper.					
*Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently.					
Grade 4.5 (good plus):					
*Requirements: The student should score between 86% and 92% of the points.					
*Skills: Good knowledge of the material with minor errors in interpretation or application. Can solve most problems independently.					
Grade 4.0 (good):					
*Requirements: The student must score between 80% and 85% of the points.					
*Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills.					
Grade 3.5 (satisfactory):					
*Requirements: Achievement of 70% to 79% of the points.					
*Skills: Knowledge is satisfactory, but there are significant gaps in understanding of some concepts. The student can solve simple problems but has difficulty with more complex ones.					
Grade 3.0 (satisfactory):					
*Requirements: The student must achieve 60% to 69% of the points.					
*Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts.					
Grade 2.0 (unsatisfactory):					
*Requirements: Achievement of less than 59% of the points.					
*Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.					
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	2	Health problems of the population (problemy zdrowotne ludności)		Arytmetyczna	
	2	Health problems of the population (problemy zdrowotne ludności) [wiczenia]	zaliczenie z ocen		
	2	Health problems of the population (problemy zdrowotne ludności) [wykład]	zaliczenie z ocen		

Literatura podstawowa	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
Literatura uzupełniają ca	Małgorzata Anna Basi ska (2015): Coping flexibility with stress in health and in disease, Wydawnictwo Uniwersytetu Kazimierza Wielkiego, Bydgoszcz
	Arkadiusz Michał Kowalski, Marzenna Anna Weresa (2024): The role of public health in creating competitive advantages , SGH Publishing House, Warsaw

NAKŁAD PRACY STUDENTA

	Liczba godzin	
		w tym e-learning
Zaj cia dydaktyczne	25	0
Udział w egzaminie/zaliczeniu	4	0
Przygotowanie si do zaj	0	0
Studiowanie literatury	14	0
Udział w konsultacjach	15	0
Przygotowanie projektu / eseju / itp.	20	0
Przygotowanie si do egzaminu/zaliczenia	22	0
Ł CZNY nakład pracy studenta w godz.	100	
Liczba punktów ECTS	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-26/27Z						
Course title: promocja zdrowia i edukacja zdrowotna (KIERUNKOWE)					Course code: KFZ45PIIJ3451_5S	
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	15	0	pg	3
		lecture	15	0	e	
Total			30			3
Course / module coordinator		dr n. med. KATARZYNA MACIEJEWSKA				
Course instructor		dr hab. MARTA ST PIE -SŁODKOWSKA				
Course / module objectives		The aim of this course is to explore contemporary trends in health promotion and health education development in Poland and around the world. It will equip students with the skills to identify health promotion needs, plan and implement effective actions, and design health education activities that enhance health in specific communities. Within this competence, students develop pro-health attitudes and willingly participate in activities that support health promotion initiatives.				
Prerequisites		none				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student has in-depth knowledge of health promotion and education and a healthy lifestyle,	K_W02 K_W04		
	2	EP2	the student knows selected methods of assessing health status and the causes of selected disorders and pathological changes.	K_W02 K_W05		
	3	EP3	the student knows extended terminology in the field of health prevention.	K_W05		
skills	1	EP4	The student engages in discussion and is able to communicate with individuals and groups regarding prevention and health promotion and education.	K_U11 K_U19		
	2	EP5	the student independently designs activities in the field of health promotion and health education.	K_U07 K_U12		
	3	EP6	the student presents the results of his/her work (program) orally.	K_U11		
social competences	1	EP7	the student is ready to act as a preventive health practitioner and health promoter/educator and to take action in accordance with the needs of selected social groups.	K_K03 K_K04 K_K05 K_K06 K_K07		
	2	EP8	the student is ready to solve problems related to health education and health promotion	K_K01 K_K06 K_K09		
CONTENT					Semester	No. of hours
						including e-learning
Subject title: promocja zdrowia i edukacja zdrowotna						

