

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 leaded by the lecturer. There are also used other teaching methods as brainstorm and quizzes.

ECTS

3

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 13.45 – 17.00

TEXTBOOK AND REQUIRED MATERIALS

Elementary literature:
Promocja zdrowia. Podręcznik dla studentów studiów licencjackich, An-druszkiewicz A., Banaszkiewicz 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