

1 stopień, semestr zimowy / 1st degree, winter term

Lp.	Przedmiot	Subject	W	I	PKT.	Opis przedmiotu / Subject description
1	Gerontologia	Gerontology	30	30	3	To familiarize students with issues in the field of aging mechanisms, health problems of the elderly and geriatric care in the country and in the world.
2	Promocja zdrowia i higiena populacji kobiet i dzieci	Health promotion and hygiene in women and children	15	15	4	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. Chosen elements of hygiene in pregnancy.
3	Problemy medyczne i społeczne osób niepełnosprawnych	Medical and social problems of people with disabilities	15	15	3	Disability theoretical analysis - you will eat disability, classifications of disability, concepts disability. Intellectual disability: comprehending intellectual disability, criteria and classifications of intellectual disability, causes of intellectual disability. Psychosocial functioning of disabled persons intellectually. Public aid for persons with disability. Assisting the family with the child for disabled persons, therapy with move: stimulating for motor exercises.
4	Strategia działań promocyjnych w środowisku	Strategy for promotional activities in the environment	20	20	3	Analysis of the notion and the scope of contents, methodology of preparing the strategy of promotional action in the environment, the health education as one of strategies of solving problems of health populations. European strategy of the health - strategies of POZ action - strategy 21 - strategic purposes of the National Program of the Health strategic health action of self-government bodies, commune, district and provincial in the environment, strategy of preventive action (the kind and their scope) in illnesses of the cardiovascular system, cancerous, of the respiratory system, psychological disorders and the screening. The promotion of the health as the strategy of solving problems health and improving the health in the scale of world, in individual countries and on the level local - using the interpersonal communication in the strategy of promotional action in the environment. Strategy of the state within the scope of ensuring the access to the health food, waters and airs.
5	Wychowanie fizyczne	Physical education		30	0	Mastering selected movement skills from basic physical education departments by students, development of general physical fitness. To familiarize participants with various organizational forms as part of physical culture: to communicate the impact of physical exercise on the harmonious development and healthy lifestyle of an adult man of all ages.
6	Biostatystyka	Biostatistics	15		1	Definitions and basic concepts of probability. Use of various models in biostatic research. Descriptive and mathematical statistics.
7	Wychowanie zdrowotne	Health education	15	25	4	Models of health education. Functions and aims of health education. Health results of obesity, risk factors and prophylaxis in circulation diseases, infant diseases, factors impeding health condition - health behaviours and their relationship with health condition, medical care in school within health education.
8	Rekreacja w zdrowiu publicznym	Recreation in the public health	10	30	5	A set of - prophylaxis balancing exercises, basis of nutrition in fitness training. The rules of coaching fitness routines classes, methodology of teaching motion, ways of instructing people.
9	Opieka socjalna	Social care	15	15	2	Leading the social care and the social work. Legal grounds of the social work. Methodology of the social work. Biomedical bases of the development. He is grilling above the child and the family. Elements of the social policy. Social law in the local environment. Media in the social work.
10	Promocja zdrowia i higiena w zakładach nauczania i wychowania	Health promotion and hygiene at educational institutions	15	15	4	The main objective of the course is teaching students requirement of safety and hygiene in education institutions both public and private according to regulations of the Minister of National Education and Sports.
11	Problemy zdrowotne dzieci i młodzieży	Healths problems of children and adolescents	25		6	International Health Organization. Priorities within public health in European Union for children and youth.
12	Zdrowie psychospołeczne	Psychosocial health	20	20	4	Presentation of the mental health of society. Presentation of the impact of social risk factors on mental health.
13	Międzynarodowe problemy zdrowotne	International health problems	10	30	5	To familiarize students with issues related to international health problems and with priorities in the area of public health in the European Union.
14	Zdrowie środowiskowe	Environmental health	15	15	4	To familiarize students with the impact of the environment on the state of human health. To familiarize students with health threats due to environmental natimation. To acquaint students with the impact of the environment on the state of human health. To acquaint students with health threats due to environmental contamination.
15	Ochrona środowiska	Environmental protection	25		6	To acquaint students with the basic knowledge in the field of environmental protection.
16	Zachowania ryzykowne dla zdrowia	Hazardous to health behaviors	20	20	4	To familiarize students with the health and social consequences of risky behaviors.