Format of instruction: lecture					
1. Health determinants in the changing social, economic and political environment of the population in Poland and worldwide.		1	3	0	
2. Risk factors for developing the disease		1	3	0	
3. Health education - same goal, different approaches		1	3	0	
4. Healthcare systems around the world		1	3	0	
5. Health promotion priorities in the European Union and their importance for health protection and promotion.		1	3	0	
Format of instruction: discussion classes					
1. Creating health promotion programs.		1	4	0	
2. Professional roles in health promotion and health education		1	4	0	
3. Principles of taking action in the health education process and the use of teaching resources in the health education process.		1	4	0	
4. Health communication in health promotion and health education		1	3	0	
Modes of delivery	problem-based, conversational lecture with multimedia presentation, discussion, case study, project method, individual and/or field 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	
	EGZAMIN PISEMNY			EP1,EP2,EP3	
	PRACA PISEMNA/ ESEJ/ RECENZJA			EP4,EP5,EP6,EP7,EP8	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP4,EP6	
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 will be graded based on an exam covering the theory covered in the lectures. Exercises will be graded based on individual assignments and active participation in class. Written exam.				
	Grade calculation principles				
	<p>The final grade for the course is the arithmetic average of the final grades for the tutorials, lecture, and exam.</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. Achieve at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, adopt a creative approach to problem-solving, and think independently.</p> <p>Grade 4.5 (good plus): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can independently solve most problems.</p> <p>Grade 4.0 (good): *Requirements: The student must score between 80% 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>Score 3.5 (plus satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding some concepts. The student can solve simple problems but has difficulty with more complex ones.</p> <p>Score 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts.</p> <p>Score 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	promocja zdrowia i edukacja zdrowotna		Arytmetyczna	

1	promocja zdrowia i edukacja zdrowotna [wykład]	egzamin		
1	promocja zdrowia i edukacja zdrowotna [wiczenia]	zaliczenie z ocen		

Basic reading	Karski J, B. (2011): Praktyka i teoria promocji zdrowia, Wydawnictwo Fachowe CeDeWu, Warszawa
	Sygit M. (2017): Zdrowie Publiczne, Wolters Kluwer Polska, Warszawa
	Wojnarowska B. (2017): Edukacja zdrowotna, Wydawnictwo Naukowe PWN, Warszawa
Supplementary reading	Garrett Rieck, (2018): Health Education, https://drive.google.com/file/d/1hOf6wPNjeUvWfIVIRwjbB7h-qMTMMp-G/view , https://open.umn.edu/opentextbooks/textbooks/662
	Haugan, G?rill, Eriksson, Monica (2021): Health Promotion in Health Care – Vital Theories and Research, https://library.oapen.org/handle/20.500.12657/47291
	Karski J, B. (2011): Postępy promocji zdrowia; przegląd międzynarodowy, Wydawnictwo Fachowe CeDeWu, Warszawa
	Kocińska E. (2010): Edukacja zdrowotna seniorów i osób przewlekle chorych, Wydawnictwo Uniwersytetu Kazimierza Wielkiego, Bydgoszcz
	Magdalena Wojnarowska, Barbara Wojnarowska (2022): Szkoła i zdrowie jej uczniów i pracowników, Harmonia Universalis, Gdańsk
	Sheana Bull (2011): Technology-based health promotion, SAGE, cop. 2011., Thousand Oaks [etc.]
	Słowik-Gabryelska A. (2008): Badania w promocji zdrowia. Podręcznik dla studentów i lekarzy., Szczecin
Yihew Alem (2004): Introduction to Health Education, Ethiopia Public Health Training Initiative, Ethiopia	

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	30	0
Participation in test / exam	4	0
Preparation for contact hours	0	0
Private reading and studying	6	0
Participation in tutorials	22	0
Preparation of project / essay / etc.	6	0
Preparation for test / exam	7	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-26/27Z							
Course title: psychologia zdrowia (PODSTAWOWE)					Course code: KFZ45PIIJ3451_3S		
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	10	0	pg	2	
		lecture	5	0	pg		
Total			15			2	
Course / module coordinator		mgr SZYMON KUCHARSKI					
Course instructor		mgr SZYMON KUCHARSKI , dr ANNA SOŁTYS					
Course / module objectives		<p>The aim of this course is to familiarize students with developmental and social psychology, as well as with the functioning of healthy and sick individuals by understanding the mechanisms of adaptation to illness. It also aims to develop the ability to apply acquired knowledge to appropriately apply key concepts in health psychology and to identify the relationship between psychological mechanisms and somatic health. It also aims to develop the ability to actively participate in discussions, adequately justifying and presenting opinions in a group setting. It also develops sensitivity to the psychological problems of individuals in times of mental crisis and raises awareness of the importance of health education and psychoprophylaxis.</p>					
Prerequisites		none					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	the student knows the psychosocial processes that determine health and influence the development of somatic diseases	K_W06			
	2	EP2	the student knows the influence of psychoprophylaxis on shaping health-promoting lifestyle elements	K_W07			
skills	1	EP3	the student is able to identify psychosocial health threats and plan actions to eliminate these threats, especially for the elderly population	K_U06			
social competences	1	EP5	the student is ready to reliably evaluate his/her own work	K_K01			
CONTENT					Semester	No. of hours	
						including e-learning	
Subject title: psychologia zdrowia							
Format of instruction: lecture							
1. Man as a social being.					1	2	0
2. The influence of psychoprophylaxis on shaping health-promoting attitudes.					1	1	0
3. Working with pain.					1	1	0
4. The healing process.					1	1	0
Format of instruction: discussion classes							

