



**FACULTY OF NATURAL SCIENCES
INSTITUTE OF PHYSICAL EDUCATION
DEPARTMENT: HEALTH PROMOTION**

**ECTS INFORMATION PACK
HEALTH PROMOTION
FIRST DEGREE EXTRAMURAL STUDIES
(LICENTIATE)**

ACADEMIC YEAR 2008/9

ECTS INFORMATION PACKS ARE PUBLISHED EVERY YEAR .THE ACADEMIC YEAR, PLACED ON THE FRONT PAGE, INFORMS THAT THE PACK INCLUDES THE PROGRAMME FOR STUDENTS STARTING STUDIES IN A GIVEN ACADEMIC YEAR, WHILST THE EARLIER VERSIONS ARE AVAILABLE FROM APPROPRIATE ECTS COORDINATORS OR ON THE INTERNET

http://www.us.szczecin.pl/ects_zbrane

Content

1. An introduction to ECTS
2. General information concerning the department of Health Promotion
3. The profile of Health Promotion graduate
4. A list of units of the institute of physical education, department: Health Promotion
5. A list of units participating in the teaching process
6. Research areas
7. The curriculum
8. The programme of studies
9. Extensive characteristic of subjects

AN INTRODUCTION TO ECTS

Coordinators responsible for ECTS

1. Bologna process and ECTS Faculty coordinator

Renata Słomińska - Walkowiak, Ph.D. Katedra Biologii Komórki, ul. Wąska 13,
phone no 091 4441539, e-mail: usbiolcom@poczta.onet.pl

2. Bologna process and ECTS Department coordinator

Katarzyna Sygit, Ph.D. Zakład Wychowania Zdrowotnego, Al. Piastów 40B,
phone no 091 4442777, e-mail: msygit@univ.szczecin.pl

BASIC CHARACTERISTICS OF ECTS SYSTEM

A. What is ECTS?

Polish students' migration to foreign research institutions has become the fact and building Europe with no borders will enable foreign students to study in Poland. The essential condition for the full development of this form of education is full recognition of studies abroad as well as obtained diplomas and certificates. This is the target and aim of the pilot project within the Erasmus programme, so called European Credit Transfer System, abbreviated to ECTS, which will enable to improve the procedures and full recognition of study period abroad. The worked out programme will also enable Polish students to study the same subjects at different institutions introducing ECTS system in Poland.

“Full recognition of study period” means that period of studies abroad or at another Polish institution can substitute a compared study period at home institution independently on discrepancies in the teaching programmes. ECTS application is based on mutual understanding between cooperating institutions and each institution chooses its partner of cooperation itself.

B. How does the system work?

The ECTS system operation is based on the following key documents:

- Information pack containing the information on the major, curricula, study regulations, entry procedures and administrative regulations of the institution concerned. The pack, which is a kind of guidebook, is addressed to students and teachers (tutors) of the partner institution. Its aim is not only to help decide on appropriate study programme and planning studies but also provide practical information. The pack is updated every year and most often available as a booklet or in electronic version.
- The learning agreement contains plans and curricula – is obligatory not only for home and foreign institutions but also the student himself. The student, after having chosen

institution where he intends to study for a period of time, needs to fill in the entry form. Being assisted with ECTS coordinator of his/her home faculty he establishes (on the basis of information pack of host institution) the programme of studies at host institution. After host institution had accepted the student's application, the student and his home institution sign the agreement with host institution on curriculum and number of ECTS credits awarded for each course.

- The Transcript of Records is the key document entitling the student to apply for full recognition of a period of studies abroad. It is also the record of studies abroad for future employers. The record documents the list of courses taken, number of credits gained and local or national grades awarded. Both credit and grade total is a quantitative and qualitative description of student's workload during a period of time studies abroad. The Transcript of Records issued by home institution and attached to the entry form is of genuine importance for host institution accepting the incoming student.

C. ECTS credits and the rules they are granted

ECTS credits are number values (from 1 to 60) subordinated to courses and measure the student's workload. They reflect the workload for every course in relation to the total amount of work required by the student to complete the full academic year of studies at the institution concerned. Therefore the credits are subordinated to lectures, practical classes, seminars, group or individual study, independent study at home or in the library and exams. ECTS credits are relative not absolute measure of student's workload because they specify what part of work in an academic year is allocated to a specific component in the programme. Within ECTS the amount of work requires 60 credits in an academic year, there are 30 credits to be gathered each term/semester. Credits are allocated to all subjects, which make up an integral part of study programme on the condition that they are evaluated.

ECTS credits are allocated to subjects but are assigned to students after completing the subjects according to host institution requirements. Credits are not granted for positive

grades- the number of credits is fixed and the same for every student who has completed the subject. The quality of workload is expressed by means of grades.

Both home and host institution prepare the list of requirements for every outgoing and incoming student participating in ECTS Home institution recognizes the amounts of credits gained for particular subjects in partnership institutions and then the credits for components allocated by host institution are substituted with credits students would gain at home institution. In this way home institution recognizes period of study taken by student at host institution.

REMARK:

ECTS INFORMATION PACKS ARE PUBLISHED EVERY YEAR. THE ACADEMIC YEAR, ON THE FRONT PAGE OF THE PACK, SUGGESTS THE PACK CONCERNS FIRST YEAR STUDENTS' PROGRAMME IN A GIVEN ACADEMIC YEAR .ITS EARLIER VERSIONS ARE AVAILABLE FROM APPROPRIATE ECTS COORDINATORS.

BASIC INFORMATION ON HEALTH PROMOTION DEPARTMENTWeb page address: <http://www.us.szc.pl/zp>

Secretary Office: al. Piastów 40b, 71-065 Szczecin, phone no :091 4442735 e-mail: sekretariat.ikf@univ.szczecin.pl			
Vice Dean of The Institute of Physical Education/Head of Institute	Vice Head for intramural studies	Vice Head for extra - mural studies	ECTS department coordinator
Ph.D. Jerzy Eider,US prof	Ph.D. Maria Makris	Ph.D. Krzysztof Krupecki	Ph.D.,M.D. Katarzyna Sygit
Phone no. 091 4442735	Phone no. 091 4442737	Phone no. 091 4442721	Phone no. 091 4442777

Health Promotion, at the Institute of Physical Education is a new major, which was started in 2003. It is carried in the system of intramural and extramural first-degree studies. The graduate is prepared to continue studies at the second degree.

The department offers also three -semester postgraduate studies - Public Health

PUBLIC HEALTH GRADUATE- THE PROFILE

After completing first degree studies of Health Promotion- the graduate should possess knowledge in some areas of natural science, medicine, sociology to be able to understand and promote healthy behaviors, methods of promoting healthy lifestyle and rules to apply in appropriate situations.

The graduate should possess certain character features such as tolerance, ability to understand people and be communicative and outgoing. He/she should know a foreign language to read professional literature and be able to perceive and solve scientific and educational problems, as well as to be able to start his own career.

Institutions of health promotion, spas, hospices resorts, institutions of national administration and self-governments, institutions of physical education, might employ the graduates.