1 stopień, semestr letni / 1st degree, summer term

Lp.	Przedmiot	Subject	W	I	PKT.	Opis przedmiotu / Subject description
1	Propedeutyka zdrowia publicznego	Propedeutics of the public health	15	15	6	The scope of social medicine and public health. Origin and history of social medicine and public health. Definition of issues such as health protection, health care, health culture, 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.
2	Epidemiologia	Epidemiology	30		4	Definition and role of epidemiology in public health. Data sources as far as population's health condition is concerned. Evaluation of population's health condition. Epidemiological examinations: descriptive - analytic and experimental. The rules to 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, mykoplasmas and fungi. Mechanisms of spreading a disease in the system. Specific and non-specific resistance. Disinfections, sterilization and chemotherapy. Mechanisms of allergy, auto antibody. 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.
3	Organizacja ratownictwa medycznego	Organization of medical rescue	15	15	4	Basics of theory of healthcare management and service organization. Organization 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 means in healthcare. Standards of care in health protection. Evaluation of cases and supervision in healthcare. Quality in healthcare.
4	Promocja zdrowia i higiena w środowisku pracy	Health promotion and hygiene in the workplace	15	15	4	The scope of preventive medicine in a working place. Hygiene at work. Normative values, degree and intensity of harmful factors. Work related diseases. Chosen aspects and approaches. Monitoring in a work place. Accident rate. Ideas and aspects of ergonomics in workplace hygiene. Prophylaxis of overload in movement organs.

5	Edukacja zdrowotna w rodzinie	Health education in the family	20	20	4	Characteristics of phases ontogenesis of man with discussing elements of a lifestyle and threats in individual phases ontogenesis. Role of the woman in the family. Partners model of the family. Education role of the care of the sick person at home, Preventing „illnesses of dirty” hands. Discussing of issues concerning the violence in the family and so-called the divided family.
6	Kwalifikowana pierwsza pomoc	Qualified first aid	20	20	4	Diagnosis of life and health threatening situations. Estimation of basic life functions in dangerous situations. Recovery, support and stabilization of injured areas against external factors. Undertaking qualified emergency actions in extreme environmental conditions. Organization of qualified and safe transportation in emergency cases.
7	Metodyka badań naukowych	Research methods	10	20	2	With purpose of the object joke to do technical arrangements of the independent planning and the completion of the research. In the course of the completion of classes students will get needed abilities will give writing the scientific work, and preparing and presenting of research findings. Students should competently exploit different sources of information, to analyse and to select academic notifications according to needs and the aim of examinations, to apply standardized touchy to do research, to draw statistically and graphically research findings up.
8	Programy promocji zdrowia	Health promotion programmes	20	15	3	Programs of identifying health needs, Programming action health benefits programming identifying factors of the threat of the health, Programming the research on the threat of the mental health, obesity, cardiovascular diseases, of respiratory system, with cancers, educational workshops from the scope of individual techniques of fighting the stress, in the living conditions family, in conditions of the work, the communal life, Programs of preventing depression, for torpor, neuroses, addictions, programs fighting an infectious diseases, social of injuries.
9	Wychowanie zdrowotne	Health education	30		3	Models of health education, Functions and aims of health education, Health results of obesity, risk factors and prevention in circulation diseases, infant diseases, factors impeding health condition, health behaviours and their relationship with health condition, medical care in school within health education.
10	Podstawy fizjoterapii	The basics of physiotherapy	15	15	2	The problems of disability and basic ideas and definitions, Medical rehabilitation and its components, Functional losses, regeneration, compensation and adaptation, Rehabilitated person as an object therapist approach to the disabled, General methodology of rehabilitation and tactics of physiotherapeutic proceedings, Organization of rehabilitation and rehabilitation team, Professional ethics functional tests used in physiotherapy, Tests specific for manual physiotherapy.
11	Biomedyczne podstawy rozwoju i wychowania	Biomedical foundations of development and education	20	20	2	Biomedical bases of the development.
12	Turystyka uzdrowiskowa	Health tourism	15	15	2	Place of health tourism in health system, The SPA's functioning in Poland.
13	Antropologia z elementami biometrii	Anthropology with elements of biometrics	15	15	4	Length and width measurements 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.
14	Zagrożenia w środowisku pracy	Risks in the work	20	20	3	Work time, Elements of physical and chemical environment, General needs concerning safety and hygiene at work in various work institutions, Proceedings in case of fire, flood etc, Hygiene of interiors, Sanitary equipment, Protection clothing, Ergonomic analysis of work.
15	Demografia	Demography	15	15	4	To familiarize students with the demographic situation in the country and in the world.
16	Programy zdrowotne	Health programs	20	20	3	To acquaint students with developed health programs in the country and in Europe and to learn the principles of creating programs for selected populations.

