

**Subject card**

<b>Subject name and code</b>	Health protection and promotion, PG_00148830						
<b>Field of study</b>	Medical Biology						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2027/2028		
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>			Obligatory subject group in the field of study Subject group related to scientific research in the field of study		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	2	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	4	<b>ECTS credits</b>			2.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>	Department of General and Medical Biochemistry -> Faculty of Biology -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Dorota Gregorowicz-Warpas				
	<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>	<b>Participation in didactic classes included in study plan</b>		<b>Participation in consultation hours</b>		<b>Self-study</b>	<b>SUM</b>
	<b>Number of study hours</b>	30		7.0		13.0	50
<b>Subject objectives</b>	The aim of the course is to familiarize students with issues in the field of public health and issues of health promotion and protection. After completing the course, the student should: - recognize factors determining health, - have the ability to recognize health threats occurring in the environment of residence, study and work - have the ability to recognize activities in the field of health and social policy conducted by the state; - have the ability to describe the sources of financing health care.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[BIOLMEDL3_W12] is oriented in the development and current state of knowledge and the latest trends in medical biology; indicates their relationship with other disciplines of natural or medical sciences	The student is familiar with the development and current state of knowledge and the latest trends in medical biology; indicates their relationship with other disciplines of natural or medical sciences	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion
	[BIOLMEDL3_W11] posiada zaawansowaną wiedzę dotyczącą metod oceny stanu zdrowia oraz objawów i przyczyn wybranych zaburzeń i zmian chorobowych oraz zna podstawy zdrowego trybu życia, potrafi je uzasadnić i promować	Student is able to: - discuss health paradigms, health behaviors and factors influencing health - discuss health promotion models and methods of shaping health behaviors - knows the basic definitions, sources of ideas and activities in health promotion, prevention and health education - formulates guidelines for developing health promotion programs - discusses the strategy, methods, techniques, evaluation and measurement used in health education	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion
	[BIOLMEDL3_K01] understands the need for lifelong learning and to update his/her knowledge of medical biology and related disciplines	The student understands the need for lifelong learning and updating knowledge in the field of medical biology and related disciplines	[SK8] observation of student's independent or team work
	[BIOLMEDL3_K08] is ready to consciously apply the principles of bioethics	The student is ready to consciously apply the principles of bioethics	[SK8] observation of student's independent or team work
	[BIOLMEDL3_K09] is ready to work with honesty and integrity in his scientific and professional work	The student is ready for honest and reliable scientific and professional work	[SK8] observation of student's independent or team work
	[BIOLMEDL3_U06] reads with understanding scientific texts in Polish and simple texts in English in the field of medical biology; independently searches and uses available sources of information, including electronic sources	The student can read and understand scientific texts in Polish and simple texts in English in the field of medical biology; independently searches for and uses available information sources, including electronic sources	[SU1] oral statement/conversation/ discussion [SU2] presentation/project/paper/ report [SU4] test/exam - oral or written
	[BIOLMEDL3_U07] is able to identify problems corresponding to the needs of an individual and a social group and to undertake basic diagnostic, preventive and educational activities appropriate to the profession of medical biologist	The student is able to identify problems corresponding to the needs of an individual and a social group and to undertake basic diagnostic, preventive and educational activities appropriate to the profession of a medical biologist.	[SU1] oral statement/conversation/ discussion [SU2] presentation/project/paper/ report [SU4] test/exam - oral or written
	[BIOLMEDL3_W07] has advanced knowledge of medical biology and is familiar with the health sciences terminology	The student has basic knowledge of medical biology and knows the terminology of health sciences	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion
Subject contents	1. Public health: goals, tasks, teaching subject, scientific discipline. Basic concepts of public health - health behaviors, health determinants, health problems, prevention, disease, risk factors, lifestyle, epidemiological indicators.2. Health promotion and disease prevention - differences and similarities.3. Health behaviors and their determinants.4. Individual and social approach to health promotion.5. Lifestyle as a basic factor influencing human health.6. Health education, health education models.7. The role of health care in shaping a proper lifestyle.8. The role of public institutions in health promotion.9. Financing health promotion programs. Assessment of the epidemiological situation of the population as a basis for planning health promotion activities.10. The role of the media in health promotion.11. Habitat approach in health promotion - WHO health promotion programs. Analysis of the Healthy City, Health Promoting School, Health Promoting Hospital program.12. Health promotion in selected social groups.13. Planning, implementation and evaluation of health promotion and disease prevention programs in health care facilities.14. Health care systems, organizational structure, goals, tasks.15. Systemic model of health care in Poland.16. Act on medical activities. Sources and methods of financing health care.17. Functioning of the health care system in practice.		

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		0.0%	0.0%
	final test	51.0%	100.0%
Recommended reading	Basic literature	1. Paradowska-Stankiewicz I., Rosińska M., Wojtyniak B., Zieliński A.: Epidemiology from theory to practice. PZWL, Warsaw 2012. Nowacka A., Kabala A., Pawłowska E.: Primary care in Poland. Structure, tasks, functions, PZWL, Warsaw 20173. Sygit M.: Public health, Ed. Wolters Kluwer Polska, Warsaw 20104. Andruszkiewicz A., Banaszekiewicz M.: Health promotion. Volume I. Theoretical foundations of health promotion, Ed. Czelej, Lublin 20085. Karski J.: Practice and theory of health promotion, Ed. Ce De Wu, Warsaw 20076. Czupryna A., Paździoch S., Ryś A., Włodarczyk C.: Public Health. University Medical Publishing House VESALIUS, Kraków 20007. Karski J.: Progress in health promotion: an international review, Ed. Ce De Wu, Warsaw 20068. Wojnarowska B.: Health education. Ed. PWN, Warsaw 2007	
	Supplementary literature	1. Wojtczak A. Public health as a challenge for the health systems of the 21st century, PZWL, Warsaw 20092. Borzucka Sitkiewicz K.: Health promotion and health education. Guide for health educators, Oficyna Wydawnicza Impuls, Kraków 20083. Korporowicz V.: Health promotion. Shaping the future, Ed. SGH, Oficyna Wydawnicza, Warsaw 2008.	
	eResources addresses		
Example issues/ example questions/ tasks being completed	Determining the final grade based on the preparation of a final paper in the form of a multimedia presentation and a final test. In case of failure to pass the final test, an oral examination.		
Work placement	Not applicable		

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