

## Subject card

|                                             |                                                                                                                                                                                                                                                                                                             |                                                          |                                         |                                     |                                                                                                                                       |            |     |
|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Basics of Vocal Hygiene and Voice Production (Classroom Exercises), PG_00210258                                                                                                                                                                                                                             |                                                          |                                         |                                     |                                                                                                                                       |            |     |
| Field of study                              | Logopedics                                                                                                                                                                                                                                                                                                  |                                                          |                                         |                                     |                                                                                                                                       |            |     |
| Date of commencement of studies             | October 2026                                                                                                                                                                                                                                                                                                |                                                          | Academic year of realisation of subject |                                     | 2027/2028                                                                                                                             |            |     |
| Education level                             | uniform Master's studies                                                                                                                                                                                                                                                                                    |                                                          | Subject group                           |                                     | Obligatory subject group in the field of study<br>Optional subject group<br>Subject group related to practical vocational preparation |            |     |
| Mode of study                               | full-time studies                                                                                                                                                                                                                                                                                           |                                                          | Mode of delivery                        |                                     | at the university                                                                                                                     |            |     |
| Year of study                               | 2                                                                                                                                                                                                                                                                                                           |                                                          | Language of instruction                 |                                     | Polish                                                                                                                                |            |     |
| Semester of study                           | 3                                                                                                                                                                                                                                                                                                           |                                                          | ECTS credits                            |                                     | 2.0                                                                                                                                   |            |     |
| Learning profile                            | practical                                                                                                                                                                                                                                                                                                   |                                                          | Assessment form                         |                                     | credit                                                                                                                                |            |     |
| Conducting unit                             | Institute of Logopaedics -> Faculty of Languages -> Rector                                                                                                                                                                                                                                                  |                                                          |                                         |                                     |                                                                                                                                       |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                                          |                                                          | dr hab. Grzegorz Kołodziej              |                                     |                                                                                                                                       |            |     |
|                                             | Teachers                                                                                                                                                                                                                                                                                                    |                                                          |                                         |                                     |                                                                                                                                       |            |     |
| Lesson types                                | Lesson type                                                                                                                                                                                                                                                                                                 | Lecture                                                  | Tutorial                                | Laboratory                          | Project                                                                                                                               | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                       | 0.0                                                      | 20.0                                    | 0.0                                 | 0.0                                                                                                                                   | 0.0        | 20  |
|                                             | E-learning hours included: 0.0                                                                                                                                                                                                                                                                              |                                                          |                                         |                                     |                                                                                                                                       |            |     |
| 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                                                                                                                                                                                                                                                                                       | 20                                                       |                                         | 2.0                                 |                                                                                                                                       | 28.0       | 50  |
| Subject objectives                          | The student arranges basic knowledge of the humanities, social and medical sciences relevant to the direction of speech therapy, oriented to practical application in voice emission. It expands knowledge about communication competence realized with the conscious use of voice as a communication tool. |                                                          |                                         |                                     |                                                                                                                                       |            |     |

