

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
Course title: podstawy żywienia (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 inż. ANNA KRAJEWSKA-PĘDZIK				
Course instructor		dr inż. ANNA KRAJEWSKA-PĘDZIK				
Course / module objectives		The aim of the course is to familiarize the student with the basics of human nutrition, the composition and properties of food in terms of meeting the body's nutritional needs, the physiological basis of rational nutrition, its importance for the health of the population, the effects of defective nutrition, the mechanisms of development of diet-related diseases and the basics of nutritional prevention. The student will acquire the ability to interpret physiological parameters that influence the nutritional status of the body. Preparing the student for healthy behavior as a client and consumer.				
Prerequisites		The student expresses his or her own opinions, discusses, and works independently and in a group.				
LEARNING OUTCOMES						
Category		No.	Code	Description		Ref. to programme benchmarks
knowledge		1	EP1	The student has basic knowledge of measures for assessing health status.		K_W01 K_W02
		2	EP2	The student knows the basic determinants of a healthy lifestyle through proper nutrition.		K_W04
		3	EP3	The student knows preventive measures applied to individuals and social groups and the mechanisms of development of diet-related diseases.		K_W02 K_W03 K_W06 K_W07
skills		1	EP4	The student uses foreign-language literature in his work.		K_U08 K_U17
		2	EP5	The student is able to take educational, preventive and corrective actions in the field of nutrition of an individual and a social group.		K_U02 K_U03 K_U09 K_U20
		3	EP6	The student has the skills to plan and design a proper nutrition regimen, taking into account applicable standards.		K_U05 K_U06
		4	EP7	The student has the ability to present orally the results of his/her own activities and thoughts regarding the subject.		K_U07 K_U10

social competences	1	EP8	The student is ready to appropriately define priorities for the implementation of a task specified by himself or others.	K_K03 K_K05 K_K06	
	2	EP9	The student is ready to take care of his own health and that of his loved ones by implementing programs regarding the principles of rational nutrition.	K_K03 K_K07	
CONTENT			Semester	No. of hours	
					including e-learning
Subject title: podstawy żywienia					
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	Multimedia presentation, analysis of completed tasks, development of a final project, individual student work, discussion, brainstorming and/or workshops.				
	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	
	KOŁOKWIUM			EP1,EP2,EP3	
	PRACA PISEMNA/ ESEJ/ RECENZJA			EP4,EP5,EP6	
	PROJEKT			EP5,EP6,EP7,EP8,EP9	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)			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.					
Grading criteria	Exercises: passing the exercises based on attendance at classes, active participation in classes, positive assessment of group work (presentation and menu) and positive assessment of the test. Lectures: pass the lectures based on the exam grade. Exam in written form.				
	Grade calculation principles				
	The final grade is the arithmetic mean of the grades from the exercises and exam.				

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	podstawy żywienia		Arytmetyczna	
	1	podstawy żywienia [ćwiczenia]	zaliczenie z oceną		
	1	podstawy żywienia [wykład]	egzamin		
Basic reading	Bułhak-Jachymczyk B. (2015): Normy żywienia człowieka, podstawy prewencji otyłości i chorób niezakaźnych , PZWL , Warszawa				
	Ciborowska H., Rudnicka A. (2014): Dietetyka Żywnienie 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 wartości odżywczej żywności - Food composition tables, PZWL, Warszawa				
	Langley-Evans S. (2016): Żywnienie - wpływ na zdrowie człowieka, PZWL, Warszawa				
Supplementary reading	Gawęcki J., Mossor-Pietraszewska T. (2014): Kompendium wiedzy o żywności, żywieniu i zdrowiu, PWN, Warszawa				
	Kolarzyk E. (2016): Antyodżywcze i antyzdrowotne aspekty żywienia człowieka, Wydawnictwo Uniwersytetu Jagiellońskiego, Kraków				
	Lewandowska A. (2019): Dieta zdrowych jelit, RM				
	Panasiuk A., Kowalińska J. (2019): Mikrobiota przewodu pokarmowego, PZWL, Warszawa				
	Sikorski Z.E., Staroszczyk H. (2018): Chemia żywności: T.2 Biologiczne właściwości składników żywności, 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): ROZPORZĄDZENIE MINISTRA ZDROWIA, z dn. (26.08.2015 r.) 26.07.2016 r. w sprawie grup środków spożywczych przeznaczonych do sprzedaży dzieciom i młodzieży, w jednostkach systemu oświaty oraz wymagań, jakie muszą spełniać środki spożywcze stosowane w ramach żywienia zbiorowego dzieci i młodzieży w tych jednostkach, Warszawa, https://isap.sejm.gov.pl/isap.nsf/DocDetails.xsp?id=WDU20160001154				
	(2023): Current articles on the nutrition of various social groups, https://pubmed.ncbi.nlm.nih.gov/				
	(2000): Nutrition for Health and Development. A global agenda for combating malnutrition, WHO, France (https://apps.who.int/iris/bitstream/handle/10665/66509/WHO_NHD_00.6.pdf;sequence=1)				
STUDENT WORKLOAD					
		No. of hours			
		including e-learning			
Contact hours	40		0		
Participation in test / exam	3		0		
Preparation for contact hours	6		0		
Private reading and studying	8		0		
Participation in tutorials	6		0		
Preparation of project / essay / etc.	6		0		
Preparation for test / exam	6		0		
TOTAL workload		75			
ECTS credits		3			

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-23/24Z-PZ						
Unit: Moduł B: Promocja zdrowia w państwach Unii Europejskie i na świecie [moduł]						
Course title: environmental protection ochrona środowiska) (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIJ119_36S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty: promocja zdrowia	
Course / module status elective				Language of instruction: semester: 3 - english language polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	3	discussion classes	20	0	pg	2
		lecture	5	0	pg	
Total			25			2
Course / module coordinator	dr HALINA BUDIS					
Course instructor	dr HALINA BUDIS					
Course / module objectives	Equipping the student with knowledge about the current threats to the natural environment on a supranational scale (regional, continental, global) and on the methods and strategies taken in various forms of international cooperation aimed at minimizing these threats. Equipping the student with the ability to analyze the impact of industry and synanthropization on the natural environment as well as the impact of the environment on the health of the society.					
Prerequisites	K - the desire to acquire knowledge					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	student has knowledge of environmental protection			K_W03 K_W04
	2	EP2	student knows health determinants associated with the human environment			K_W03
	3	EP3	student has knowledge about the technology impact on environmental			K_W07
skills	1	EP4	the student is able to use information technology to acquire and use the data to prepare an environmental program			K_U11 K_U20
	2	EP5	the student has the ability to provide a report based on the data source			K_U04 K_U19
	3	EP6	the student has the ability to present the role of the statein solving problems concerning the protection of the environment			K_U16 K_U21
social competences	1	EP7	student is ready to evaluate his own limitations and know when to ask the experts for help			K_K01
	2	EP8	student is ready to adequately define the priorities for the task			K_K04
CONTENT					Semester	No. of hours
Subject title: environmental protection ochrona środowiska)						
Format of instruction: lecture						