1. Research methods in human developmental psychology and social psychology.		1	2	0	
2. Psychological aspects of addiction, including behavioral addictions.		1	4	0	
3. Psychological aspects of preventive work with somatically ill people.		1	2	0	
4. Psychohygiene of work.		1	2	0	
Modes of delivery	a lecture delivered using a multimedia presentation, conversational lecture, individual student 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,EP2		
	PRACA PISEMNA/ ESEJ/ RECENZJA		EP1,EP2,EP3,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	Passing the course with a grade. Passing the lectures is based on a positive grade in the colloquium. Passing the tutorials is based on a positive grade in the written assignment.				
	Grade calculation principles				
	The final grade is the arithmetic average of the lecture and tutorial grades. Grade 5.0 (very good): *Requirements: The student must demonstrate excellent knowledge of the material and the ability to apply it in practice. Achieve at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently. Grade 4.5 (plus good): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can independently solve most problems. Grade 4.0 (good): *Requirements: The student must score between 80% and 85% of the points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills. Grade 3.5 (plus satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding some concepts. The student can solve simple problems but has difficulty with more complex ones. Grade 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts. Grade 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	psychologia zdrowia		Arytmetyczna	
	1	psychologia zdrowia [wiczenia]	zaliczenie z ocen		
	1	psychologia zdrowia [wykład]	zaliczenie z ocen		
Basic reading	Ewa Sokołowska (2015): Zdrowie psychiczne młodych dorosłych : wybrane zagadnienia, Difin, Warszawa				
	Heszen I., S k H. (2008): Psychologia zdrowia, Wydawnictwo Naukowe PWN, Warszawa				
	Studen S. (2011): Psychologia starzenia si i staro ci, Wydawnictwo Naukowe PWN, Warszawa				

Supplementary reading	Gerrig R. J., Zimbardo P (2009): Psychologia i życie, Wydawnictwo Naukowe PWN, Warszawa
	Joanna Basiaga-Pasternak (2015): Schematy poznawcze a regulacja emocjonalna i radzenie sobie ze stresem u młodzie y i studentów uprawiających sport, Akademia Wychowania Fizycznego im. Bronisława Czecha, Kraków
	L. Wiszniewski (2012): Practical psychology : how it all began , Moorside Words and Music, Bingley
	Ledzi ska M., Czerniowska E. (2011): Psychologia nauczania - uj cie poznawcze : podr cznik akademicki, Wydawnictwo Naukowe PWN, Warszawa
	Nyla R. Branscombe, Robert A. Baron (2017): Social psychology , Pearson Education Limited, Harlow
	Ratajczak Z. (2007): Psychologia pracy i organizacji, Wydawnictwo Naukowe PWN, Warszawa
	Stanisław Kozak (2013): Patologia fonoholizmu : przyczyny, skutki i leczenie uzale nienia dzieci i młodzie y od telefonu komórkowego, Difin, Warszawa

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	15	0
Participation in test / exam	4	0
Preparation for contact hours	0	0
Private reading and studying	3	0
Participation in tutorials	12	0
Preparation of project / essay / etc.	8	0
Preparation for test / exam	8	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-25/26Z						
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 MICHAŁ TARNOWSKI				
Course instructor		dr MICHAŁ TARNOWSKI				
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 si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.		
Grading criteria	Lectures: pass based on positive grade from the colloquium. Exercises: passing the exercises based on 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 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.**