LIST OF PHYSICAL EDUCATION UNITS - DEPARTMENT: HEALTH EDUCATION

Code	Name of Unit	Head of Unit
01	Institute of Health Promotion and Education	Ph.D.;M.D. Anna Słowik-Gabryelska, prof. US
02	Institute of Health Education	Prof. M.D Marian Sygit
03	Institute of Rehabilitation and Sport Traumatology	Ph.D.;M.D. Zbigniew Deskur, Prof.US

LIST OF UNITS PARTICIPATING IN LEARNING PROCESS OF INSTITUTE OF PHYSICAL EDUCATION – DEPARTMENT PUBLIC HEALTH

Code	Name of Unit
99	Academic Center of Foreign Language Education
99	Institute of Sports
99	Department of Humanities Basics of Physical Culture
99	History of Law Department
99	Department of Economics and Economic
99	Department of Pedagogic Education
99	Department of Ecology and Tourism
99	Department of IT in Physical Culture
99	Department of Anatomy
99	Department of Marketing
99	Department of IT and Media Education

**RESEARCH AREAS CARRIED AT THE INSTITUTE OF PHYSICAL
EDUCATION – DEPARTMENT: PUBLIC HEALTH**

- **DEPARTMENT OF HEALTH PROMOTION AND HEALTH EDUCATION**

Research on life quality in primary lung cancer. Research on obesity risk at school children. Research on the nutritious conditions of students. Research on aggression in working environment. Research techniques; analysis of clinical examinations. Research survey. Survey analysis.

- **DEPARTMENT OF HEALTH EDUCATION**

Research of healthy behaviors of children and adolescents living in Polish towns and villages.

Research techniques: anthropometrical measurements, research done with the use of:

- analyser (Bodystat 1500 MDD device– module to examine children), which allows specifying: fatty mass (FM), fat free mass (FFM), muscle mass (MM) basic metabolic rate (BMR), BMI – body mass index.

- anapnometer (PC based device– anapnometer, which allows to do the following tests: Forced Vital capacity (FVC), Slow Vital Capacity (SVS), Maximum Voluntary Ventilation (MVV)

research survey, statistical analysis.

Accident rate during P.E. classes Health predisposition of sportsmen. Physical activity of US students.

- **DEPARTMENT OF REHABILITATION AND SPORTS
TRAUMATOLOGY**

Early examinations and identifying and prophylaxes of body posture and side spinal bends at school children and evaluation of appearing damages/ injuries in sportsmen

STUDY PROGRAMME

GENERAL REQUIREMENTS

First Degree Studies last 3 years (6 semesters) and finish with passing all the subjects and final exam (student do not write a diploma thesis and do not have to take an exam on it)

Total number of hours: 2,385, ECTS credits: 180

LEARNING OBJECTIVES AND GRADUATE QUALIFICATIONS

The graduate, after completing his studies – major: Public Health, possesses knowledge within the areas of natural sciences, medical and social sciences which will enable him/her to recognize and understand human behaviors connected with health; methods of health protection and health education, and rules of their rational use. He understands the basic problems of public health system, systems of public care and health policies in Poland and EU countries. The graduate should speak a foreign language – level B2 (according to the scale of European System of Linguistic Competence, Council of Europe) and use professional language of social and medical sciences. The graduate can recognize biological, environmental, demographic, social and psychological threats to human community health; carry out statutory controls and evaluation of sanitation-epidemiological condition of local population; store data concerning community health; and carry programmes of health promotion; prophylaxis, recovery and psychosocial rehabilitation; introduction and coordination of health education and promotion; file data connected with economics and management of health care in local environment.

The graduate is competent enough to do executive jobs in healthcare institutions and provide health service and carry various functions connected with health care and promotion in national institutions. Gained qualifications will make it possible to employ him in units of health education, nursing homes, hospices, resorts, units of public and self-government administration organizations of physical education.

The graduate can continue his studies at Second Degree Studies.

GENERAL COURSES

No	Course	No of hours	ECTS points
1.	Foreign Language	120	10
2.	Methodology of Scientific Research	45	4
3.	IT	30	1
4.	Humanism and Health in European Civilization	60	4
	Total	255	19

BASIC COURSES

5.	Law	30	3
6.	Economics	30	2
7.	Sociology	30	2
8.	Psychology	45	3
9.	Protection of Environment	15	2
10.	Biostatistics	30	5
11.	Demography	30	2
12.	Knowledge about a Human Being	80	7
13.	Medical Propaedeutics	150	10
	Total	440	36

MAJOR COURSES

14.	Public Health Propaedeutics	60	4
15.	Health Promotion and Education	90	4
16.	Epidemiology with Elements of Microbiology	60	4
17.	Economics and Finances in Healthcare	30	2
18.	Organisation and Management in Health Service	30	4
19.	Sanitation-epidemiological Supervision	30	2
20.	Health Insurances	30	2
21.	Social and Healthcare Policy	30	2
22.	International Health Problems	30	2
23.	Organisation of Emergency	30	2

	Medicine		
24.	Nutrition	60	8
25.	Community Health	30	3
26.	Health Education in Family	90	8
27.	Interpersonal Communication	60	6
28.	Qualified First Aid	60	6
29.	Basics of Physiotherapy	120	6
30.	Health Promotion Programmes	120	6
	Total	960	71

Major Subjects

31.	Health Education	110	6
32.	Hygiene	60	8
33.	Promotional Strategies in Community	100	6
34.	Social Pathology	40	3
35.	Gerontology	60	4
36.	Health Promotion and Hygiene in Women and Children Population	30	5
37.	Health Promotion and Hygiene at Working Environment	30	5
38.	Health Promotion and Hygiene in Education Institutions	60	4
39.	Electives	240	7
	Total	700	48

PROSEMINARY CLASSES PREPARING TO FINAL EXAM

41.	Pro- seminary Course Preparing to Final Exam	30	6
	Total	30	6
	Total of all Subjects	2,385	180
42.	Vocational Training	8 weeks	

STUDY PLAN

Key symbols:

R- total number of hours in a semester

w-lectures

Ć- classes

k- seminars

l- laboratories

E- examination

O- pass with a grade

Z- upgraded pass

First Year

Subject	Course- hour total					ECTS	
	R	w	Ć	k	l		
Foreign Language	40				40	3	O
Information Technology	30				30	1	O
Sociology	30	10	20			2	O
Psychology	45	30	15			3	O
Environment Protection	15	15				2	O
Demography	30	15	15			2	O
Knowledge about the Man	40	15			25	4	O
Medical Propaedeutics	60	30	30			3	O
Nutrition	60	30	30			8	E
Community Health	30	15	15			3	E
Family Health Education	60	30	30			4	O
Basics of Physiotherapy	60	25	35			3	O
Health Promotion Programmes	60	25	35			3	O
Health Education	55	25	30			3	O
Hygiene	40	20	20			8	E
Strategy of Community Promotional Activities	50	20	30			3	O
Social Pathologies	40	20	20			3	O

Elective	60	30	30			2	O
Total	805	355	355		95	60	

SECOND YEAR

Subject	Course- hour total					ECTS	
	R	w	ć	k	l		
Foreign Language	40				40	3	O
Methodology of Scientific Research	45	20	25			4	E
Humanity and Health in European Civilisation	60	30	30			4	E
Law	30	10	20			2	E
Economics	30	10	20			2	O
Knowledge about the Man	40	15			25	3	E
Medical Propaedeutics	60	30	30			3	O
Public Health Popaedeutics	60	30	30			4	E
Health Promotion and Education	60	30	30			4	E
Epidemiology and elements of Microbiology	60	30			30	4	E
Family Health Education	30		30			4	E
Basics of Physiotherapy	60	25	35			3	E
Health Promotion Programmes	60	25	35			3	E
Health Education	55	20	35			3	E
Strategy of Community Promotional Activities	50	20	30			3	E
Gerontology	30	15	15			4	E
Health Promotion and Hygiene in Educational Institution	60	30	30			4	E
Elective	60	30	30			2	O
Total	890	370	425		95	60	

THIRD YEAR

Subject	Course- hour total					ECTS	
	R	w	ć	k	L		
Foreign Language	40				40	4	E
Biostatistics	30	15	15			5	E
Medical Propaedeutics	30		30			4	E
Economics and Finances in Healthcare	30	15	15			2	O
Organization and Management in Health Service	30	15	15			4	E
Sanitation and Epidemiological Supervision	30	15	15			2	O
Health Insurance	30	15	15			2	O
Social and Health Policy	30	15	15			2	O
International Health Problems	30	15	15			2	O
Organization of Emergency Service	30	15	15			2	O
Interpersonal Communication	60	30	30			6	E
Qualified First Aid	60	30	30			6	E
Health Promotion and Hygiene in Women and Children Population	30	15	15			5	E
Health Promotion and Hygiene in Working Environment	30	15	15			5	E
Elective	120	60	60			3	O
Pro-seminar Tutorials preparing for the final exam	30		30			6	O
Total	640	270	330		40	60	

CRITERIA OF ASSIGNING CREDITS (ECTS)*

*European Credit Transfer System. CECA-CE-CEFA, Brussels, Luxemburg1995

ECTS credits are number values subordinated to particular courses and describing quantity of workload the student needs to do to get a pass on a given course.