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	
Format of instruction: discussion classes							
1. Water protection and renewal on the example of sewage treatment plant activity				3	4	0	
2. Effective waste management				3	4	0	
3. Pollution protection programs.				3	4	0	
4. Biodiversity and its relationship with environmental protection				3	4	0	
5. Principles of sustainable development				3	4	0	
Modes of delivery	a seminar lecture, individual work, possible outdoor activity						
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.						
Assessment methods					No. of learning outcome from the syllabus		
	KOŁOKWIUM				EP1,EP2,EP3		
	PROJEKT				EP4,EP5,EP6,EP7,E P8		
	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	Seminars: passing the exercises includes: attendance at classes, active participation in classes and positive passing group and individual papers						
	Lectures: completion of lectures on the basis of the positive completion of the final test.						
	Grade calculation principles						
Final grade calculation method	The final grade for the subject is the arithmetic average of the grades for the lectures and the exercises						
	Sem.	Course			Type of credit	Grade calc. method	Weight for the average
	3	environmental protection ochrona środowiska)				Arytmetyczna	
	3	environmental protection ochrona środowiska) [ćwiczenia]			zaliczenie z oceną		
	3	environmental protection ochrona środowiska) [wykład]			zaliczenie z oceną		
Basic reading	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						
Supplementary reading	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						
STUDENT WORKLOAD							
		No. of hours					
		including e-learning					
Contact hours		25			0		
Participation in test / exam		2			0		
Preparation for contact hours		4			0		

Private reading and studying	6	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	6	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-23/24Z-PZ						
Unit: Moduł A: Promocja zdrowia w rodzinie i środowisku pracy [moduł]						
Course title: health problems of children and adolescents (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIJ119_21S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty: promocja zdrowia	
Course / module status elective				Language of instruction: semester: 3 - english language polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	3	discussion classes	20	0	pg	2
		lecture	5	0	pg	
Total			25			2
Course / module coordinator		dr MONIKA NIEWIADOMSKA				
Course instructor		dr MONIKA NIEWIADOMSKA				
Course / module objectives		The aim of the course is to familiarize students with the basic health problems of schoolchildren and youth. This goal will be achieved by providing knowledge about the diagnosis of health problems of children and adolescents and methods of their prevention, as well as developing skills of diagnosis and designing a work plan, education conviction about the importance of a good analysis of all determinants affecting the lives of children and adolescents and the appropriate scenario for further education, therapy, rehabilitation and for the family.				
Prerequisites		W - student and describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in groups				
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	student is able to define and describe the method of assessing the health and give reasons disorders			K_W02 K_W03
	2	EP2	student knows the basic types of epidemiological studies			K_W06
	3	EP3	student has knowledge of health behaviors			K_W04
skills	1	EP4	student is able to identify health problems of the child			K_U04 K_U12 K_U13
	2	EP5	student draws conclusions from the selected literature			K_U17
	3	EP6	student is able to analyze statistical data			K_U11
social competences	1	EP7	in case of doubt student is ready to ask the teacher for help			K_K01
	2	EP8	student is ready to promote healthy lifestyles of children and adolescents			K_K04
	3	EP9	the student is ready to resolve conflicts in the area of children and adolescent health			K_K03
CONTENT					Semester	No. of hours
						including e-learning

Subject title: health problems of children and adolescents					
Format of instruction: lecture					
1. The main threat to health. Health behaviors of children and adolescents			3	1	0
2. Threats to the social environment. Hazards in the physical environment.			3	1	0
3. Intellectual disability children and adolescents			3	1	0
4. Childhood diseases			3	1	0
5. Report regarding the child's health situation in Poland. Comparison to other countries.			3	1	0
Format of instruction: discussion classes					
1. Health problems of children and adolescents over the years.			3	4	0
2. Oppositional-defiant behaviors and their health consequences.			3	2	0
3. Prevention programs addressed to children and youth in the local environment - workshops.			3	6	0
4. Presentation of previously prepared projects / reports.			3	4	0
5. Sensory integration.			3	2	0
6. Pediatric osteopathy.			3	2	0
Modes of delivery	multimedia presentation, group and individual work, and/or outdoor activities				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	KOŁOKWIUM			EP1,EP2,EP3,EP4	
	PROJEKT			EP4,EP5,EP6	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)			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.				
Grading criteria	Lectures: credit on the basis of a positive grade from the final test. Seminars: assessment based on a positive assessment of the final test and prepared preventive program.				
	Grade calculation principles				
	The final grade for the subject is the arithmetic average of lectures and seminars				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	health problems of children and adolescents		Arytmetyczna	
	3	health problems of children and adolescents [wykład]	zaliczenie z oceną		
	3	health problems of children and adolescents [ćwiczenia]	zaliczenie z oceną		
Basic reading	Maria Gordon (2016): Challenges surrounding the education of children with chronic diseases, Information Science Reference, Hershey				
	Maria Kaczmarek (2011): Health and well-being in adolescence. Part 1, Physical health and subjective well-being, Bogucki Wydawnictwo Naukowe, Poznań				
Supplementary reading	Andrea Nolan (2013): Research in early childhood, SAGE, Lindon				
	Sheana Bull (2011): Technology-based health promotion, SAGE, Thousand Oaks				

STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	4	0
Private reading and studying	6	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	6	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-24/25Z						
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku						
Course title: Health problems of the population (problemy zdrowotne ludności) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_45S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status elective				Language of instruction: semester: 2 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	discussion classes	20	0	pg	4
		lecture	5	0	pg	
Total			25			4
Course / module coordinator	dr HALINA BUDIS					
Course instructor	dr HALINA BUDIS					
Course / module objectives	Acquiring information on the course of diseases in all phases of human ontogeny and developing the ability to analyze the complex determinants of health, mental and environmental and social problems of people of all ages, as well as the socio-cultural differences resulting from them. To make students aware of the role of the health promoter in shaping individual and population health.					
Prerequisites	Knowledge of health promotion and health education, anatomy, nutrition and health education					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Knows and understands the course, mechanisms and symptoms of aging, as well as the principles of global geriatric and interdisciplinary assessment of elderly patients			K_W03
	2	EP2	Understands the causes and knows the basic differences in the most common diseases occurring in the elderly and the principles of management in basic geriatric syndromes			K_W03 K_W06
	3	EP3	He knows and understands the dangers of the elderly			K_W07
skills	1	EP4	He plans to work with the team to try to address the most common health problems of the elderl.			K_U05
	2	EP5	It can identify environmental hazards in relation to older people and prepare and present an action plan for the geriatric population			K_U06
social competences	1	EP6	He is ready to assess his own occupational limitations			K_K08
CONTENT					Semester	No. of hours
Subject title: Health problems of the population (problemy zdrowotne ludności)						