	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
Final grade calculation method	4	turystyka uzdrawiskowa		Arytmetyczna	
	4	turystyka uzdrawiskowa [wiczenia]	zaliczenie z ocen		
	4	turystyka uzdrawiskowa [wykład]	zaliczenie z ocen		
Basic reading	Boruszczak M (2009): Turystyka uzdrawiskowa. Stan i perspektywy, WSZTiH, Gdańsk				
	Lewandowska A. (2007): Turystyka uzdrawiskowa: 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 uzdrawiskowa w gospodarce regionu i kraju, WSZ Edukacja, Wrocław				
	Kaczyńska I., Kaczyński T. (2006): Polska: najpiękniejsze uzdrowiska, Muza, Warszawa				
	Reszel E. [red.] (2006): Polskie uzdrowiska: kurorty, sanatoria, Spa, centra odnowy biologicznej, Pascal, Bielsko-Biała				

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	35	0
Participation in test / exam	2	0
Preparation for contact hours	1	0
Private reading and studying	2	0
Participation in tutorials	4	0
Preparation of project / essay / etc.	2	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-ZP-P-I-S-25/26Z						
Moduł: Moduł A: Profilaktyka w rodzinie i środowisku pracy						
Nazwa przedmiotu: Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ45PIJ3451_47S	
Nazwa kierunku: zdrowie publiczne						
Forma studiów: I stopnia lic., stacjonarne		Profil studiów: praktyczny			Specjalno : 	
Status przedmiotu: fakultatywny				J zyk przedmiotu: semestr: 3 - j zyk angielski j zyk polski		
Rok	Semestr	Forma zaj	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 n. med. KATARZYNA MACIEJEWSKA				
Prowadz cy zaj cia:		dr n. med. KATARZYNA MACIEJEWSKA				
Cele przedmiotu:		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.				
Wymagania wst pne:		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				
EFEKTY UCZENIA SI						
Kategoria	Lp	KOD	Opis efektu		Odniesienie do efektów dla programu	
wiedza	1	EP1	student knows how to define and describe the method of assessing the health and give reasons of disorders		K_W02 K_W03	
	2	EP3	the student has knowledge about health behaviors among children and adolescents		K_W04	
umiej tno ci	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	
kompetencje społeczne	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	
TRE CI PROGRAMOWE ZAJ I KONSULTACJI					Semestr	Liczba godzin zaj
						w tym e-learning
Przedmiot: Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzie y)						

Forma zaj : wykład			
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
Forma zaj : wiczenia			
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
Metody kształcenia	multimedia presentation, group and individual work, and/or outdoor activities		
	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, wskazuje katalog narzędzi lub zastosowań, 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
	KOŁOKWIUM		EP1,EP3,EP4
	PROJEKT		EP4,EP5,EP6
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP5,EP6,EP7,EP8,EP9
	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	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.		
	Zasady wyliczania oceny z przedmiotu		
	<p>The final grade for the subject is the arithmetic average of lectures and seminars</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. *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. *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. *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. *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. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. Can</p>		

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.**

Metoda obliczania oceny ko cowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzi e y)		Arytmetyczna	
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzi e y) [wiczenia]	zaliczenie z ocen		
	3	Healts problems of children and adolescents (problemy zdrowotne dzieci i młodzi e y) [wykład]	zaliczenie z ocen		
Literatura podstawowa	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				
Literatura uzupełniają ca	Andrea Nolan (2013): Research in early childhood, SAGE, Lindon				
	Sheana Bull (2011): Technology-based health promotion, SAGE, Thousand Oaks				

NAKŁAD PRACY STUDENTA

	Liczba godzin	
		w tym e-learning
Zaj cia dydaktyczne	25	0
Udział w egzaminie/zaliczeniu	2	0
Przygotowanie si do zaj	0	0
Studiowanie literatury	4	0
Udział w konsultacjach	2	0
Przygotowanie projektu / eseju / itp.	8	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-26/27Z							
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 si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
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. Achievement of at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently. Grade 4.5 (good plus): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can solve most problems independently. Grade 4.0 (good): *Requirements: The student must score between 80% and 85% of the points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills. Grade 3.5 (satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding of some concepts. The student can solve simple problems but has difficulty with more complex ones. Grade 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts. Grade 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	historia medycyny		Wa ona	
	1	historia medycyny [konwersatorium]	zaliczenie z ocen		1,00
Basic reading	Armire S. Aslanyan (2018): Manual, YSMU, https://ysmubooks.am/uploads/THE_MANUAL_OF_HISTORY_OF_MEDICINE1.pdf				
	Tadeusz Brzezi ski (2015): Historia medycyny, Warszawa, Warszawa				
	Wiesława Noszczyka (2011): Zarys dziejów chirurgii polskiej, Warszawa, Warszawa				
Supplementary reading	Bartosz Płotka (2019): Historia tradycyjnej chi skiej medycyny, Time Marszałek Group, Łysomice				
	Meyer Friedman, Gerald W. Friedland (2017): Krótka historia medycyny, Warszawa, Warszawa				
	Sutcliffe J., Duin 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	3		0		
Preparation for contact hours	0		0		