While accrediting credits the following factors were taken into consideration: the form of pass (graded pass, exam), number and form of practical courses (theoretical and practical, lectures and classes) were taken into consideration.

The list of learning courses at the Department of Public Health. The amount of workload during the academic year equals 60 credits.

List of Learning Coursers: Department of Public Health.

No.	Course	code
1	Biostatistics	14.7IV25 K 99 01
2	Demography	16.1IV25 K 01 02
3	Family Health Education	05.9IV25 K 01 03
4	Economics	14.3IV25 K 99 04
5	Economics and Finances in Healthcare System	16.1IV25 K 02 05
6	Epidemiology with Elements of Microbiology	13.4IV25 K 99 06
7	Gerontology	12.9IV25 S 02 07
8	Hygiene	16.1IV25 S 02 08
9	Humanity and Health in European Civilization	16.1IV25 K 99 09
10	Foreign Language	09.9IV25 K 99 10
11	Interpersonal Communication	15.9IV25 K 99 11
12	Qualified First Aid	16.1IV25 K 01 12
13	Methodology of Scientific Research	16.1IV25 K 01 13
14	International Health Problems	16.1IV25 K 02 14
15	Sanitation- epidemiological Supervision	16.1IV25 K 02 15
16	Knowledge about the Human Being	13.9IV25 K 99 16
17	Environment Protection	13.9IV25 K 99 17
18	Organization and Management in Healthcare System	16.1IV25 K 02 18
19	Organization of Emergency Service	14.9IV25 K 03 19
20	Social pathology	14.9 IV25 S 01 20
21	Basics of Physiotherapy	16.1IV25 K 03 21
22	Social and Healthcare Policy	16.1IV25 K 02 22

23	Law	10.9IV25 K 99 23
24	Health Promotion Programmes	04.9IV25 K 01 24
25	Health Promotion and Education	16.1IV25 K 01 25
26	Health Promotion and Hygiene in Women and children population	04.9IV25 S 01 26
27	Health Promotion and Hygiene in Working Environment	04.9IV25 S 01 27
28	Health Promotion and Hygiene in Educational institutions	04.9IV25 S 01 28
29	Medical Propeadeutics	16.1IV25 K 01 29
30	Public Health Propeadeutics	16.1IV25 K 01 30
3	Pro- seminary Tutorials preparing for final exam	16.1IV25 K 02 31
32	Elective	16.1IV25 F 01 32
33	Psychology	14.4IV25 K 99 33
34	Sociology	14.2IV25 K 99 34
35	Community Health Promotion Activity Strategies	04.9IV25 S 01 35
36	Information Technology	16.1IV25 K 99 36
37	Health Insurances	16.1IV25 K 02 37
38	Health Education	16.1IV25 S 02 38
39	Community Health	14.9IV25 K 01 39
40	Nutrition	01.3IV25 K 01 40

Basic rules of code making:

16.1IV25.K0101

16.1 – area according to Socrates Subject Area Codes

IV – Faculty Code according to Szczecin University System

25. – Department Code according to US System

K – Subject : K – basic, S- major, F – elective

01 – Organization Unit Code (according to department list and list of cooperating institutions)

01 – subject code (the following subject/course number listed on the course list of the study programme)

DETAILED CHARACTERISTICS OF SUBJECTS

GENERAL SUBJECTS

Foreign Language

Code 09.9IV25 K 99 10

- **Classes**
- **Year: I, II, III, semester: I, II, III, IV, V, VI**
- **120 hours**
- **Exam**
- **ECTS credits: 13**
- **Staff : Academic Centre of Foreign Language Education staff members**

Active knowledge of a written and spoken language. Ability to use a foreign language in everyday situations (such as at the railway station, airport, in a shop and post office)

Bibliography:

1. Adamiak T.: Materiały dydaktyczne do nauki języka rosyjskiego. Wydawnictwo US Szczecin 1985.
2. Brzoźoń J.: Gawarim pa ruski. PWN Warszawa 1986.
3. Soars L., Soars J.: New Headway, Students Book :Oxford University Press.

Information Technology

Code 16.1IV25 K 99 36

- **Classes**
- **Year: I, semester: II**
- **30 hours of classes**
- **Exam**
- **ECTS credits: 1**
- **Tutor: Paweł Ciężczyk ,Ph.D.**

Basic elements of hardware and software in modern computer technology. Basics to operate MS DOS operation systems. Work with Windows – Word for Windows, Excel. Practical computer application for data storing and statistical analysis.

Bibliography:

1. Duch W.: Fascynujący świat komputerów. Wydawnictwo Naukowe Poznań 1997.
2. Mazurek M: Metodologiczne podstawy gospodarowania zasobami informacyjnymi w przedsiębiorstwie. (W): Informatyka w zarządzaniu. Studia Informatica nr 13 Wydawnictwo US Szczecin 1999.
3. Nowicki A. (red.): Informatyka dla ekonomistów. Studium teorii i praktyki. PWN Warszawa 1998.
4. „Abc” Excel 2003 Pl”_Groszek Maciej Wydawnictwo Helion 2007.

Methodology of scientific research

Code 16.1IV25 K 01 13

- Lectures, classes
- Year: II, semester: IV
- 45 hours (20 hours of lectures, 25 hours of classes)
- Exam
- ECTS credits: 5
- Tutor: Ph.D. M.D. Anna Słowik-Gabryelska, Prof. US, Ph.D. Marta Stępień Słodkowska

The role of induction and deduction in scientific cognition. Planning and implementation of research process within chosen areas. Formulation and presentation of research results. The role of statistics in scientific cognition.

Bibliography:

1. Sygit M., Kładna A.: Epidemiologiczne badania ankietowe. Wydawnictwo naukowe US Szczecin 1997.
2. Majchnak J., Mendel T.: Metodyka pisania prac magisterskich I dyplomowych. Wydawnictwo Akademii Ekonomicznej Poznań.
3. Pieter J.: Zarys metodologii pracy naukowej. PWN Warszawa 1975.

Humanism and health in European civilization

Code 16.1IV25 K 99 09

- Lectures, classes
- Year: I, semester: II
- 60 hours (30 hours of lectures, 30 hours of classes)
- Exam
- ECTS credits: 5
- Tutor: dr Marek Łyskawa

The idea of holistic approach to an ill person, dispute over disease origin in psychosomatic constellation of entity of the human system, as well as its links with surrounding environment and the impact of wide range of factors of biological, chemical physical and psychological and social nature on it.