Format of instruction: lecture						
1. Health problems of the population as a consequence of demographic and social changes.y				2	5	0
Format of instruction: discussion classes						
1. Social diseases - urinary incontinence.				2	2	0
2. Neurological disorders - speech therapy for the elderly.				2	4	0
3. Mental health consequences selected diseases.				2	4	0
4. Infectious diseases - the problem of the return of old diseases.				2	2	0
5. null				2	4	0
6. null				2	4	0
Modes of delivery	Multimedia presentation, Analysis of performed tasks, Preparation of a final project, Individual student work and/or outdoor activity					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	KOŁOKWIUM				EP1,EP2,EP3	
	PRACA PISEMNA/ ESEJ/ RECENZJA				EP3,EP4,EP5,EP6	
	PREZENTACJA				EP1,EP2,EP3,EP4	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)				EP4,EP5	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.						
Grading criteria	Lectures: credit on the basis of a final test, including lecture theory. Exercises: pass the classes on the basis of active participation in the classes, positive evaluation from the group work (presentation and writing) and positive assessment from the test.					
	In the period of hybrid or distance learning only, the conditions for passing the course will be changed to the following requirements: the condition for passing the classes is attendance at classes, active participation in classes, positive completion of the group work and passing the test.					
	In the period of hybrid or distance learning only, the conditions for passing the course will change to the following requirements: The condition for passing the lectures is to pass the test using the MS Teams platform.					
	Grade calculation principles					
The final grade is the arithmetic mean of the scores from lectures and exercises						
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average	
	2	Health problems of the population (problemy zdrowotne ludności)		Arytmetyczna		
	2	Health problems of the population (problemy zdrowotne ludności) [wykład]	zaliczenie z oceną			
	2	Health problems of the population (problemy zdrowotne ludności) [ćwiczenia]	zaliczenie z oceną			
Basic reading	D A V I D M E C H A N I C (2007): Population Health: Challenges for Scienceand Society, Blackwell Publishing, https://www.researchgate.net/publication/6120837_Population_Health_Challenges_for_Science_and_Society					
	Department of Mental Health and Substance Dependence, Noncommunicable Diseases and Mental Health, World Health Organization (2003): Investing in mental health, WHO Library Cataloguing-in-Publication Data, Geneva/ https://apps.who.int/iris/bitstream/handle/10665/42823/9241562579.pdf					
	Erik Rottier and Margaret Ince (2003): Controlling and preventing diseases, WEDC Publications, Leicestershire / https://ec.europa.eu/echo/files/evaluation/watsan2005/annex_files/WEDC/diseases/diseases.htm					
Supplementary reading	Małgorzata Anna Basińska (2015): Coping flexibility with stress in health and in disease, Wydawnictwo Uniwersytetu Kazimierza Wielkiego, Bydgoszcz					

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

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-23/24Z-PZ						
Course title: turystyka uzdrowiskowa (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: KFZ45PIJ3451_1S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time		Profile of study: practical			Specialty: promocja zdrowia	
Course / module status obligatory			Language of instruction: semester: 4 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	discussion classes	20	0	pg	2
		lecture	15	0	pg	
Total			35			2
Course / module coordinator	dr EWA KRUSZYŃSKA					
Course instructor	dr EWA KRUSZYŃSKA					
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	The student works independently and in a team and is able to express his or her own opinions. The student solves basic health issues. The student has basic information on recreation and relaxation.					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student has knowledge in the field of tourism health resort, knows Polish health resorts and knows what to do they specialize, knows the profile of their activities. Know the most important health resorts in the world and in Europe. Has knowledge of therapeutic methods used in spa tourism.			K_W02 K_W08
	2	EP2	The student knows the basic legal regulations regarding spa tourism spa resort.			K_W05
	3	EP3	The student knows the place of spa tourism in the framework organization of the health care system at the level national.			K_W09
skills	1	EP4	The student is able to use literature in his work foreign language.			K_U08 K_U17
	2	EP5	The student prepares presentations using techniques information.			K_U10
	3	EP6	the student is able to use interdisciplinary knowledge and scientific in the organization and implementation of educational activities with visitors of spa facilities, including active nature, taking into account the rules safety.			K_U01 K_U03 K_U10

social competences	1	EP7	The student treats patients with respect staying in sanatoriums and health resorts.		K_K06 K_K07	
	2	EP8	The student is ready to treat each other with respect towards the spa client and demonstrates attitude promoting health.		K_K02	
CONTENT				Semester	No. of hours	
						including e-learning
Subject title: turystyka uzdrowiskowa						
Format of instruction: lecture						
1. Place of spa tourism in health tourism. Characteristics of Polish health resorts. Legal regulations in spa tourism.				4	3	0
2. Treatment methods in spa tourism.				4	3	0
3. Spa tourism in the world and in Europe.				4	3	0
4. Barriers to the development of spa treatment in Poland.				4	3	0
5. Health resort treatment as a Polish brand among the European Union countries.				4	3	0
Format of instruction: discussion classes						
1. Basic concepts in the field of spa tourism. The tourist potential of health resorts in Poland.				4	4	0
2. Spa towns in Poland.				4	4	0
3. Patients in spas.				4	4	0
4. Development and functioning of Polish health resorts.				4	4	0
5. SPA and WELLNESS in spa tourism.				4	4	0
Modes of delivery	multimedia presentations,					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	KOLOKWIUM				EP1,EP2,EP3	
	PREZENTACJA				EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.						
Grading criteria	Lectures: pass based on positive grade from the colloquium. Exercises: passing the exercises based on attendance at classes, active participation in classes, positive passing of group work (presentation) and positive passing of the colloquium.					
	Grade calculation principles					
	Final grade for completing the course: arithmetic mean of grades for exercises and lectures					
Final grade calculation method	Sem.	Course		Type of credit	Grade calc. method	Weight for the average
	4	turystyka uzdrowiskowa			Arytmetyczna	
	4	turystyka uzdrowiskowa [ćwiczenia]		zaliczenie z oceną		
	4	turystyka uzdrowiskowa [wykład]		zaliczenie z oceną		

Basic reading	Boruszczak M (2009): Turystyka uzdrowiskowa. Stan i perspektywy, WSZTiH, Gdańsk	
	Lewandowska A. (2007): Turystyka uzdrowiskowa: materiały do studiowania, WNUS, Szczecin	
	Patricia Erfurt-Cooper, Malcolm Coope (2009): Health and wellness tourism : spas and hot springs , Channel View Publications, Bristol	
	Tazim Jamal and Mike Robinson (2012): The SAGE handbook of tourism studies, SAGE , Los Angeles	
Supplementary reading	David Reisman : Health tourism : social welfare through international trade, Edward Elgar, Northampton	
	Iwanek T. [red.] (2006): Turystyka uzdrowiskowa w gospodarce regionu i kraju, WSZZ Edukacja, Wrocław	
	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	2	0
Private reading and studying	3	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	3	0
Preparation for test / exam	3	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-24/25Z							
Course title: History of medicine (OGÓLNOUCZELNIANE)					Course code: US45PIIJ2984_10S		
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	lecture	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 pojęcia, poglądy i kierunki w naukach medycznych. Potrafi posługiwać się źródłami 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: lecture							
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
	KOŁOKWIUM				EP1,EP2,EP3
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Positive assessment of the final test.				
	Grade calculation principles				
	The final grade is the grade from test.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	historia medycyny		Ważona	
	1	historia medycyny [wykład]	zaliczenie z oceną		1,00
Basic reading	Armine S. Aslanyan (2018): Manual, YSMU, https://ysmubooks.am/uploads/THE_MANUAL_OF_HISTORY_OF_MEDICINE1.pdf				
	Tadeusz Brzeziński (2015): Historia medycyny, Warszawa, Warszawa				
	Wiesława Noszczyka (2011): Zarys dziejów chirurgi polskiej, Warszawa, Warszawa				
Supplementary reading	Bartosz Płotka (2019): Historia tradycyjnej chińskiej medycyny, Time Marszałek Group, Łysomice				
	Meyer Friedman, Gerald W. Friedland (2017): Krótka historia medycyny, Warszawa, Warszawa				
	Sutcliffe J., 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		2		0	
Preparation for contact hours		4		0	
Private reading and studying		8		0	
Participation in tutorials		8		0	
Preparation of project / essay / etc.		0		0	
Preparation for test / exam		8		0	
TOTAL workload		50			
ECTS credits		2			

