University of Gdańsk

Subject card

Subject name and code	Diseases of civilization of the 21st century, PG_00137329		
Field of study	Criminology		
Date of commencement of studies	October 2025	Academic year of realisation of subject	2025/2026
Education level	Bachelor's studies	Subject group	
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	1	Language of instruction	Polish Polish
Semester of study	1	ECTS credits	2.0
Learning profile	academic	Assessment form	credit
Conducting unit			
Name and surname of lecturer (lecturers)	Subject supervisor	dr hab. Dorota Żurawa-Janicka	
	Teachers	dr hab. Dorota Żurawa-Janicka	

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	30.0	0.0	0.0	0.0	0.0	30

E-learning hours included: 0.0

eNauczanie source addresses:

Moodle ID: 12966 Choroby cywilizacyjne XXI wieku
https://mdl.ug.edu.pl/course/view.php?id=12966

Learning activity and number of study hours

Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
Number of study hours	30	0.0	20.0	50

Subject objectives

Understanding the causes of diseases whose development and spread is influenced by civilization progress and lifestyle. Understanding of genetic conditions and environmental factors that contribute to the development of selected civilization diseases. Understanding the principles of prevention of these diseases and treatment methods.

Learning outcomes

Course outcome	Subject outcome	Method of verification
	- understands the basic phenomena and physiological processes occurring in the human body (P6U_W, P6S_WG) - knows the factors that contribute to the development and spread of lifestyle diseases and understands the impact of these factors on the course of physiological processes and human health (P6U_W, P6S_WG) - synthesizes data from various sources and draws appropriate conclusions on this basis (P6U_U, P6S_UW) - knows the limitations of one's own knowledge and understands the need to update it in terms of the causes of development and effects of the spread of lifestyle diseases (P6U_K, P6S_KK)	[SW4] test/exam - oral or written [SU1] oral statement/conversation/ discussion [SU4] test/exam - oral or written [SK1] oral statement/conversation/ discussion

Subject contents	Lifestyle diseases: types and characteristics, epidemiology in Poland and in the world, factors contributing to development, including genetic background and environmental factors. Selected lifestyle diseases will be discussed, considering risk factors, symptoms, and diagnostics: diseases related to metabolic disorders, including obesity and diabetes, cardiovascular diseases, selected cancers, including colon cancer, and lung cancer, diseases resulting from immunological disorders, including allergies, food hypersensitivities, respiratory diseases, asthma, chronic obstructive pulmonary disease, and AIDS. Currently used treatment methods and new therapies. Principles of prevention.
Prerequisites and co-requisites	Bsic knowledge of human anatomy and physiology.

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
	51.0%	100.0%

Recommended reading

Basic literature	**Literature used during classes.** The lecture is an original study of issues related to the epidemiology, pathogenesis, treatment methods, and principles of prevention of civilization/lifestyle diseases and was prepared based on review articles and original articles and own experience from research work on the biology of cancer and diseases resulting from immune system dysfunction. Other sources include: Lieberman M., Marks A.D., Peet A. 2013. Basic Medical Biochemistry. A Clinical Approach. 4th Ed. Lippincott Williams & Wilkins, USA. Rosenthal M.D., Glew R.H. 2009. Medical Biochemistry. Human Metbolism in Health and Disease. Wiley & Sons, Inc. Janson L.W., Tischler M.E. The Big Picture: Medical Biochemistry. The McGrew-Hill Companies, Inc. Cellular and Molecular Immunology, Abbas et al., 10th Ed., Elsevier Inc. 2022.
Supplementary literature	-
eResources addresses	

Example issues/ example questions/ tasks being completed	Sample test questions: Lifestyle diseases: a. are the cause of most deaths in the world; b. develop suddenly, as a result of the action of a specific factor; c. the vast majority of them are caused by infectious agents; d. mainly affect young people Which of the following lipoproteins is of key importance in the pathomechanism of atherosclerotic plaque formation: a. Chylomicrons; b.LDL; c. HDL; d. IDL Select the false sentence: a. The direct cause of diabetes and its characteristic feature is hyperglycemia; b. Diabetes is caused by impaired insulin secretion or action; c. Insulin works by "using" glucose after a meal and accumulating energy reserves; d. The pancreas produces insulin when blood glucose levels are low Complete the sentence: The organ that is the central site of ethyl alcohol metabolism is ... Select the true sentence: a. Most cases of colorectal cancer develop as a hereditary disease; b. Colorectal cancer is a disease classified as a civilization disease because its development is closely related to lifestyle and the influence of environmental factors; c. All colorectal polyps and colorectal cancer are malignant tumors; d. Factors that reduce the risk of developing colorectal cancer include a diet rich in carbohydrates and fats
Work placement	Not applicable