

## **SYLLABUS**

### **SUBJECT**

HEALTH EDUCATION

### **TEACHER**

PHD RENATA GRZYWACZ

### **COURSE DESCRIPTION**

The lectures and classes include presenting basic information, conversations and discussion. Also, study cases connected with the topic, summarizing the articles from health promotion newspapers, copied documents, presentations led by the lecturer. There are also used other teaching methods as brainstorm and quizzes.

### **Lectures**

	Topics
1.	Source of the idea of health promotion. Defining key concepts: health, health promotion, health education, preventative health care.
2.	The development of health promotion-an aspect of the historical definitions, conferences, documents.
3.	Objectives and areas for action in health promotion.
4.	The Habitat approach in health promotion.
5.	Health promotion in health care.
6.	Health education - establish detailed definitions, features, health education, structure, basic ingredients, and interrelationships, direct recipients of educational activities for health educators.
7.	Detailed analysis of the structure, objectives and actions contained in the NPZ for the period 2007-2015.
8.	Pro health positions in different periods of human development.
9.	Rules for the financing and mobilization of resources for health promotion.

### **Classes**

Lp.	Topics
1.	Policy development, implementation and evaluation of health promotion programmers. Development of program (working groups).
2.	Presentation of selected programs of health promotion (working in groups).
3.	Health promotion in local communities.
4.	Healthy City, healthy workplace and promoting health.
5.	The school promotes health. The hospital's health.

6.	Social marketing and health promotion.
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**ECTS**

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**LEARNING OUTCOMES**

Student ought to:

1. develop knowledge of the health education in aspect of sport, tourism and recreation
2. get to know about the terms and definitions connected with health
3. get to know what kind of organizations are involved in health promotion
4. be able to organize active rest
5. adjust knowledge about health promotion and active rest to find the proper job
6. adjust the health organizations' offer to society needs

**GRADING POLICY**

Final score includes:

- Attendance
- Active participation in lectures and classes (discussions, expressing suggestions and own opinions, presentations of topics)
- Oral exam for each students – 4 questions (including classes and lecture's material)

**TIMETABLE**

MONDAY 10.30 – 12. (Towarnickiego)

**TEXTBOOK AND REQUIRED MATERIALS**

Elementary literature:
Promocja zdrowia. Podręcznik dla studentów studiów licencjackich, An-druszkiewicz A., Banaszekiewicz B. [red.], Czelej, Lublin 2008 r.
Postępy promocji zdrowia, Karski J. [red.], Wydawnictwo CeDeWu, Warszawa 2006 r.
Praktyka i teoria promocji zdrowia, Karski J. [red.], Wydawnictwo CeDeWu, Warszawa 2003 r.
Narodowy Program Zdrowia 2007-2015. Załącznik do Uchwały Rady Ministrów Nr 90/2007, Narodowy Instytut Zdrowia Publicznego ? PZH, Warszawa 2007 r.
Promocja zdrowia, Karski J. [red.], Wydawnictwo IGNIS, Warszawa 1999 r.
Edukacja zdrowotna. Podręcznik akademicki, Wojnarowska B. [red.] Wydawnictwo Naukowe PWN, Warszawa 2007 r.

Additional literature:
Promocja zdrowia. Podręcznik dla studentów i lekarzy rodzinnych, Lwow F., Milewicz A. [red.], Wydawnictwa Medyczne Urban&Partner, Wrocław 2004 r.

Wychowanie zdrowotne i promocja zdrowia (wybrane zagadnienia), Kubica F. [red.], Tur Sp. z o.o., Warszawa 2004 r.

Wybrane zagadnienia promocji zdrowia (red.) Bik B., Henzel-Korzeniowska A., Przewoźnik L., Szczerbińska K [red.], Szkoła Zdrowia Publicznego CMUJ, Kraków 1996 r.

**PREREQUISITES:**

Students must have a basic knowledge of:

- Basic definitions concerning health, health promotion, health organizations etc.
- Diseases caused by civilization progress