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-23/24Z-PITZ							
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku							
Course title: Hygiene (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIIJ2983_38S		
Name of field of study: zdrowie publiczne							
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specjalty: promotor i trener zdrowia		
Course / module status elective				Language of instruction: semester: 4 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
2	4	discussion classes	20	0	pg	3	
		lecture	15	0	e		
Total			35			3	
Course / module coordinator		dr n. med. KATARZYNA KLAPCZYŃSKA					
Course instructor		dr KINGA MICHNIK					
Course / module objectives		The aim of the course is to learn the issues of general hygiene and factors affecting the human body, from the perspective of the health promoter, as well as methods of estimating and ways to minimize environmental risks. Providing the student with knowledge on how to assess nutritional status and human nutrition in the aspect of oral prophylaxis in school children and adolescents. Acquisition of practical skills in environmental monitoring by students. Developing awareness about the impact of lifestyle and diet on the health status of people of different ages.					
Prerequisites		Znajomość podstawowych zagadnień dotyczących prozdrowotnego stylu życia.					
LEARNING OUTCOMES							
Category	No.	Code	Description			Ref. to programme benchmarks	
knowledge	1	EP1	Student has in-depth knowledge of the impact of environmental physical, chemical and biological factors as well as personal hygiene, nutrition, work and science on human health.			K_W01 K_W02 K_W06	
	2	EP2	Student has in-depth knowledge of epidemiological transformation and the impact of hygienic living conditions on inequalities in health on a national and global scale.			K_W13	
skills	1	EP3	Student is able to identify factors threatening the hygienic lifestyle.			K_U06 K_U19	
	2	EP4	Student is able to prepare a program in the field of hygiene of the human life environment.			K_U07 K_U13	
social competences	1	EP5	Student is ready to take care of the hygiene of his own work and work.			K_K03	
CONTENT					Semester	No. of hours	
							including e-learning
Subject title: Hygiene							
Format of instruction: lecture							
1. Hygiene of the living environment and health safety.					4	2	0
2. Risk assessment and risk management.					4	2	0

3. Harmfulness of selected elements of the environment (haptens, endocrine disruptors, ionizing radiation). Environmental factors and autoimmune diseases.			4	2	0
4. Health hazards at selected workplaces.			4	2	0
5. Factors influencing indoor health. Sick building syndrome and building-related diseases.			4	2	0
6. Digital hygiene.			4	2	0
7. Hygienic safety in developed and developing countries.			4	3	0
Format of instruction: discussion classes					
1. Mental hygiene of war refugees.			4	2	0
2. Hygiene of rest.			4	2	0
3. Hygienic safety of landfills and waste incineration plants.			4	2	0
4. Clothing hygiene: refinement of fabrics and their dyeing. Health risk of dyes.			4	2	0
5. Health safety of the elderly in urban space.			4	5	0
6. Bioterrorism and nuclear threats.			4	4	0
7. Transport hygiene.			4	3	0
Modes of delivery	Wykłady konwersatoryjny, wykład podający, prezentacja multimedialna, praca w grupach i indywidualna, dyskusja, fakultatywne zajęcia terenowe				
	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			EP1,EP2,EP3	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)			EP1,EP2,EP3,EP4,EP5	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Lectures: credit with a grade on the basis of a positive assessment of the final test including theories from lectures. Seminars: based on the activity during the exercises and the positive evaluation from the individual and group work and positive assesment of the final test. The final seminar grade is the arithmetic mean of the scores from lectures and seminars.				
	Grade calculation principles				
	The final grade grade from the exam.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	higiena ogólna		Arytmetyczna	
	4	higiena ogólna [wykład]	egzamin		
	4	higiena ogólna [ćwiczenia]	zaliczenie z oceną		
Basic reading	ed. by M. Dinesh Kumar, M. V. K. Sivamohan and Nitin Bassi. (2013): Water management , food security and sustainable agriculture in developing economies, Routledge, New York				
	Marek Siemiński. (2008): Środowiskowe zagrożenia zdrowia, Wydawnictwo Naukowe PWN, Warszawa				
	Sygit M. (2017): Zdrowie publiczne, Wolters Kluwer, Warszawa				
	Vigarello G. (2012): Historia czystości i brudu , Aletheia				

Supplementary reading	Institute of Agricultural and Food Economics. National Research Institute. (2007): Changes in the food sector after the enlargement of the EU, Instytut Ekonomiki Rolnictwa i Gospodarki Żywnościowej - Państwowy Instytut Badawczy, Warsaw
	Kulik T., Pacian A. (2014): Zdrowie publiczne, PZWL, Warszawa
	Sygit M., Wojtyła A. (2008): Teoria i praktyka działalności Państwowej Inspekcji Sanitarnej w zakresie bezpieczeństwa zdrowotnego ludności., Nowe Zdrowie Publiczne, Zielona Góra
	Szende, Peter (2010): Case scenarios in hospitality supervision, Delmar Cengage Learning, Clifton Park, NY
	Tomasz Serafin, Sergiusz Parszowski : Bezpieczeństwo społeczności lokalnych : programy prewencyjne w systemie bezpieczeństwa, Difin, Warszawa

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	35	0
Participation in test / exam	5	0
Preparation for contact hours	8	0
Private reading and studying	7	0
Participation in tutorials	7	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-23/24Z-PITZ						
Unit: Moduł A: Promocja zdrowia i profilaktyka populacji osób w różnym wieku						
Course title: Lifestyle of the population (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIIJ2996_37S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty: promotor i trener zdrowia	
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	25	0	pg	3
		lecture	15	0	pg	
Total			40			3
Course / module coordinator	dr MAŁGORZATA PACZYŃSKA-JĘDRYCKA					
Course instructor	mgr SZYMON KUCHARSKI					
Course / module objectives	The aim of the course is to familiarize students with contemporary factors affecting the lifestyle of the population and lifestyle differences resulting from ethnic, cultural and religious conditions. Developing skills in analyzing the dynamics of changes in contemporary lifestyle trends and effective action to improve and maintain health. To make students aware of the social and cultural dimensions of health and illness and the relationship between living conditions and lifestyle. Shaping an attitude of constant improvement and updating of knowledge, and is aware of the need for further training and self-improvement in the role of healthy promoter.					
Prerequisites	Znajomość podstawowych pojęć z zakresu: higieny ogólnej, żywienia, aktywności fizycznej.					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Student has in-depth knowledge of factors conditioning human health.			K_W02
	2	EP2	Student has in-depth knowledge of health-promoting attitudes and health-promoting behaviors.			K_W07
skills	1	EP3	Student undertakes activities in a team to improve the lifestyle of the population, taking into account cultural, religious and ethnic conditions.			K_U05 K_U14
	2	EP4	Student is able to prepare and implement an undertaking to raise the health awareness of the population.			K_U04 K_U07
	3	EP5	Student is able to use information techniques, collects data based on which he analyzes the lifestyle of the population.			K_U12
	4	EP6	Student assesses the impact of living conditions on an individual's lifestyle.			K_U20
social competences	1	EP7	Student is ready to act as a health promoter.			K_K06