Private reading and studying	5	0
Participation in tutorials	17	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	5	0
TOTAL workload	50	
ECTS credits	2	

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-ZP-P-II-S-26/27Z							
Moduł: Moduł: Aktywny senior [moduł]							
Nazwa przedmiotu: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ45PIIJ3451_43S		
Nazwa kierunku: zdrowie publiczne							
Forma studiów: II stopnia, stacjonarne		Profil studiów: praktyczny			Specjalno : 		
Status przedmiotu: fakultatywny				J zyk przedmiotu: semestr: 2 - j zyk angielski j zyk polski			
Rok	Semestr	Forma zaj	Liczba godzin		Forma zaliczenia	ECTS	
				w tym e-learning			
1	2	wiczenia	20	0	ZO	4	
		wykład	5	0	ZO		
Razem			25			4	
Koordynator przedmiotu:		dr in . HALINA BUDIS					
Prowadz cy zaj cia:		dr in . HALINA BUDIS					
Cele przedmiotu:		Acquiring knowledge in the field of work methodology with elderly people. 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.					
Wymagania wst pne:		The acquaintance of basic social problems and wholesome persons stricken in years					
EFEKTY UCZENIA SI							
Kategoria	Lp	KOD	Opis efektu			Odniesienie do efektów dla programu	
wiedza	1	EP1	the student has broad the knowledge on the subject methodologies of the work with older persons			K_W05	
umiej tno ci	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	
kompetencje społeczne	1	EP6	is ready to take care of the safety of the pupils during work with elderly people			K_K03	
TRE CI PROGRAMOWE ZAJ I KONSULTACJI					Semestr	Liczba godzin zaj	
						w tym e-learning	
Przedmiot: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku)							
Forma zaj : wykład							
1. Demographics of aging societies					2	1	0
2. Silver economy.					2	1	0
3. Biological and psychosocial barriers in work with elderly people.					2	1	0

4. Concepts, foundation , terminology-methodology of the work with persons of the thitd age.		2	2	0	
Forma zaj : wiczenia					
1. The approach in the work with persons of the third age. The troubleshooting of needs, problems and living conditons 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	
Metody kształcenia	the analisis of performed tasks, the multimedia presentation, the individual work				
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest okre lony przez prowadz cego zaj cia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczeci skiego. Prowadz cy informuje studentów o zakresie oraz mo liwo ciach korzystania z SI podczas pierwszych zaj , wskazuj c katalog narz dzi lub zastosowa , dostosowanych do efektów uczenia si oraz potrzeb i mo liwo ci dydaktycznych w ramach danego przedmiotu				
Metody weryfikacji efektów uczenia si				Nr efektu uczenia si z sylabusa	
	KOLOKWIUM			EP1	
	PREZENTACJA			EP2	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP2,EP3,EP4,EP5,EP6	
	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.				
Forma i warunki zaliczenia	Lectures: the credit of lectures on the basis the final colloquium including theories from lectures. Exercises: student assessment includes 1/exercise mark 2/ multimedia presentaion mark				
	Zasady wyliczania oceny z przedmiotu				
	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. Achievement of at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently. Grade 4.5 (good plus): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can solve most problems independently. Grade 4.0 (good): *Requirements: The student must score between 80% and 85% of the points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills. Grade 3.5 (satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding of some concepts. The student can solve simple problems but has difficulty with more complex ones. Grade 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts. Grade 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.				
Metoda obliczania oceny ko cowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	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) [wiczenia]	zaliczenie z ocen		
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) [wykład]	zaliczenie z ocen		

Literatura podstawowa	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 intergrated 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
Literatura uzupełniająca	Malhotra, Naresh K. (2011): Marketing Health Services - retailing and health care, SAGE, New Delhi