Bibliography:

1. Bobuła E.: Absolut i poznanie. Stowarzyszenie Twórcze Arystyczno- Literackie Kraków 2004.
2. H.G. Gadamer: Dziedzictwo Europy. Wydawnictwo „Spacja” Warszawa 1992.
3. J. Woleński: Epistemologia. Wydawnictwo „Ureus” Kraków 2001.

Basic subjects

Law

Code 10.9IV25 K 99 23

- **Lectures, classes**
- **Year: II, semester: III**
- **30 hours (10 hours of lectures, 20 hours of classes)**
- **Exam**
- **ECTS credits: 3**
- **Tutor : Marek Tkaczuk, Ph.D.**

Basic legal concepts and ideas: core of law, legal norm legal rule, legal provision, legal relationship, legal interpretation, source of law, act making proceedings, legal ordination System of state agencies. Institutions and the legal system of the European union. Legal basis of performing medical professions. Occupation corporations in healthcare. Legal forms of performing medical professions/ employment relationship/civil contracts/. Legal responsibility of persons performing medical professions (benefiter). Patient rights.

Bibliography:

1. H. Reading: A Dictionary of the social science “Ratledge and kegan Paul” London 1977.
2. J Sługocki (red.): Administracja publiczna i prawo administracyjne wobec integracji europejskiej. Wydawnictwo Naukowe US Szczecin 2003.

Economics

Code 14.3IV25 K 99 04

- **Lectures, classes**
- **Year: II, semester: III**
- **30 hours (10 lecture hours, 20 class hours)**
- **Graded pass**
- **ECTS credits: 2**
- **Tutor: Przemysław Pluskota,Ph.D., Karolina Drela Ph.D.**

Basic ideas of economics. Economic subject and business process. Market and its functions. National income. Currency systems. Economic policy.

Bibliography:

1. Pietruszewski M.: Ekonomia i administracja. Wydawnictwo Szkolne i Pedagogiczne Warszawa 1978.
2. Bona A.: Ekonomia i polityka. Państwowe Wydawnictwo Naukowe Warszawa 1978.
3. Bednarski M. Wikin J.: Ekonomia dla pracowników i nie tylko. Wydawnictwo „Lewis nexis” Warszawa 2007.
4. Czarny B.: Rapacki R.: Podstawy ekonomii. PWE Warszawa 2002.

Sociology

Code 14.2IV25 K 99 34

- **Lectures, classes**
- **Year: I, semester: II**
- **30 hours (10 lectures, 20 classes)**
- **Graded pass**
- **ECTS credits: 1**
- **Tutor: Bartosz Wojciechowski, M.A.**

Sociology as knowledge about society. Research methods used in sociology Culture of values and social norms. Behaviours in health and illness. Sociological aspects of getting old and dying. Sociology as an activity tool in public health. Health behaviors. . Doctor – patient relationship. Chosen pathologies concerning society, family and an individual.

Bibliography:

1. Babie, Earl R.: Istota socjologii. Wydawnictwo Naukowe PWN Warszawa 2007.
2. Grabowski M.: Istota i nieistota w nauce. Wydawnictwo „Rolewski” Toruń 1998.
3. Goldman N.: Wstęp do socjologii. Wydawnictwo Zysk i S-ka Poznań 1997.

Psychology

Code 14.4IV25 K 99 33

- **Lectures, classes**
- **Year: I, semester: II**
- **45 hours (30 lectures, 15 classes)**
- **Graded pass**
- **ECTS credits: 2**
- **Tutor: Bartosz Wojciechowski, M.A.**

Theory of psychological progress. Mental health, norms and factors impacting its condition. Adapting to illness: the process. Psychological determinants of health and illness. Superior and inferior relationship.

Bibliography:

1. Cialidini R.: Wywieranie wpływu na ludzi. Gdańskie Wydawnictwo Psychologiczne. Gdańsk 1996
2. Gordon T.: Wychowanie bez porażek w praktyce. Instytut Wydawniczy PAX, Warszawa 1996.
3. Tomaszewski T. (red.): Psychologia PWN, Warszawa 1978.
4. Mietzel G.: Wprowadzenie do psychologii. Podstawowe zagadnienia. Gdańskie Wydawnictwo Psychologiczne. Gdańsk 1999.

Environment protection

Code 13.9IV25 K 99 17

- **Lectures**
- **Year: I, semester: I**
- **15 hours**
- **Graded pass**
- **ECTS credits: 1**
- **Lecturer: Prof. Mirosława Humiczewska-Rajska**

Possibility of controlling and protection on natural environment. Types of environment pollution. Quality of tap water and food vs. population health condition of chosen illnesses connected with environment pollution.

Bibliography:

1. Dobrzański G., Dobrzańska B.M., Kielczewki D.: Ochrona środowiska przyrodniczego. Wydawnictwo Ekonomii i Środowisko. Białystok 1997.
2. Agapow L., Feruszewski R., Kładna A., Kruk J.: Vademecum ekologii człowieka wydawnictwo Naukowe US, Szczecin 1999.
3. Jethon Z.: Ekologia człowieka w wychowaniu fizycznym i sporcie. AWF, Wrocław 1994.

Biostatistics

Code 14.7IV25 K 99 01

- **Lectures, classes**
- **Year: III, semester: V**
- **30 hours (10 lectures, 20 classes)**
- **Exam**
- **ECTS credits: 4**
- **Lectures: Prof. Siarhai Boichanko**

Definition and basic concepts of probability. Application of differentiated models in biostatistic research. Descriptive and mathematical statistics.

Bibliography:

1. Morecka A., Ekiel J., Fidelus K.: Bionika ruchu. PWN Warszawa 1971.
2. Fidelus K. (red.): Ćwiczenia laboratoryjne z biomechaniki. AWF Warszawa 1996.

Demography

Code 16.1IV25 K 01 02

- **Lectures, classes**
- **Year: I, semester: I**
- **30 hours (15 lectures, 15 classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: Kinga Michnik, Ph.D.**

Subject and objectives of demography – basic definitions and concepts. Information sources in demography. Basic data concerning population necessary to estimate health condition. Structure of population. Intensity of natural mobility and its measures. Structure rates. Births- factors conditioning birth rate. State population policy. Forecasting population changes. Mortality rate, definition and impacting factors. Structure of death rates. Population growth rate. Population growth v. health. Babies mortality. Factors impacting baby's mortality.

Bibliography:

1. Holzer J.Z.: Demografia polskie Wydawnictwo Naukowe Warszawa 2003.
2. Józefowicz A.: Demografia społeczna Państwowe Wydawnictwo Naukowe 1974.

Knowledge about a human being

Code 13.9IV25 K 99 16

- **Lectures, classes**
- **Year: I, semester: I, II**
- **80 hours (30 lectures, 50 classes)**
- **Exam**
- **ECTS credits: 8**
- **Tutors: Monika Chudecka, Ph.D. Elżbieta Sieńko, M.A.**
- **Katarzyna Jarska, M.A.**

The programme includes concepts within bone- joint, neural systems of a man. The learning process is implemented with anatomic model and other visual means. It includes functional anatomy of a man taking into account vascular, alimentary, respiratory, urinary- sexual, sensual and endocrine systems.

Bibliography:

1. Gładkowska-Rzeczycka J. Anatomia człowieka. AWF, Gdańska 1994.
2. Krechowicki A., Czerwiński F. Zarys anatomii człowieka. PZWL. Warszawa 1987.
3. Sobota J. Atlas anatomii człowieka. Wydawnictwo Urban i Partner, Wrocław 1994.