CONTENT				Semester	No. of hours	
						including e-learning
Subject title: Lifestyle of the population						
Format of instruction: lecture						
1. Health-promoting and anti-health factors determining the health of the population in various parts of the world.				4	5	0
2. Individual behavior and lifestyle of selected populations.				4	5	0
3. Prospects for changes in lifestyles. Society in the world of modern technologies. Consequences of the phenomenon.				4	5	0
Format of instruction: discussion classes						
1. Analysis of the lifestyle of the population of people of different ages, cultures and nationalities.				4	25	0
Modes of delivery	wykład z wykorzystaniem sprzętu audiowizualnego, praca zespołowa, dyskusja, metody poszukujące: problemowe, ćwiczeniowo-praktyczne, zajęcia terenowe					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	SPRAWDZIAN				EP1,EP2	
	PRACA PISEMNA/ ESEJ/ RECENZJA				EP1,EP2,EP3,EP4,EP5,EP6,EP7	
	PREZENTACJA				EP3,EP4,EP5,EP6	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	Lectures: credit with a grade on the basis of a positive assessment of the final test Seminars: based on the positive assessment of the written work.					
	Grade calculation principles					
	The final grade is the arithmetic mean of the scores from lectures and seminars					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average	
	4	styl życia ludności		Arytmetyczna		
	4	styl życia ludności [ćwiczenia]	zaliczenie z oceną			
	4	styl życia ludności [wykład]	zaliczenie z oceną			
Basic reading	Daniel Śliż, Artur Mamcarz (2019): Medycyna stylu życia, PZWL Wydawnictwo Lekarskie, Warszawa					
	Joanna Kowalska, Rafał Dziurła, Kamilla Bargiel-Matusiewicz. (2018): Kultura a zdrowie i niepełnosprawność, Wydawnictwa Uniwersytetu Warszawskiego, Warszawa					
	Martin Kornberger (2011): Brand society : how brands transform management and lifestyle., Cambridge University Press, Cambridge					
	Wevolve (2013): Future lifestyles in Europe and in the United States in 2020. A trend report for the Horizon 2020 programme, https://espas.secure.europarl.europa.eu/orbis/sites/default/files/generated/document/en/10%20EFFLA%20Study%20-%20Tikka%20-%20Wevolve%20-%20Life%20styles.pdf					
Supplementary reading	Dominik Kopiński, Arkadiusz Żukowski (2009): Afryka na progu XXI wieku. T. 2, Polityka. Kwestie społeczne i gospodarcze, Oficyna Wydawnicza ASPRA-JR, Wrocław					
	Małgorzata Górnik-Durose (2013): Kultura współczesna a zdrowie : aspekty psychologiczne , Gdańskie Wydawnictwo Psychologiczne, Sopot					
	Monika Żmudzka-Brodnicka (2013): Zdrowie, sprawność i edukacja w krajach Grupy Wyszehradzkiej, Wydawnictwo Athenae Gedanenses ; Uniwersytet Kazimierza Wielkiego, Gdańsk : Bydgoszcz					
	Reena Sahota (2017): Reena Sahota (2017): The changing life style of youth: a big challange to modern India, International Journal of Research Culture Society, http://ijrcs.org/wp-content/uploads/201712028.pdf					

STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	40	0
Participation in test / exam	2	0
Preparation for contact hours	3	0
Private reading and studying	5	0
Participation in tutorials	4	0
Preparation of project / essay / etc.	8	0
Preparation for test / exam	13	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-24/25Z							
Unit: Moduł: Aktywny senior [moduł]							
Course title: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ45PIIJ3451_43S		
Name of field of study: zdrowie publiczne							
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:		
Course / module status elective			Language of instruction: semester: 2 - polish language				
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
1	2	discussion classes	20	0	pg	4	
		lecture	5	0	pg		
Total			25			4	
Course / module coordinator		dr HALINA BUDIS					
Course instructor		dr HALINA BUDIS					
Course / module objectives		Acquiring knowledge in the field of work methodology with people in the elderly. Develop skills of communicating with the elderly, designing and conducting physical and educational activities. To make students aware of barriers in education and communication with seniors and to develop conscious use of specific models and models in methodological work with older people.					
Prerequisites		The acquaintance of basic social problems and wholesome persons stricken in years					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	the student has broad the knowledge on the subject methodologies of the work with older persons	K_W05			
skills	1	EP2	the student has practical skills of the conduct of occupations about the preventive character with particular reference to problems of the day of seniors	K_U02 K_U07			
	2	EP3	he possesses skills in linking of the cooperation with the environment of persons stricken in years	K_U10			
	3	EP4	he can design works educational in the environment of older persons	K_U01			
	4	EP5	he can work in the group over chosen problems of seniors.	K_U04			
social competences	1	EP6	is ready to take care of the safety of the pupils during work with elderly people	K_K03			
CONTENT					Semester	No. of hours	
							including e-learning
Subject title: Methodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku)							
Format of instruction: lecture							
1. Concepts, the foundation and the terminology of the methodology of the work with persons of the third age. Forms and labour practices with seniors. Forms and labour practices with seniors.					2	5	0
Format of instruction: discussion classes							

1. The approach in the work with persons of the third age. The troubleshooting of needs, problems and living coditions of seniors and the grant of the help in their satisfaction			2	6	0
2. Evaluating of the efficiency of persons stricken in years, in this the exercise of daily activities			2	7	0
3. The help to seniors in daily domestic activities. Granting of the emotional support. The help in the elaborations of the individual plan of action.			2	7	0
Modes of delivery	the analisis of performed tasks, the multimedia presentation, the draftee, the individual work				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	KOŁOKWIUM			EP1	
	PREZENTACJA			EP1,EP2,EP3,EP4,E P5,EP6	
	PROJEKT			EP2,EP3,EP4,EP5,E P6	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP2,EP3,EP4,EP5,E P6	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	Lectures: the credit of lectures on the basis the final colloquium including theories from lectures. Exercises: the credit of exercises on the basis presences, the active participation in occupations, the positive evaluation from done a job (the project) and positive evaluations with the colloquium				
	Grade calculation principles				
	The final grade is the arithmetic mean of the scores from lectures and exercises				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku)		Arytmetyczna	
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) [ćwiczenia]	zaliczenie z oceną		
	2	Metodological workshops working with people of the third age (warsztaty metodyczne pracy z osobami trzeciego wieku) [wykład]	zaliczenie z oceną		
Basic reading	Li X.,Anis A.H. (2013): Cost Sharing of Prescription Drugs and Demand for Health-Care Utilization among Seniors with Rheumathoid Arrthritis , Applied Economics Letters				
	Myung-Ja Kim, Choong- Ki Lee, Woo Gon Kim (2013): 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.				
	Xiaojing S, Simpson Penny M. Seniors (2013): Health Information, and the internet: Motivation, Ability, and Internet Knowledge.				
	(2013): United Health Foundation's America's Health Rankings Senior Report , Minnesota Healthiest State for Seniors				
Supplementary reading	(2012): Marketing Health Services, Senior Moments				
STUDENT WORKLOAD					
		No. of hours			
				including e-learning	
Contact hours		25		0	
Participation in test / exam		5		0	
Preparation for contact hours		0		0	
Private reading and studying		10		0	

