

ZDROWIE PUBLICZNE I 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. Oligofrenopedagogika. 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, rewalidacyjne funkcje of physical education and with music
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 w-f 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	Biostatics	15		1	Definitions and basic concepts of probability. Use of various models in biostatic research. Descriptive and mathematical statistics.
7	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.
8	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.
9	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.
10	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.
11	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.
12	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.
13	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 contamination. 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.
14	Ochrona środowiska	Environmental protection	25		6	To acquaint students with the basic knowledge in the field of environmental protection.
15	Zachowania ryzykowne dla zdrowia	Hazardous 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 ontogenezy of man with discussing elements of a lifestyle and threats in individual phases ontogenezy. 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 prozdrowotnych 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, targets 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.

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 Ćwiczenia / 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

DZIEKAN
Wydziału Kultury Fizycznej
i Promocji Zdrowia
Uniwersytetu Szczecińskiego

dr hab. Jerzy Eider, prof. US