Medical propeadutics

Code 16.1IV25 K 01 29

- **Lectures classes**
- **Year: I, II semester: I, II, III**
- **150 hours (60 lectures, 90 classes)**
- **Exam**
- **ECTS credits: 9**
- **Tutor: Marek Lickendorf, M.D.**

Health condition and diseases. Ethopathogenesis, psychopathology of diseases. Health determinants. Adaptation processes disorders of the system. Ethology and progress of most common diseases of liver, kidneys and respiratory, circulation, alimentary and endocrine systems. Civilization diseases. Inflammations, immune-pathology and tumors. Medical interview, examination and diagnosis. Symptoms in diagnosis of clinical conditions. Algorithm of proceeding. Contemporary diagnostic and therapeutic methods. International classification of diseases and health problems. Basics of pharmacy therapy. Symptomatology and review of circulation, respiratory, alimentary, urinary system, sexual, endocrinology, lymphatic diseases as well as motion system and mental ones. Work management of hospital wards, clinics of healthcare system.

Bibliography:

1. Latalski M., Kulik T.: Zdrowie Publiczne. Wydawnictwo Czelej Lublin 2002.
2. Decikowski A.: Aktywność fizyczna jako czynnik wspomagający rozwój i zdrowie. Rzeszów 2008.
4. Zawadzki A.: Medycyna ratunkowa i katastrof. PWN Warszawa 2002.

Major Subjects

Propeadentics of Public Health

Code 16.1IV25 K 01 30

- Lectures, classes
- Year: I, semester: I
- 60 hours (30 lectures, 30 classes)
- Exam
- ECTS credits: 4
- Tutor: Marek Lickendorf, M.D.

The scope of social medicine and public health. Origin and history of social medicine and public healthcare. Definition of issues such as health protection, health care, health culture, medical care, preventive medicine, prospective medicine, environmental medicine, social medicine, public health. Medical and non-medical health conditions.] Health as social and individual value Health measure. European Union policy concerning public health.

Bibliography:

- 1.Latalski M., Kulak T.: Zdrowie Publiczne. Wydawnictwo Czelej Lublin 2002.
- 2.Decikowski A.: Aktywność fizyczna jako czynnik wspomagający rozwój i zdrowie. Rzeszów 2008.
- 3.Karski J.B.: Praktyka i teoria promocji zdrowia. Wydawnictwo Cedetu.pl. Warszawa 2006.

Health promotion and education

Code 16.1IV25 K 01 25

- Lectures, classes
- Year: II, semester: III, IV
- 90 hours (30 lectures, 60 classes)
- Exam
- ECTS credits: 8
- Tutor/lecturer: A. Słowik-Gabryelska, Ph.D. M.D. Prof. US, Kulik Magdalena, and M.D.

Basic issues: health, health promotion, health education, disease preventing. The history of health promotion. Targets and activity areas of health promotion. Health promotion at work. Health promotion in healthcare institutions. Stages of activity and education means in the process of health promotion. Forming pro – health attitudes at different stages of man's progress. Healthy behaviors. Life style. Sources and financing principles, as well as gaining means for health promotion

Bibliography:

1. Burzucka-Sitkiewicz K.: promocja zdrowia i edukacja zdrowotna. Wydawnictwo Impuls Kraków 2006.
2. Woynarowska B.: Edukacja zdrowotna Wydawnictwo PWN 2007.
3. Lwow F., Milewicz A.: Promocja zdrowia. Podręcznik dla lekarzy rodzinnych i studentów. Wydawnictwo Czelej Lublin 2002.

Epidemiology with elements of microbiology**Code 13.4IV25 K 99 06**

- Lectures, classes
- Year: III, semester: V
- 60 hours (30 lectures, 30 classes)
- Exam
- ECTS credits: 2
- Lecturer/tutor: Prof. Wiesław Deptuła, Małgorzata Tokarz-Domagala, M.D.

Definition and role of epidemiology in public health. Data sources as far as population health condition is concerned. Evaluation of population health condition. Epidemiological examinations: descriptive, analytic and experimental. The rules to work out contagious disease center. Some chosen elements of epidemiology of contagious diseases, epidemic chain, basic terms, ways to fight contagious diseases.

Basic morphological and physiological features of pathogenic microbes. Metabolism, epidemiology, pathogenesis, mechanisms of the disease, ways of spreading the disease in the system. Micro flora of the human system and surrounding environment.

Physiological features of bacteria, viruses, coxiella burnetti, mykoplasms and fungi.

Mechanisms of spreading a disease in the system. Specific and non-specific resistance.

Disinfections, sterilization chemotherapy. Mechanisms of allergy autoantibody.

Immunity sera and vaccines. Microbes causing infections of respiratory, digestion, urinary systems and animal originating diseases. Anaerobic bacteria dangerous for man. Fungi causing the diseases in the man.

Bibliography

1. Cieklin J.: Mikrobiologia. Wydawnictwo Naukowe PWN Warszawa 2006.
2. Szlegel, Hans G.: Mikrobiologia ogólna. Wydawnictwo Naukowe PWN Warszawa 2000.
3. Wędrychowski W.: Epidemiologia. Wydawnictwo Lekarskie PZWL Warszawa 1999.

Economics and financing in healthcare

Code 16.1IV25 K 02 05

- **Lectures**
- **Year: II, semester: IV**
- **15 hours**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

Health economics. Systems of health protection – targets, functional elements. Legal and economic conditions in health care. Financial sources in health protection. Models of payment. Public means and state budget in the system of healthcare The roles and functions of social insurances Health protection in the system of market economy.

Bibliography:

1. Rudawska J.: Ekonomizacja relacji pacjenta-usługodawca w opiece zdrowotnej. Wydawnictwo Naukowe US 2006.

Organization and management in the healthcare system

Code 16.1IV25 K 02 18

- **Lectures**
- **Year: I, semester: II**
- **15 hours**
- **Exam**
- **ECTS credits: 6**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

Basics of theory of organization and management of healthcare services. Organisation of healthcare systems. Healthcare institutions. Legal and organizational forms of healthcare activities. Management tools. Styles of management. Organization structures Organization culture. Methods and techniques of negotiation. Principles of allocating of means in healthcare. Standards of care in health protection. Evaluation and supervision in healthcare. Quality in healthcare.

Bibliography:

1. Aleksandrowicz A.: Biometeorologia w służbie zdrowia. Państwowe Wydawnictwo Naukowe Kraków 1971.
2. Antkiewicz S.: Akcje i obligacje w finansowaniu przedsiębiorstw. Wydawnictwo „Zarządzanie i Finanse” Warszawa 2002.

Sanitation- epidemiological supervision

Code 16.1IV25 K 02 15

- **Lectures classes**
- **Year: II, semester: III**
- **30 hours (15 lectures, 15 classes)**
- **Graded Pass**
- **ECTS credits: 3**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

Target and aims of sanitation – epidemiological supervision. Organization structure of State Sanitary Inspection in Poland. Compatibility of Polish and European Union law. Sanitation security of Polish and non- European Union member countries borders. Prophylactic activities, pro- health of supervising state and non- state organizations.

Bibliography:

1. Kiczka K.: Administracyjne akty kwalifikacyjne w działalności gospodarki. Kolonia „Limited” Wrocław 2006.

Health insurance

Code 16.1IV25 K 02 37

- **Lectures, classes**
- **Year: II, semester: III**
- **30 hours (15 lectures, 15 classes)**
- **Graded Pass**
- **ECTS credits: 3**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

The idea of of social insurance. The function of social insurance Organization of social insurance system in Poland. Financing source of social insurance. Benefits and their kinds. Retirement and pension benefits, maternity and illness benefits. Accident benefits. Financing system Subjective and objective framework of health insurance Administration of the benefit system.