Participation in tutorials	20	0
Preparation of project / essay / etc.	20	0
Preparation for test / exam	20	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-23/24Z-PZ						
Unit: Moduł B: Promocja zdrowia w państwach Unii Europejskiej i na świecie [moduł]						
Course title: współczesne choroby zakaźne (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIJ2996_24S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty: promocja zdrowia	
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 HALINA BUDIS				
Course instructor		dr 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		W - knowledge in the field of subjects: Propaedeutics of medicine U - ability to draw conclusions based on the presented theory K - creativity, striving to acquire knowledge				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student knows the needs for implementing strategies in health promotion	K_W04		
	2	EP2	the student has knowledge of methods of combating health threats	K_W02		
	3	EP3	the student has knowledge of methods of collecting data for research	K_W06		
	4	EP4	the student knows the principles of prevention of modern infectious diseases	K_W02		
skills	1	EP5	the student has the ability to conduct epidemiological investigations	K_U04		
	2	EP6	the student has the ability to prevent infectious diseases	K_U05		
	3	EP7	the student has the ability to transfer the acquired knowledge in the local environment	K_U07		
social competences	1	EP8	social competences the student is ready to act as a health promoter and spread knowledge regarding the prevention of infectious diseases	K_K04		

CONTENT			Semester	No. of hours	
					including e-learning
Subject title: współczesne choroby zakaźne					
Format of instruction: lecture					
1. Factors contributing to the spread of infectious diseases			3	2	0
2. Contemporary epidemiological threat and bioterrorism: tuberculosis, anthrax, smallpox.			3	4	0
3. Nosocomial infections and methods of prevention			3	2	0
4. Prevention of infectious diseases in various environments			3	2	0
Format of instruction: discussion classes					
1. Epidemiological investigations. Rules of conduct in poisoning outbreaks. Molecular typing in epidemiological investigation.			3	6	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	12	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	12	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	
	KOŁOKWIUM			EP1,EP2,EP3,EP4	
	PROJEKT			EP5,EP6,EP7,EP8	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP5,EP6,EP7,EP8	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	Passing the lectures means obtaining a positive grade in the final test. Passing the exercises includes participation in classes and obtaining a positive grade in group work (presentation) and the written test				
	Grade calculation principles				
	The final grade for completing the course is the arithmetic mean of the grades from lectures and exercises				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	współczesne choroby zakaźne		Arytmetyczna	
	3	współczesne choroby zakaźne [ćwiczenia]	zaliczenie z oceną		
	3	współczesne choroby zakaźne [wykład]	zaliczenie z oceną		
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, Oświęcim	
	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	3	0
Preparation for contact hours	7	0
Private reading and studying	7	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	10	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-24/25Z						
Course title: rekreacja ruchowa osób w różnym wieku (KIERUNKOWE)					Course code: KFZ45PIIJ3451_64S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	discussion classes	20	0	pg	3
		lecture	5	0	pg	
Total			25			3
Course / module coordinator		dr EWA KRUSZYŃSKA				
Course instructor		dr EWA KRUSZYŃSKA				
Course / module objectives		Equipping students with basic knowledge and skills in the field of physical recreation for people of different ages. Developing the ability to analyze the processes of recreation development and assess the effects of its practice and select various forms of physical activity. Shaping a pro-health attitude and expressing respect and support when conducting exercise classes with people of different ages.				
Prerequisites		General knowledge of the theory and methodology of recreation and biological human development as well as physical fitness at a good level				
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	the student has in-depth knowledge of planning an exercise training program for people of different ages			K_W16
skills	1	EP2	the student independently takes the initiative to improve the health situation of people of different ages by planning and implementing exercise training			K_U07
	2	EP3	the student is able to take care of his/her own physical fitness, necessary to prepare and conduct a series of training programs adapted to the age and health condition of people of all ages			K_U15 K_U16
social competences	1	EP4	the student is ready to systematically improve, maintain and strengthen his/her own physical condition			K_K02
	2	EP5	the student is ready to follow the rules of safety for himself and the participants of classes			K_K03
	3	EP6	the student is ready to help and support participants during physical activities and transfer of knowledge and values in the field of health promotion, including physical activity			K_K07
CONTENT					Semester	No. of hours
						including e-learning

Subject title: rekreacja ruchowa osób w różnym wieku					
Format of instruction: lecture					
1. Benefits, risks and safety of training. Basic knowledge and terminology in the field of selected health forms of physical activity. Selected biological and psychosocial effects of increased activity. Physical activity of people of different ages.			1	2	0
2. Nutrition in health training: nutritional tips before long-term exercise and competition, during physical exercise, and in the post-exercise period. Supporting physical exercise, support methods. Optimization of rest methods and prevention of excessive fatigue: sleep as a condition for effective rest, active rest during work breaks, passive rest, organization and hygienic working conditions, natural methods of intensifying rest.			1	3	0
Format of instruction: discussion classes					
1. Teaching methodology and technique of selected elements of physical recreation			1	8	0
2. Conducting part of the classes in a selected form of physical recreation			1	12	0
Modes of delivery	individual work , work in groups , conducting classes				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods					No. of learning outcome from the syllabus
	KOŁOKWIUM				EP1
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)				EP1,EP2,EP3,EP4,EP5,EP6
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	1. Participation in classes (1 unexcused absence allowed. 2. The absence from classes must be made up before the final exam, after prior justification or presentation of a medical certificate. 3. In exceptional situations, the student may make up classes in a theoretical/written form. 4. Students participating in practical classes are required to have the required gymnastics outfit, appropriate to the place of classes and weather conditions. 5. Pass on conducting classes. 6. Positive assessment of theoretical knowledge required in a given semester (including theoretical knowledge from lectures and exercises). 7.Completing all the above-mentioned practical elements				
	Grade calculation principles				
	PASSING THE EXERCISES: 60% of the grade for conducting classes + 40% of activity during classes The final grade for the course will be the arithmetic average of lectures and exercises				
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 [ćwiczenia]	zaliczenie z oceną		
	1	rekreacja ruchowa osób w różnym wieku [wykład]	zaliczenie z oceną		
Basic reading	Drabik J. (1996): Aktywność fizyczna w treningu zdrowotnym osób dorosłych, AWF, Gdańsk				
	Drabik J. (1995): Aktywność fizyczna w edukacji zdrowotnej społeczeństwa, AWF, Gdańsk				
	Mazurek Joanna : Mazurek Joanna : Aktywność fizyczna : zalecenia dotyczące aktywności fizycznej, wskazania i przeciwwskazania do podejmowania aktywności fizycznej, przykładowe aktywności fizyczne, przykładowe ćwiczenia zalecane przy różnych rodzajach schorzeń / Podtytuł: zalecenia dotyczące aktywności fizycznej, wskazania i przeciwwskazania do podejmowania aktywności fizycznej, przykładowe aktywności fizyczne, przykładowe ćwiczenia zalecane przy różnych rodzajach schorzeń, Infor Biznes Sp. z oo, Warszawa				
Supplementary reading	Justyna Mazurek, Jarosław Szczygieł, Anna Blaszkowska, Karolina Zgajewska, Wojciech Richter, Józef Opara (2014): Aktualne zalecenia dotyczące aktywnooci ruchowej osób w podeszłym wieku , Gerontologia Polska				
	Robert E. Manning and Laura E. Anderson (2012): Managing outdoor recreation : case studies in the national parks, CAB International, Cambridge, MA				
STUDENT WORKLOAD					
		No. of hours			
		including e-learning			

Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	3	0
Private reading and studying	4	0
Participation in tutorials	11	0
Preparation of project / essay / etc.	15	0
Preparation for test / exam	15	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-23/24Z-PZ						
Unit: Moduł A: Promocja zdrowia w rodzinie i środowisku pracy [moduł]						
Course title: rekreacja w zdrowiu publicznym (SPECJALNOŚCI / SPECJALIZACJE / MODUŁY SPECJALNOŚCIOWE)					Course code: US45PIJ119_4S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty: promocja zdrowia	
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 PACZYŃSKA-JĘDRYCKA				
Course instructor		dr MAŁGORZATA PACZYŃSKA-JĘDRYCKA				
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		wiedza z zakresu przedmiotu: wychowanie fizyczne umiejętności zdobyte na przedmiocie Wychowanie fizyczne, umiejętność wykorzystania zdobytej wiedzy teoretycznej w praktyce knowledge and skills acquired in the subject of the subject: physical education, the ability to use the acquired theoretical knowledge in practice, creativity and engaging in physical activities				
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	4	0
2. Health aspects of recreation. Recreational games and activities as a form of health promotion.			3	4	0
3. The importance of recreation in shaping a healthy lifestyle for society.			3	2	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	2	0
2. Selected forms of recreation.			3	18	0
3. Conducting classes in selected forms of recreation.			3	10	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	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			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.					
Grading criteria	Lectures (theory): positive evaluation of the test covering knowledge of the subject (theory of lectures and exercises). Seminars (practice): attendance, active participation in classes, independent preparation of excersises and its presentation, preparation of the outline and conducting classes on its basis (in groups). Final grade for seminars: arithmetic average of all grades obtained (the grade for exercises may be increased for additional activity). The condition of passing the course is to obtain min. satisfactory grade from seminars and lectures				
	Grade calculation principles				
	The final grade is the arithmetic average of the grade obtained from seminars and lectures.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	rekreacja w zdrowiu publicznym		Arytmetyczna	
	3	rekreacja w zdrowiu publicznym [ćwiczenia]	zaliczenie z oceną		
	3	rekreacja w zdrowiu publicznym [wykład]	zaliczenie z oceną		

Basic reading	Bondarowicz M., Owczarek S. (1998): Zabawy i gry ruchowe w gimnastyce korekcyjnej., WSiP, Warszawa
	Nowak M., Piekarski R., Kuriańska-Wołoszyn J., Nowak L., Prywer-Drozdowska J. (2009): Gimnastyka. Zarys historii, terminologia i systematyka., Zamiejscowy Wydział Kultury Fizycznej poznańskiej AWF, Gorzów Wielkopolski
	Siwiński W., Pluta B. (2010): Teoria i metodyka rekreacji, AWF , Poznań
	Trześniowski R. (1995): Gry i zabawy ruchowe , WSiP, Warszawa
	William C. Gartner and David W. Lime (2004): Trends in outdoor recreation, leisure and tourism, CABI Publishing, Wallingford ; Cambridge, MA
Supplementary reading	Marek Napierała (2009): Selected problems of the foundations of sport, nutrition, recreation, tourism and rehabilitation, University of Economics, Bydgoszcz
	Paczyńska-Jędrycka M., Eider P. (2017): Edukacja zdrowotna w kontekście ścieżki zdrowia i animacji czasu wolnego https://www.ceeol.com/search/article-detail?id=665643
	Paczyńska-Jędrycka M., Łubkowska W. (2014): Edukacja zdrowotna przez gry i zabawy ruchowe z uwzględnieniem zabaw animacyjnych w opinii studentek pedagogiki elementarnej (na przykładzie województwa wielkopolskiego) https://depot.ceon.pl/bitstream/handle/123456789/7793/Paczynska_Jedrycka_%C5%81ubkowska_Edukacja_przez_gry_i_zabawy_215_3_53_2014.pdf?sequence=1&isAllowed=y , Poznań
	Zbigniew Kwasnik (2009): Current challenges of tourism and recreation to the health : physiotherapeutic aspects in the prevention and treatment of diseases, Radomska Szkoła Wyższa, Radom

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	40	0
Participation in test / exam	5	0
Preparation for contact hours	8	0
Private reading and studying	5	0
Participation in tutorials	5	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	8	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-I-S-24/25Z						
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	konwersatorium	15	0	pg	2
Total			15			2
Course / module coordinator	dr n. med. KATARZYNA MACIEJEWSKA					
Course instructor	dr HALINA BUDIS					
Course / module objectives	The aim of education is to familiarize students with the structure and tasks of institutions conducting activities in the field of sanitary and epidemiological supervision. Developing skills in solving problems in the field of sanitary-epidemiological supervision and health promotion and developing readiness to apply them in practice.					
Prerequisites	W - the student has knowledge of biology at the high school level					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student knows the legal, organizational and ethical conditions of the professional activity			K_W05
	2	EP2	The student knows the principles of functioning of organizations and institutions operating in the field of sanitary-epidemiological supervision			K_W08
	3	EP3	The student knows the basic principles of control tests in the field of sanitary-epidemiological supervision			K_W10
	4	EP4	The student knows the basic research techniques in public health			K_W06
skills	1	EP6	Student is able to identify patient's problems.			K_U06
	2	EP7	The student is able to keep records of units, institutions and documentation of subtracted activities.			K_U04
social competences	1	EP8	The student is ready to set appropriate priorities for the implementation of the task specified by him or herself.			K_K04
CONTENT					Semester	No. of hours
						including e-learning
Subject title: nadzór sanitarno-epidemiologiczny						
Format of instruction: konwersatorium						
1. Sanitary activities yesterday and today.					2	2 0
2. The organization of the State Sanitary Inspection in Poland, its goals, tasks and role in public life.					2	2 0

3. Types of epidemiological surveillance. Operation of sanitary services in the state of epidemiological and epidemic threat.				2	2	0
4. Preventive and pro-health activities of governmental and non-governmental organizations.				2	2	0
5. Types of sanitary supervision. Methods of carrying out supervised and intervention controls (food control, educational institutions, places of rest, transport).				2	2	0
6. Dietary supplements on the market - control activities of sanitary services.				2	2	0
7. Prevention of infectious diseases in the light of the Act on preventing and combating infections and infectious diseases in humans.				2	3	0
Modes of delivery	informative lecture (giving method), multimedia presentation, conversational lecture (problem method), case study, Prezentacja multimedialna, Wykład konwersatoryjny (metoda problemowa), dyskusja, praca w grupach					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	KOŁOKWIUM				EP1,EP2,EP3,EP4	
	PROJEKT				EP6,EP7,EP8	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	Completing the conversatory includes passing the group work (project) and obtaining a positive grade from the final test					
	Grade calculation principles					
	Completion of the course includes obtaining a positive grade from the final test. The final grade is the grade from the conversatory					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average	
	2	nadzór sanitarno-epidemiologiczny		Ważona		
	2	nadzór sanitarno-epidemiologiczny [konwersatorium]	zaliczenie z oceną		1,00	
Basic reading	Annemien Haveman-Nies (2010): Epidemiology in public health practice, Wageningen Academic Publishers, Wageningen					
	Marcin Janik (2012): Policja sanitarna, LEX a Wolters Kluwer business, Warszawa					
	Marian Sygit (2017): Zdrowie publiczne, Wolters Kluwer Polska, Warszawa					
	redakcja naukowa Andrzej Denys (2015): Zagrożenia zdrowia publicznego. Cz. 2, Zdrowie człowieka a środowisko, Wolters Kluwer SA, Warszawa					
	(2018): HYGIENE AND SANITATION HANDBOOK, https://ec.europa.eu/programmes/erasmus-plus/project-result-content/908fceb3-6d8d-43a0-bc76-d780aeb1a13b/Hygiene-Sanitation-Handbook_ENG.pdf					
	Obowiązujące ustawodawstwo: Ustawa o Państwowej Inspekcji Sanitarnej, Ustawa o zapobieganiu oraz zwalczaniu zakażeń i chorób zakaźnych u ludzi., Ustawa o żywności i żywieniu					
Supplementary reading	Ewa Jasińska-Zubelewicz (2013): Organiczenie narażenia na alergen podczas procesu dydaktycznego, Wydawnictwo Naukowe PWN, Warszawa					
	redakcja naukowa Tadeusz Brzeziński (2015): Historia medycyny, Wydawnictwo Lekarskie PZWL, Warszawa					
	Richard Matthews, James Ageros (2010): Health and safety enforcement : law and practice, Oxford University Press , Oxford ; New York					
	Urszula Kozłowska (2013): Organizacja zwalczania chorób zakaźnych jako element polityki zdrowotnej państwa na Pomorzu Zachodnim (1944/45 - 1972), Szczecińskie Towarzystwo Naukowe, Szczecin					
	WHO Regional Office for Europe (2019): Surveillance of water, sanitation and hygiene in schools. A practical tool., WHO, Copenhagen					
STUDENT WORKLOAD						
			No. of hours			
					including e-learning	
Contact hours			15		0	

Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	5	0
Participation in tutorials	8	0
Preparation of project / essay / etc.	7	0
Preparation for test / exam	8	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-ZP-P-II-S-24/25Z						
Course title: Social gerontology (KIERUNKOWE)					Course code: KFZ45PIIJ3451_67S	
Name of field of study: zdrowie publiczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 2 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	2	discussion classes	10	0	pg	2
		lecture	10	0	pg	
Total			20			2
Course / module coordinator	dr HALINA BUDIS					
Course instructor	dr HALINA BUDIS					
Course / module objectives	The main goal is to draw the attention of students to the social problems of the elderly population, to show the problems related to the elderly in the family and society, and to areas and directions of activities that allow achieving improvement in the quality of life in this group. Acquaintance with the lifelong process of human development. Drawing attention to the need to prepare for old age and showing the possibility of a satisfying life in old age. Developing skills to analyze demographic transformations in Poland and the world, and to formulate conclusions and opinions regarding the social situation of seniors. Shaping a positive attitude towards old age.					
Prerequisites	Posiadanie podstawowej wiedzy na temat edukacji zdrowotnej osób starszych i ich otoczenia oraz umiejętność rozpoznawania podstawowych potrzeb życiowych osób starszych.					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Student knows the cause of selected disease disorders and social dysfunctions of the elderly and elderly.			K_W01
	2	EP3	Student knows and understands the functioning of organizations caring for the elderly.			K_W14

skills	1	EP4	Student has the ability to prepare a program targeted at elderly people in order to improve their quality of life.	K_U07		
	2	EP5	Student takes actions to improve the social situation of the elderly.	K_U16 K_U19		
	3	EP6	Student has the ability to search for valuable information from various domestic and foreign sources regarding the issues of old age and aging, as well as to independently discuss the studied phenomenon.	K_U06 K_U08		
	4	EP7	Student has the ability to communicate and solve the problem situations he faces.	K_U05		
	5	EP8	Student is able to analyze the demographic situation on a national and global scale as well as the activities of the senior policy and independently draw conclusions on this basis and form opinions on improving the health and psychosocial situation of the elderly.	K_U17		
social competences	1	EP9	Student is ready to deepen knowledge and improve skills in the field of widely understood gerontology.	K_K01		
CONTENT				Semester	No. of hours	
						including e-learning
Subject title: Social gerontology						
Format of instruction: lecture						
1. null				2	2	0
2. null				2	3	0
3. null				2	2	0
4. null				2	3	0
Format of instruction: discussion classes						
1. null				2	3	0
2. null				2	3	0
3. null				2	4	0
Modes of delivery	Wykład z wykorzystaniem sprzętu audiowizualnego, ćwiczenia - praca zespołowa, dyskusja (okrągły stół, seminaryjna)					
	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	
	KOŁOKWIUM				EP1,EP3	
	PROJEKT				EP4,EP5,EP6,EP7,EP8,EP9	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP4,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.						

Grading criteria	Lectures: credit with a grade on the basis of a positive assessment of the final test. Seminars: based on the activity during the exercises and the positive evaluation from the group work (presentation and writing) and positive assessment of the final test.				
	Grade calculation principles				
	The final grade is the arithmetic mean of the scores from lectures and seminars.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	gerontologia społeczna		Arytmetyczna	
	2	gerontologia społeczna [wykład]	zaliczenie z oceną		
	2	gerontologia społeczna [ćwiczenia]	zaliczenie z oceną		
Basic reading	Artur Fabiś, Joanna K. Wawrzyniak, Agata Chabior (2017): Ludzka starość : wybrane zagadnienia gerontologii społecznej, Oficyna Wydawnicza Impuls, Kraków				
	Barbara Szatur-Jaworska, Piotr Błędowski, Małgorzata Dzięgielewska.. (2006): Podstawy gerontologii społecznej, Oficyna Wydawnicza Aspra-Jr, Warszawa				
	Chabior A., Szplit A. (2014): Ageing and old age as a task : health, activation, development, integration, Wydawnictwo Libron - Filip Lohner, Kraków				
	Magdalena Wnuk-Olenicz (2015): Problemy i szanse rozwoju osób starszych w społeczeństwie polskim, Wydawnictwo Adam Marszałek, Toruń				
	Mazur Z., Umiastowska D. (2019): Przeciwdziałanie wykluczeniu osób starszych przez wspieranie ich aktywności fizycznej i rozwijanie umiejętności cyfrowych., Texter, Warszawa				
Supplementary reading	eds. Mordini E., Paul de Hert P. (2010): Ageing and invisibility, IOS Press, Amsterdam				
	eds. Tomczyk Ł., Klimczuk A. (2017): Selected contemporary challenges of ageing policy, Katedra Pedagogiki Społecznej i Andragogiki. Uniwersytet Pedagogiczny, Kraków				
	Elżbieta Woźnicka (2015): Oświata dorosłych : inspiracje i wyzwania, Wydawnictwo Akademii Humanistyczno-Ekonomicznej,, Łódź				
	pod red. Doroty Kałuży-Kopias i Piotra Szukalskiego (2013): Pomyślne starzenie się - uwarunkowania społeczne, przestrzenne i zdrowotne, Wydawnictwo Uniwersytetu Łódzkiego, Łódź				
	red . Tobiasz-Adamczyk B. (2019): Zaniedbanie i samozaniedbanie osób starszych., Wydawnictwo Uniwersytetu Jagiellońskiego, Kraków				
	Gerontologia polska - czasopismo naukowe				
	Journal of the American Geriatrics Society - czasopismo naukowe				
STUDENT WORKLOAD					
		No. of hours			
			including e-learning		
Contact hours		20	0		
Participation in test / exam		2	0		
Preparation for contact hours		0	0		
Private reading and studying		8	0		
Participation in tutorials		6	0		
Preparation of project / essay / etc.		6	0		
Preparation for test / exam		8	0		
TOTAL workload		50			
ECTS credits		2			