NAKŁAD PRACY STUDENTA

	Liczba godzin	
		w tym e-learning
Zajęcia dydaktyczne	25	0
Udział w egzaminie/zaliczeniu	5	0
Przygotowanie się do zajęć	15	0
Studiowanie literatury	15	0
Udział w konsultacjach	10	0
Przygotowanie projektu / eseju / itp.	10	0
Przygotowanie się do egzaminu/zaliczenia	20	0
Ł CZNY nakład pracy studenta w godz.	100	
Liczba punktów ECTS	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-25/26Z						
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		Brak				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student knows and understands the need to monitor the epidemiological situation in the country and around the world	K_W04		
	2	EP2	the student has knowledge of selected infectious diseases and procedures used in epidemiological surveillance and investigation	K_W02		
	3	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 play the role of a prophylactician and spread knowledge about 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,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 obtaining a positive grade in group work (project) and the written test.				
	Grade calculation principles				
	<p>The final grade for completing the course is the arithmetic mean 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
	3	współczesne choroby zakaźne		Arytmetyczna	

3	współczesne choroby zakaźne [wykład]	zaliczenie z ocen		
3	współczesne choroby zakaźne [wiczenia]	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 Łośgraf, 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, Owiścim
	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-26/27Z						
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 MONIKA NIEWIADOMSKA				
Course instructor		dr MONIKA NIEWIADOMSKA				
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				
	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	
	PROJEKT			EP6	
	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	Exercises - obtaining a positive grade on the test and project Lectures - obtaining a positive grade on the lectures				
	Grade calculation principles				
	<p>The final grade for the course will be the arithmetic average of 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. Achievement of at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently.</p> <p>Grade 4.5 (good plus): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can solve most problems independently.</p> <p>Grade 4.0 (good): *Requirements: The student must score between 80% and 85% of the points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills.</p> <p>Grade 3.5 (satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding of some concepts. The student can solve simple problems but has difficulty with more complex ones.</p> <p>Grade 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts.</p> <p>Grade 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	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): Aktywno fizyczna w treningu zdrowotnym osób dorosłych, AWF, Gdańsk
	Drabik J. (1995): Aktywno fizyczna w edukacji zdrowotnej społeczeństwa, AWF, Gdańsk
	Justyna Mazurek ; rysunki Robert Dzwonkowski. (2020): Aktywno fizyczna seniora, Dragon, Bielsko Biala
	Mazurek Joanna : Mazurek Joanna : Aktywno 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
	Stanisław Szabuniewicz, Aleksandra Orlikowska, Wiesław Niestuchowski (2025): Ćwiczenia usprawniające kręgosłup : poradnik, Harmonia Universalis, Gdańsk

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	4	0
Preparation for contact hours	0	0
Private reading and studying	5	0
Participation in tutorials	21	0
Preparation of project / essay / etc.	10	0
Preparation for test / exam	10	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-25/26Z						
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 MAŁGORZATA PACZY SKA-J DRYCKA				
Course instructor		dr MAŁGORZATA PACZY SKA-J DRYCKA				
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): 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. 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.		