Bibliography:

1. Sobczak A.: prywatne ubezpieczenia zdrowotne. Wydawnictwo Naukowe Wydziału Zarządzania Uniwersytetu Warszawskiego. Warszawa 2004.
2. Jackowiak U.: Ubezpieczenia społeczne i zdrowotne. Wydawnictwo „Lex” Sopot 1999.

Social and health policy

Code 16.1IV25 K 02 22

- **Lectures, classes**
- **Year: III, semester: V**
- **30 hours (15 lectures, 15 classes)**
- **Graded Pass**
- **ECTS credits: 1**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

Social and health policy: definitions, functions and aims. Social policy in Poland and EU countries. Areas of social policy: social security, social help, and labor market, employment and unemployment problems, problems of disability. Law enforcing agencies within social policy. Health policy in Poland and its tools. Health policy in European Union. National health programmed. Public administration, self-governments and non- government institutions v. protection of health needs.

Bibliography:

1. Orczyk J. Zukowski M. (red): Aktywizująca polityka społeczna Wydawnictwo AE Poznań. Poznań 2007.
2. Piątek K., Karwecki A.: Aktywna polityka społeczna z perspektywy Europy socjalnej Wydawnictwo edukacyjne „Akapit” Toruń 2007.

International Health problems

Code 16.1IV25 K 02 14

- **Lectures, classes**
- **Year: I, semester: I**
- **30 hours (15 lectures, 15 classes))**
- **Graded Pass**
- **ECTS credits: 1**
- **Tutor: Paweł Zienkiewicz, Ph.D.**

World Health Organization. Priorities within public health in European Union. International humanitarian aid. International cooperation to fight contagious diseases.

Bibliography:

1. Sztumski J., Mitreęga M.: Problemy edukacyjne i zdrowotne regionu uprzemysłowionego. Wydawnictwo UŚ Katowice 1998.
2. Madziarek S.: Aktualne i perspektywiczne problemy zdrowotne Polski. Zakład Nard. im. Ossińskich Wrocław 1975.

Organization of medical emergency service

Code 14.9IV25 K 03 19

- **Lectures, classes**
- **Year: III, semester: V**
- **30 hours (15 lectures, 15 classes)**
- **Graded Pass**
- **ECTS credits: 1**
- **Lecturer: Zbigniew Deskur, Ph.D. Prof. US**

Emergency medicine. Aims and targets. The system of integrated emergency medicine in Poland. Pre- hospital emergency medicine. Mass accidents, disasters, regional dangers. Catastrophes and crisis situations. Healthcare prevention in emergency medicine. World systems and operating standards of emergency medical services.

Bibliography:

1. Pytel A. Pomoc w nagłych wypadkach u dzieci. Państwowe Zakłady Wydawnictw Lekarskich Warszawa 1963.
2. Chmielewski A.: Pierwsza pomoc medyczna. Centrum Wydawnictw Medycznych. Warszawa 2007.
3. Buchwelder M., Buchwelder A.: Podręcznik pierwszej pomocy. PZWL Warszawa 2005.

Man nutrition

Code 01.3IV25 K 01 40

- **Lectures, classes**
- **Year: I, semester: I**
- **30 hours (15 lectures and 15 classes)**
- **Exam**
- **ECTS credits: 4**
- **Lecturer: Ph.D.M.D. A. Słowik-Gabryelska, A.Krajewska, MSc**

Nutrition in the food chain of the man. Division of food products. Rules of proper nutrition. Chosen diseases connected with poor nutrition, eating habits and food.

Bibliography:

1. Ciborowska H, Rudnicka A.: Dietetyka. PZWL Warszawa 2004.
2. Ziemiański Ś.: Normy żywienia człowieka. Wydawnictwo PZWL Warszawa 2001.
3. Gawęcki J., Hryniewiecki L.: Żywnienie człowieka. Podstawy nauki o żywieniu. Wydawnictwo PWN Warszawa 2003.
4. Huchanowicz H., Nadolna J., Iwanow K., Przygoda B.: Wartość5. odżywcza wybranych produktów spożywczych i typowych potraw. PZWL Warszawa 2003.

Community Health

Code 14.9IV25 K 01 39

- Lectures, classes
- Year: I, semester: I
- 30 hours (15 lectures, 15 classes)
- Graded Pass
- ECTS credits: 1
- Tutors: Health Promotion and Education Department staff members

Holistic approach in definitions of a human being and his surrounding. The man as a part of life environment on the Earth -basic definitions.

Evaluation methods of risks in harmful situations. Health effects of environmental risk factors (biological, psycho-social, chemical and physical); patomechanisms and the ways they work. Environmental pollution and its impact on human condition.

Bibliography:

1. Popiołek K., Bańka A.: Kryzysy, katastrofy, kataklizmy w kontekście narastania zagrożeń. Poznań 2007.
2. Daniowa N.: Przyroda i nasze zdrowie. PZWL Warszawa 1988.
3. Bandzerewicz A.: Środowisko naturalne a nasze zdrowie. „Toruń” Toruń 2001

Health education in family

Code 05.9IV25 K 01 03

- Lectures, classes
- Year: II, semester: III, IV
- 90 hours (60 lectures and 30 classes)
- Exam
- ECTS credits:
- Tutor/lecturer: A. Słowik-Gabryelska, Ph.D. M.D. , Marta Stepień-Słodkowska, MSc

Family health. Conditioning, promotion, prophylaxy, social and health care

Bibliography:

1. Latałski M., Kulik B.T.: Zdrowie publiczne. Wydawnictwo „Czelej” Lublin 2002.
2. Kawczyńska-Butrym Z.: Rodzina-zdrowie –choroba. Wydawnictwo „Czelej” Lublin 2001.
3. Kulik T.B.: Edukacja zdrowotna w rodzinie i szkole. Stalowa Wola 1997.

Interpersonal communication

Code 15.9IV25 K 99 11

- **Lectures, classes**
- **Year: I, semester: II**
- **60 hours (30 lectures, 30 classes)**
- **Graded Pass**
- **ECTS credits: 3**
- **Lecturer/tutor: Prof. Jan Mikołajew, Grażyna Leśniewska, Ph.D.**

Theory, models and concepts of interpersonal communication. Communication acts-process schemes. Barriers, communication styles, dysfunctions in communication process. Active listening, communicating and accepting of reflexive information. Pseudocommunication and double communication connection expressing the relationship: “myself and others”. The impact of open situations in physician, nurse-patient relations and ways of exchanging information as message aiding recovery.

Bibliography:

1. Harwas -Napierała B. Komunikacja interpersonalna w rodzinie. Wydawnictwo Naukowe Uniwersytetu im. Adama Mickiewicza Poznań 2006
2. Łęcki K. Komunikacja interpersonalna w pracy socjalnej „Śląsk” Katowice 1999.

Qualified first aid

Code 16.1IV25 K 01 12

- **Lectures and classes**
- **Year: II, semester: IV**
- **60 hours (30 lectures, 30 classes)**
- **Exam**
- **ECTS credits: 4**
- **Tutors: Health promotion and Education staff members**

Diagnosis of life or health threatening situations. Estimation of basic life functions in dangerous situation. Recovery, support and stabilization of basic life functions, and most of all work of respiratory and circulation systems, securing and stabilization of injured areas against externalsternal factors Undertaking qualified emergency actions in extreme environmental conditions. Organization of qualified and safe transportation in emergency cases.