**Legenda / legend:**

W Wykład / Lecture

I Cwiczenia / Exercises

PKT. Punkty ECTS / ECTS credits

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

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## 2 stopień, semestr zimowy / 2nd degree, winter term

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

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

Lp.	Przedmiot	Subject	W	I	PKT.	Opis przedmiotu / Subject description
1	Zdrowie publiczne	Public health	15	15	3	Substantive and methodical preparation of students to use physical exercise in people of the elderly and old age as an anti-aging agent. Developing the ability to select various forms of recreation and sports activities, taking into account environmental and climatic conditions for elderly people and maintaining the fitness of people with various disabilities.
2	Elementy rehabilitacji ruchowej	Elements of physical rehabilitation	15	15	2	Theoretical and practical preparation of students in the field of functional disorders assessment including body posture defects in people of all ages and for independent programming of therapeutic and special exercises with elements of physical rehabilitation.
3	Aktywność fizyczna w zespołach chorobowych	Physical activity in disease syndromes	15	15	2	To acquaint students with the issues concerning the impact of physical activity on human health and the differences in forms of activity undertaken according to the present dysfunction of the body.
4	Zywność i dietetyka	Nutrition and dietetics	30	30	3	Acquisition of the principles of proper nutrition, including the role of nutrients essential for the proper functioning of the body of people of different ages and learning about the principles of dietary treatment in selected nutritional-dependent diseases. The ability to independently arrange a diet to a specific clinical case.
5	Gerontologia społeczna	Social gerontology	10	10	2	To draw students' attention to the social problems of the elderly population, to show the areas and directions of activities enabling the improvement of the quality of life in this group.
6	Profilaktyka zdrowotna	Prevention of health	15	15	2	To acquaint students with issues related to the health prophylaxis of people of all ages.
7	Styl życia ludności	The lifestyle of the population	15	15	4	To familiarize students with the elements of a healthy lifestyle of the population.
8	Problemy zdrowotne ludności	Health problems of the population	5	20	4	Gaining information on the course of diseases in all phases of human ontogeny and developing knowledge about interdisciplinary and complex health, psychological and environmental-social problems of people of all ages.
9	Higiena ogólna	General hygiene	15	20	4	Understanding the basic issues regarding human hygiene and factors affecting the body.
10	Aktywność fizyczna w zdrowiu	Physical activity in health		15	3	Acquiring knowledge by students about the impact of physical activity on the body, the recommended level and forms of activity for people of all ages.
11	Turystyka wypoczynkowa	Leisure tourism		15	3	Gaining knowledge about the pro-health and pro-social role of active tourism.
12	Alternatywne formy aktywności fizycznej	Alternative forms of physical activity		20	3	To familiarize students with alternative forms of physical activity.

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

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