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Course title: PROMOTION OF HEALTH

ECTS credit allocation (and other scores): 3.0 ECTS

Semester: autumn

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 45

Course coordinator/ Department and e-mail: dr Jarosław Klimczak

Type of classes: classes and lectures

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#### Substantive content

**CLASSES:** Health values of participating in recreation and tourism. Nicotinism, alcoholism, drug addiction and health. Health risks in tropical countries. Health promoting nutrition education. Education for safety and the idea of WHO safety promotion. HIV/AIDS risks. Health promotion on school trips and camps. Chosen aspects of psychosocial health.

**LECTURES:** Health as a key concept in promoting an active lifestyle. The health condition of Polish society; diseases of civilization – risk factors. Genesis of health promotion in the world as well as in Poland. Programs and projects of health promotion. Settings approach in health promotion. Lifestyle – the concept, types and its meaning for human in developing civilization. Stress and individuals that are mentally healthy – social consequences.

**Learning purpose:** Familiarizing students with broadly defined problematic aspects of health and taking care of it. Shaping positive attitudes to health and health behaviours among students.

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#### On completion of the study programme the graduate will gain:

**Knowledge:** The student acquires a wider knowledge about the biological determinants of a physical activity, knows specialist terminology and research methodology of physical activity's results in the area of recreation. Understands social and psychological determinants of health-promoting behaviours and individuals as well as social groups' physical activity.

**Skills:** The student is able to plan and implement program relating to health promotion, using effective communication skills.

The student knows about the need of constant personal development in recreation and tourism area; cooperates with the environment and participates in structures and groups working in recreation and tourism actively.

**Social Competencies:** The student leads a health lifestyle and is also aware of increasing competences' need in favour of health and active lifestyle promotion. He is responsible for his own apprenticeship in the area of recreation and tourism.

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**Basic literature:** 1) Karski J.B.: *The practice and theory of health promotion*. GeDeWu, Warsaw 2003; 2) Raczyński G.: *Chosen issues of hygiene and health promotion*. AWF, Warsaw 2001; 3) *National Health Program (current edition)*. Ministry of Health website – [www.mz.gov.pl](http://www.mz.gov.pl); 4) Woynarowska B.: *Health Education*. PWN SA, Warsaw 2007.

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#### Supplementary literature:

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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.96

Student's independent work: 1.04