Bibliography:

1. Rasmus A.: Pierwsza pomoc i elementy medycyny katastrof. Łódź 1996.
2. Pierwsza pomoc: sposoby postępowania w nagłych wypadkach-w domu, w pracy, w czasie wolnym od zajęć3. od zajęć4. . Warszawa 1996.

Basics of physiotherapy

Code 16.1IV25 K 01 21

- **Lectures and classes**
- **Year: II, III semester: III, IV, V**
- **150 lectures (50 lectures, 100 classes)**
- **Exam**
- **ECTS credits: 9**
- **Tutor: Teresa Radziejewska, Ph.D.**

Introduction to physiotherapy. Basic terms, targets and characteristics. General results of treatment. Basic information concerning tissue sensitivity and counteraction to different stimuli. Adaptation mechanisms and the rules of applying physiotherapy treatments. . Thermo therapy. Thermoregulation. Hydrotherapy. Basics of balneology and balneotherapy. Actinotherapy. Electrotherapy. Electro diagnostics.

Bibliography:

1. Grossman J.(red.): Fizjoterapia Xxi wieku. Olsztyńska Wyższa Szkoła im. S. Rusieckiego. Olsztyn 2004.
2. Kutznaer-Kozińska M.: Korekcja wad postawy. Wydawnictwo AWF Warszawa 2006.
1. Fecklin J. S.: Fizjoterapia pediatryczna. Wydawnictwo Lekarskie PZWL Warszawa 1996.

Health promotion programmes

Code 04.9IV25 K 01 24

- **Lectures and classes**
- **Year: II, III semester: IV, V, VI**
- **150 hours (50 lectures, 100 classes)**
- **Exam**
- **ECTS credits:**
- **Tutor: M.Dr. Magdalena Kulik**

Conceptual apparatus of health promotion (definitions, concepts, features and principles). Relationship between health promotion, health education and public health. Factors of intervention strategies in health promotion (defining problems and choice of solutions). Forms of promotional activities and their evaluation. Settlement approach to health promotion. Programs for health promotion.

Bibliography:

1. Karski J.B.: Postępy promocji zdrowia. PZWL Warszawa 2006.
2. Karski J.B.: Praktyka I teoria promocji zdrowia. Wydawnictwo CeDeWu.pl Warszawa 2006.

Specialist courses

Health education

Code 16.1IV25 S 02 38

- Lectures and classes
- Year: I, II, III semester: II, III, IV
- 180 hours (60 lectures, 120 classes)
- Exam
- ECTS credits: 7
- Tutors: Joanna Ratajczak, Ph.D Katarzyna Sygit, Ph.D.

Models of health education. Functions, targets and aims of health education. Methods of health education Matter of health education Stages of health education. Working strategies in health education. Health education in Poland.

Bibliography:

1. Sygit K.: Materiały dydaktyczne do zajęć2. z wychowania zdrowotnego i promocji zdrowia. Wydawnictwo Naukowe US Szczecin 2008.
3. Sygit M., Sygit K.: Wychowanie zdrowotne. Wydawnictwo Naukowe US Szczecin 2008.
4. Latałski M.: Zdrowie publiczne Wydawnictwo „Czelej” Lublin 2002.

Hygiene

Code 16.1IV25 S 02 08

- Lectures and classes
- Year: I semester: I
- 60 hours (30 lectures, 30 classes)
- Exam
- ECTS credits: 4
- Tutors: Katarzyna Sygit, Ph.D. Joanna Ratajczak, Ph.D.

Basic tasks of hygiene. Environmental chemical dangers. Biological pollution and air pollution, ground and water pollution. Sanitation and hygienic norms in education centers.

Bibliography:

1. Kosicki B. Wybrane zagadnienia i ćwiczenia z higieny. AWF Poznań 2002.
3. Karczewski K.J.: Higiena. Wydawnictwo „Czelej” Lublin 2002.
4. Kośmider K., Sygit M.: Wybrane zagadnienia z medycyny środowiskowej. Wydawnictwo „Miscellanea” Koszalin 1998.

Strategy of promotion activities in a community

Code 04.9IV25 S 01 35

- **Lectures and classes**
- **Year: III semester: V, VI**
- **120 hours (60 lectures, 60 classes)**
- **Exam**
- **ECTS credits: 7**
- **Tutor: Halina Macierewicz, Ph.D. Anna Krajewska, Msc**

Promotion in the place of settlement: at work, at home, in the place of living. Rules and methods of "settlement" health promotion. The principles of health promotion in the place of living.

Bibliography:

1. Demel M.: Pedagogika zdrowia. Chowania 2006.
2. Karski J.: Postępy promocji zdrowia. Przegląd Międzynarodowy Ce De Wu.pl Warszawa 2007.
3. Pawlos-Czyż S., Wódcz K.: Praca socjalna wobec współczesnych problemów społecznych. AKAPIT, Toruń 2007.

Social pathologies

Code 14.9 IV25 S 01 20

- **Lectures and classes**
- **Year: III semester: V**
- **60 hours (30 lectures, classes)**
- **Exam**
- **ECTS credits: 3**
- **Tutor: Marta Stepień-Słodkowska, Ph.D.**

Unwanted phenomena with negative impact over development and functioning of particular social groups and consequently whole society. The described phenomena include: alcoholism, drug abuse, nicotine abuse, sexual deviations, sects, destructive sects, aggression and violence. The student studies legal acts concerning pathological phenomena and also learns how to prevent addictedness, some elements of treating them and medical results.

Bibliography:

1. Słowik-Gabryelska A.: Patologie społeczne: alkoholizm, narkomania, nikotynizm. Wydawnictwo US Szczecin 2006.
2. Kozak S.: Patologie wśród dzieci i młodzieży: leczenie i profilaktyka. PZWL Warszawa 2007.
3. Jędrzejka M., Patologie społeczne. Pułtusk 2006.

Gerontology

code 12.9IV25 S 02 07

- **Lectures and classes**
- **Year: III semester: VI**
- **60 hours (30 lectures, classes)**
- **Exam**
- **ECTS credits: 5**
- **Lecturer: Prof. Marian Sygit**

Basic concepts : gerontology, geriatrics. Mechanisms of getting old. Pathologies of elderly age. Health problems of elderly people, mortality systems of elderly people: family, social care, support groups. An old man in a family, healthcare institution and hospital. Geriatric care in the world.

Bibliography:

1. Sygit K.: Zarys gerontologii. Podręcznik złożony do Wydawnictwa US.
2. Piotrowski J.: Miejsce człowieka starego w rodzinie i społeczeństwie. Państwowe Wydawnictwo Naukowe Warszawa 1973.

Healthcare and hygiene in the population of women and children.

Code 04.9IV25 S 01 26

- **Lectures and classes**
- **Year: I semester: I**
- **50 hours (20 lectures, 30 classes)**
- **Exam**
- **ECTS credits: 4**
- **Tutors: Health Promotion and Education Department staff members**

The idea of health and its evaluation. Qualifying the origin and progress of health promotion. Basic definitions of health promotion and its targets. Hygiene of growing up and adolescence. School promoting health. Chosen problems of hygiene in pregnancy.

Bibliography:

1. Wojnarowska B.: Zdrowie I szkoła. Wydawnictwo PZWL Warszawa 2000.
2. Gajewski A.: Kobieta, sport, zdrowie, Wydawnictwo PWN Warszawa 1998.
3. Żukowska Z.: Ja, zdrowie, ruch. PWN Warszawa 2000.

