

**Subject card**

<b>Subject name and code</b>	Why wellbeing matters?, PG_00120755						
<b>Field of study</b>	Archaeology						
<b>Date of commencement of studies</b>	October 2024	<b>Academic year of realisation of subject</b>				2024/2025	
<b>Education level</b>	undergraduate studies	<b>Subject group</b>					
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	1	<b>Language of instruction</b>				English	
<b>Semester of study</b>	2	<b>ECTS credits</b>				2.0	
<b>Learning profile</b>	academic	<b>Assessment form</b>					
<b>Conducting unit</b>	Zakład Psychologii Klinicznej i Zdrowia -> Instytut Psychologii -> Faculty of Social Sciences -> Rektor						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Agata Rudnik				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		2.0		18.0	50
<b>Subject objectives</b>	The emphasis of this course is on understanding how health is affected by the psychological condition of individuals of all ages and how to improve mental, emotional, social, and physical well-being. Both mental and medical care will be included. The program is designed to establish patterns and skills for pursuing a lifestyle that promotes the health and well-being of the next generation. Students will also have the unique opportunity to develop and combine habits and strategies in cooperation with the academic and business environments.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
		<p>The course aims to help students:</p> <ul style="list-style-type: none"> <li>- Discover how psychological methods and principles can be applied to help patients manage and cope with chronic illness.</li> <li>- Be aware of the impact that chronic illnesses have on patients and their families.</li> <li>- Study individuals who remain healthy.</li> <li>- Learn the nature of the stress response and its impact on the etiology and course of many health problems.</li> </ul> <p>Skills: At the end of the course, participants should:</p> <ul style="list-style-type: none"> <li>- Develop an understanding and appreciation of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.</li> <li>- Be able to design programs to improve personal health habits and lifestyles, both for oneself and others.</li> <li>- Learn how psychological research methods, theories, and principles can be applied to enhance biomedical approaches for promoting health and treating illness.</li> <li>- Conduct an analysis of their experiences within a health care system.</li> <li>- Be able to offer guidance on developing effective health habits and lifestyles.</li> </ul> <p>Social Competence:</p> <ul style="list-style-type: none"> <li>- Be able to describe best practices in terms of relationships between patients and practitioners.</li> <li>- Be able to encourage others to achieve health and well-being goals.</li> </ul>	<p>[SU2] presentation/project/paper/report [SK2] presentation/project/paper/report</p>
Subject contents	<p>1. Mental, Emotional, Social, and Physical Wellbeing (around the world)</p> <p>2. Stress, Pain, Fatigue, and How to Effectively Cope with Them (stress management and introduction to mindfulness, biofeedback, and relaxation training)</p> <p>3. Healthcare and Chronic Illness (recovery, rehabilitation, and psychosocial adjustment of patients with serious health problems)</p> <p>4. Psychoneuroimmunology (including the brain-gut axis)</p> <p>5. Food and Health (factors underlying health habits and lifestyles)</p> <p>6. Relationships and Sexual Health (including cultural context)</p> <p>7. Aging</p> <p>8. Planning for Choices and Changes, Biggest Challenges (promoting good health and preventing illness; addressing alcohol abuse, smoking, painkiller misuse, and obesity)</p>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		51.0%	100.0%
Recommended reading	Basic literature	<p>1. Goodman, F. R., Disabato, D. J., Kashdan, T. B., &amp; Kauffman, S. B. (2018). Measuring well-being: A comparison of subjective well-being and PERMA. <i>The Journal of Positive Psychology, 13</i>(4), 321-332.</p> <p>2. Ivtzan, I., &amp; Lomas, T. (Eds.). (2016). <i>Mindfulness in positive psychology: The science of meditation and wellbeing</i>. Routledge.</p> <p>3. Waldinger, R., &amp; Schulz, M. (2023). <i>The good life: lessons from the world's longest scientific study of happiness</i>. Simon and Schuster.</p>	

	Supplementary literature	1. Fastame, M. C., Ruiu, M., & Mulas, I. (2021). Mental health and religiosity in the sardinian blue zone: life satisfaction and optimism for aging well. <i>Journal of religion and health</i> , 60(4), 2450-2462. 2. Narasimhan, M., Allotey, P., & Hardon, A. (2019). Self care interventions to advance health and wellbeing: a conceptual framework to inform normative guidance. <i>bmj</i> , 365.
	eResources addresses	Podstawowe <a href="https://worldhappiness.report/ed/2024/">https://worldhappiness.report/ed/2024/</a> - Adresy na platformie eNauczanie:
Example issues/ example questions/ tasks being completed	Please propose the interventions enhancing: - social wellbeing - spiritual wellbeing - emotional wellbeing - physical wellbeing - occupational wellbeing - intellectual wellbeing - environmental wellbeing - financial wellbeing	
Work placement	Not applicable	

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