	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
Final grade calculation method	3	rekreacja w zdrowiu publicznym		Arytmetyczna	
	3	rekreacja w zdrowiu publicznym [wykład]	zaliczenie z ocen		
	3	rekreacja w zdrowiu publicznym [wiczenia]	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				
	Paczy ska-J drycka M., Eider P. (2017): Edukacja zdrowotna w kontek cie cie ki zdrowia i animacji czasu wolnego https://www.ceeol.com/search/article-detail?id=665643				
	Paczy ska-J drycka M., Łubkowska W. (2014): Edukacja zdrowotna przez gry i zabawy ruchowe z uwzgl dnieniem 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 , Pozna				
	Zbigniew Kwasnik (2009): Current challenges of tourism and recreation to the health : physiotherapeutic aspects in the prevention and treatment of diseases, Radomska Szkoła Wy sza, 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-26/27Z							
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	20	0	pg	2	
Total			20			2	
Course / module coordinator		dr n. med. KATARZYNA MACIEJEWSKA					
Course instructor		dr n. med. KATARZYNA MACIEJEWSKA					
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		none					
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			
skills	1	EP7	the student is able to interpret/complete documentation regarding units, institutions and documentation of actions undertaken by sanitary supervision	K_U04			
social competences	1	EP8	The student is ready to appropriately define priorities for the implementation of tasks specified by himself or others, including the use of selected documentation templates for monitoring and reporting the sanitary and epidemiological status.	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	4	0	
3. Types of epidemiological surveillance. Operation of sanitary services in the state of epidemiological and epidemic threat.		2	4	0	
4. Types of sanitary supervision. Methods of carrying out supervised and intervention controls (food control, educational institutions, places of rest, transport).		2	5	0	
5. Dietary supplements on the market - control activities of sanitary services.		2	2	0	
6. 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	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP7,EP8	
	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	Completing the conversatory includes activity during classes and obtaining a positive grade from the final test				
	Grade calculation principles				
	<p>Completion of the course includes obtaining a positive grade from the final test. The final grade is the grade from the conversatory</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. Achievement of at least 93% on the exam or final paper. *Skills: The ability to analyze and synthesize information, a creative approach to problem-solving, and the ability to think independently.</p> <p>Grade 4.5 (good plus): *Requirements: The student should score between 86% and 92% of the points. *Skills: Good knowledge of the material with minor errors in interpretation or application. Can solve most problems independently.</p> <p>Grade 4.0 (good): *Requirements: The student must score between 80% and 85% of the points. *Skills: Solid knowledge of the material, but with noticeable errors. The student can solve common problems and has basic analytical skills.</p> <p>Grade 3.5 (satisfactory): *Requirements: Achievement of 70% to 79% of the points. *Skills: Knowledge is satisfactory, but there are significant gaps in understanding of some concepts. The student can solve simple problems but has difficulty with more complex ones.</p> <p>Grade 3.0 (satisfactory): *Requirements: The student must achieve 60% to 69% of the points. *Skills: Knowledge meets the minimum criteria, but the student has significant gaps in knowledge and skills. The student can answer basic questions but has difficulty with more advanced concepts.</p> <p>Grade 2.0 (unsatisfactory): *Requirements: Achievement of less than 59% of the points. *Skills: The student does not meet the minimum criteria for passing the course. Knowledge is insufficient, and practical skills are very poor.</p>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	nadzór sanitarno-epidemiologiczny		Wa ona	
	2	nadzór sanitarno-epidemiologiczny [konwersatorium]	zaliczenie z ocen		1,00

Basic reading	Annemien Haveman-Nies (2010): <i>Epidemiology in public health practice</i> , Wageningen Academic Publishers, Wageningen
	Marcin Janik (2012): <i>Policja sanitarna</i> , LEX a Wolters Kluwer business, Warszawa
	Marian Sygit (2017): <i>Zdrowie publiczne</i> , Wolters Kluwer Polska, Warszawa
	redakcja naukowa Andrzej Denys (2015): <i>Zagrożenia zdrowia publicznego. Cz. 2, Zdrowie człowieka a środowisko</i> , Wolters Kluwer SA, Warszawa
	(2018): <i>HYGIENE AND SANITATION HANDBOOK</i> , https://ec.europa.eu/programmes/erasmus-plus/project-result-content/908fceb3-6d8d-43a0-bc76-d780aeb1a13b/Hygiene-Sanitation-Handbook_ENG.pdf
	Obowiązujące ustawodawstwo: Ustawa o Państwowej Inspekcji Sanitarnej, Ustawa o zapobieganiu oraz zwalczaniu zakaźnych chorób zakaźnych u ludzi., Ustawa o żywności i żywieniu
Supplementary reading	Ewa Jasińska-Zubelewicz (2013): <i>Organiczanie narażenia na alergeny podczas procesu dydaktycznego</i> , Wydawnictwo Naukowe PWN, Warszawa
	redakcja naukowa Tadeusz Brzeziński (2015): <i>Historia medycyny</i> , Wydawnictwo Lekarskie PZWL, Warszawa
	Richard Matthews, James Ageros (2010): <i>Health and safety enforcement : law and practice</i> , Oxford University Press , Oxford ; New York
	Urszula Kozłowska (2013): <i>Organizacja zwalczania chorób zakaźnych jako element polityki zdrowotnej państwa na Pomorzu Zachodnim (1944/45 - 1972)</i> , Szczecińskie Towarzystwo Naukowe, Szczecin
	WHO Regional Office for Europe (2019): <i>Surveillance of water, sanitation and hygiene in schools. A practical tool.</i> , WHO, Copenhagen

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	20	0
Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	6	0
Participation in tutorials	9	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	8	0
TOTAL workload	50	
ECTS credits	2	