Health promotion and hygiene at work

Code 04.9IV25 S 01 27

- **Lectures and classes**
- **Year: II semester: IV**
- **50 hours (20 lectures, 30 classes)**
- **Exam**
- **ECTS credits: 3**
- **Tutor: dr Małgorzata Dobrzycka**

The scope of preventive medicine in a working place. Hygiene at work. Normative values, degree and intensity of harmful factors. Occupationally induced diseases. Chosen aspects and views. Monitoring in a work- place. Accident rate Idea and aspects of ergonomomy in workplace hygiene. Prophylaxis of overload in movement organs.

Bibliography:

1. Korzeniowska E.: Program przyjaznego zdrowia środowiska pracy. Instytut Medycyny Pracy im. J. Nofera. Łódź 1999.
2. Puchalski K.: Zdrowie w świadomości społecznej. Instytut Medycyny Pracy im. J. Nofera. Łódź 1999.

Health promotion and hygiene at school

Code 04.9IV25 S 01 28

- **Lectures and classes**
- **Year: II, III semester: IV, V**
- **90 hours (30 lectures, 60classes)**
- **Exam**
- **ECTS credits: 6**
- **Tutors: dr Kinga Michnik, dr Marta Stępień-Słodkowska**

Organization of place of studies of a pupil taking into consideration harmful elements while educational process. Prophylaxy of health risky behaviors in teaching – learning process.

Bibliography:

1. Wojnarowska B.: Zdrowie I szkoła. PZWL Warszawa 2000.
2. Standardy I metodyka pracy pielęgniarki i higienistki szkolnej. Instytut Matki i Dziecka Warszawa 2000.

Electives

Health promotor

Code 16.1IV25 F 01 05

- **Lectures and classes**
- **Year: I semester: I**
- **60 hours (30 lectures, 30 classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: dr Kinga Michnik**

The image of health promotor. The idea of health- its analysis. The connection of the notion: health with its synonyms. Perfect health model. Characteristics of health promotion. Aspects of health promotion roles. The label of health promotor.

Bibliography:

1. Sygit M., Sygit K.: Wychowanie zdrowotne. Wydawnictwo Naukowe US Szczecin 2008.
2. Latański M.: Zdrowie publiczne Wydawnictwo „Czelej” Lublin 2002.

Modern motion forms in public health

Code 16.1IV25 F 02 05

- **Lectures and classes**
- **Year: I semester: I**
- **60 hours (30 lectures, 30 godzin classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: Paweł Eider, MSc**

Knowledge of body shaping exercises as an introduction to aerobic exercises, warm up exercises, strength and endurance, coordination and fitness training exercises, basic knowledge about music- the rules of choreography, correlation of music and movement . Fitness; body shaping and relaxing exercises.

Bibliography:

1. Drabik J.: Aktywność2. fizyczna w edukacji zdrowotnej społeczeństwa. AWF, Gdańsk 1995.
3. Eider J.: Nowoczesne formy 4. wiczeń gimnastycznych. Wydanie III, WN US Szczecin, 1998.

Sanology

Code 16.IIV25 F 03 07

- **Lectures and classes**
- **Year: II semester: III**
- **60 lectures (30 lectures, 30 classes)**
- **Graded pass**
- **ECTS credits: 2**
- **lecturer: Ph.D. Zbigniew Deskur, prof. US**

Sanology as science. Sanometrics - methods of health measurements and pathological phenomena in population. Prenatal diagnostics. Norms – nutrition standards, nutrition condition and nutrition habits in pregnancy and lactation. Overview and chosen aspects of school hygiene.

Bibliography:

1. Jabłoński L. (red.): Sanologia. Nauka o zdrowiu społeczeństwa. Wyższa Szkoła Rozwoju Lokalnego w Żyrardowie. Warszawa 1998.

Biometrics of human body

Code 16.IIV25 F 99 07

- **Lectures and classes**
- **Year: II semester: III**
- **60 hours (30 lectures, 30 classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: dr Monika Chudecka**

Length and width measurement showing body ratio and skeleton mass. Ratio of nutrition and obesity of an individual. Physiological measurements of blood pressure and heart rate as health indicator.

Bibliography:

1. Malinowski A., strzałko J. Antropologia Państwowe Wydawnictwo Naukowe Warszawa 1985
2. Malinowski A., Łuczaka B., Grabowska J. Antropologia a medycyna i promocja zdrowia. Wydawnictwo Uniwersytetu Łódzkiego Łódź 1996.

Marketing in healthcare

Code 16.1IV25 F 99 03

- **Lectures and classes**
- **Year: III semester: V**
- **60 hours (30 lectures, 30 classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: Iga Rudawska, Ph.D.**

Basic problems of marketing and their characteristics. Market research within the area of healthcare. Diagnosis, marketing plans and strategies of health services The ways of making marketing strategies and their implementation, collecting and processing data to undertake marketing decisions.

Bibliography:

1. Kędzior Z.: Badania marketingowe w praktyce Polskie Wydawnictwo Ekonomiczne Warszawa 1996.
2. Zaręba S.(red.): Marketing ekologiczny Wydawnictwo Wrocław. Wrocław 2006.

Recreation in public health

code16.1IV25 F 02 03

- **Lectures and classes Year III semester: V**
- **60 hours (30 lectures, 30 classes)**
- **Graded Pass**
- **ECTS points: 2**
- **Tutor: Pawel Eider, MSc**

A repertory of prophylaxis balancing exercises, basis of food diet in fitness routines.. The rules of coaching fitness- structure of classes, ways to instruct, methodology of teaching motion.

Bibliography:

1. Drabik J.: Aktywność2. fizyczna w edukacji zdrowotnej społeczeństwa. AWF, Gdańsk 1995.
3. Eider J.: Nowoczesne formy ć4. wiczeń gimnastycznych. Wydanie III, WN US Szczecin, 1998.

Media in education

Code 16.1IV25 F 99 02

- **Lectures and classes**
- **Year: III semester: VI**
- **60 hours (30 lectures and classes)**
- **Graded Pass**
- **ECTS credits: 2**
- **Tutor: Artur Stachura, Ph.D.**

Kinds and importance of media in health promotion. Basic principles of using media. Social engineering in health promotion with the use of media.

Bibliography:

1. Auoil B., Maliszewski W.J. Media-komunikacja. Wydawnictwo Adam Marszałek Toruń 2007.

Public health in EU countries and the world

Code 16.1IV25 F 01 02

- **Lectures and classes**
- **Year: III semester: VI**
- **60 hours (30 lectures and 30 classes)**
- **graded Pass**
- **ECTS credits: 2**
- **Tutors: Health education department staff members**

Schemes of prophylaxis-health activities in the countries of western Europe and the world. Organization of teams targeted at particular health problems.

Bibliography;

1. Włodarczyk C.: Zdrowie publiczne w krajach europejskich: wybrane zagadnienia etyczne. Kraków 2007.
2. Nosko J.: Zdrowie publiczne w zmieniającej się Europie i w Polsce. Instytut Medycyny Pracy w Łodzi 2004.
3. Kowalska J.: Nowe prawo żywnościowe Unii Europejskiej a systemy GMP, GHP, HACCP. Gdańsk 2006.

Proseminary tutorials preparing for the final exam

Code 16.1IV25 K 02 31

- **Classes**
- **Year: III semester: V, VI**
- **30 hours**
- **Graded Pass**
ECTS credits: 9
- **Tutor: Prof. Marian Sygit**

Preparing students to the final exam- revision of study material

Bibliography:

1. Sygit M., Kładna A.: Epidemiologiczne badania ankietowe. Wydawnictwo Naukowe US Szczecin 1997.

Vocational trainings

- **Classes**
- **Year: I, II**
- **240 hours**
- **Graded Pass**
- **ECTS credits: 0**

Studying documentation and organization of health promoting institutions (provincial, poviast and county). Work for health promoting institutions.