| Learning outcomes | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Subject outcome                                                                                                                                                                                                                                                                                        | Method of verification                                                                                                                |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|                   | [LOGJ5_W03] The student knows and understands the complex principles of speech-language pathology prevention and the stimulation of normal speech and language development, as well as an in-depth understanding of the theoretical foundations of intervention strategies for individuals and social groups to the extent necessary for the speech-language pathology program, including in difficult and ambiguous cases. Possesses in-depth knowledge of linguistics and speech-language pathology, enabling them to independently design programs aimed at preventing speech disorders in individuals at risk of developing them. | Has the knowledge to independently diagnose speech disorders (has knowledge to assess the degree of correctness of other people's breathing and voice skills)                                                                                                                                          | [SW1] oral statement/<br>conversation/discussion<br>[SW5] implementation of a problem task                                            |
|                   | [LOGJ5_K01] He is ready to critically evaluate his linguistic (including speech therapy) knowledge and modify and supplement it, as well as improve his professional skills; he is ready to formulate moral problems and ethical dilemmas related to his own and others' therapeutic work.                                                                                                                                                                                                                                                                                                                                            | Understands the need to expand knowledge and professional development in the field of voice emission in the context of therapeutic work                                                                                                                                                                | [SK1] oral statement/conversation/<br>discussion<br>[SK5] implementation of a problem task<br>[SK6] demonstration of practical skills |
|                   | [LOGJ5_U01] Able to distinguish methodological orientations in scientific research, search, analyze, evaluate, select and integrate information in the field of linguistics (including speech therapy) using various sources, selection and application of appropriate methods and tools, including advanced information and communication technologies (ICT) in order to formulate critical judgments on this basis, solve complex problems and carry out tasks in an innovative manner.                                                                                                                                             | Is able to properly identify problems of speech therapy diagnosis in the field of voice and take appropriate therapeutic and preventive actions using hygiene and voice emission                                                                                                                       | [SU1] oral statement/conversation/<br>discussion<br>[SU5] implementation of a problem task<br>[SU6] demonstration of practical skills |
|                   | [LOGJ5_U04] Can independently diagnose speech development disorders, language problems, speech disorders, literacy disorders and intake difficulties, indicate their etiology and program preventive measures and speech therapy according to the disorder, including in the case of complex medical disorders, including neurological disorders.                                                                                                                                                                                                                                                                                     | Based on the literature, he is able to plan the course of therapy and select appropriate teaching aids                                                                                                                                                                                                 | [SU1] oral statement/conversation/<br>discussion<br>[SU5] implementation of a problem task<br>[SU6] demonstration of practical skills |
|                   | [LOGJ5_W01] Has a structured, in-depth and extended knowledge and knows at an extended level the terminology of linguistics and speech therapy (including selected terminology in a foreign modern language).                                                                                                                                                                                                                                                                                                                                                                                                                         | Has structured, in-depth and extended knowledge and knows the terminology related to voice emission at an advanced level                                                                                                                                                                               | [SW1] oral statement/<br>conversation/discussion<br>[SW5] implementation of a problem task                                            |
|                   | [LOGJ5_U05] Can independently program measures to prevent speech and language and voice disorders for people at risk of developing them.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Is able to diagnose disorders, indicate their etiology and program preventive measures and speech therapy appropriate to a given disorder in the context of voice emission.                                                                                                                            | [SU1] oral statement/conversation/<br>discussion<br>[SU5] implementation of a problem task<br>[SU6] demonstration of practical skills |
|                   | [LOGJ5_W09] He knows and understands the principles of linguistic communication of adults using voice in professional work, has in-depth knowledge of the disorders noted in this group, their diagnosis and therapy.                                                                                                                                                                                                                                                                                                                                                                                                                 | Has organized, deepened and extended knowledge in the field of working on correct breathing and voice (the student has theoretical and practical knowledge in the field of using correct breathing and phonation) - in the light of linguistic communication disorders of different etiology in adults | [SW1] oral statement/<br>conversation/discussion<br>[SW5] implementation of a problem task                                            |
| Subject contents  | Exercises to improve joint motor skills (jaws, lips, tongue, soft palate). Breathing exercises (dynamic breathing, abdominal tract, exhalation and strengthening of exhalation). Voice exercises (soft attack, resonators start).                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                        |                                                                                                                                       |

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| Prerequisites and co-requisites                                |                                     |                                                                                                                                                                                                                                                                                                                                                                                                         |                               |
| Assessment methods and criteria                                | Subject passing criteria            | Passing threshold                                                                                                                                                                                                                                                                                                                                                                                       | Percentage of the final grade |
|                                                                | active participation in exercises   | 51.0%                                                                                                                                                                                                                                                                                                                                                                                                   | 60.0%                         |
|                                                                | participation in problem discussion | 51.0%                                                                                                                                                                                                                                                                                                                                                                                                   | 40.0%                         |
| Recommended reading                                            | Basic literature                    | Tarasiewicz Bogumiła - Mówię i śpiewam świadomie, Kraków 2003,Barańska Grabara Luiza, Artur Fredyk, Bożena Kowalik - Trening oddechowy w emisji głosu, AWF w Katowicach, Katowice 2009,Szkiełkowska Agata, Kazanecka Ewa Emisja głosu wskazówki metodyczne, Instytut Fizjologii i Patologii Słuchu, UMFC, Warszawa 2011,Walencik Topiłko Anna - Głos narzędzie w komunikacji językowej, UG Gdańsk 2007. |                               |
|                                                                | Supplementary literature            | Łastik: Poznaj swój głos twoje najważniejsze narzędzie pracy, Warszawa 2002,A. Wiszniewski: Sztuka mówienia, Katowice 2003,B. Toczyska: Głośno i wyraźnie, Gdańsk 2007,A. Walencik : Głos jako narzędzie, Harmonia 2009,E. Binkuńska: Higiena i emisja głosu mówionego, Bydgoszcz 2012                                                                                                                  |                               |
|                                                                | eResources addresses                |                                                                                                                                                                                                                                                                                                                                                                                                         |                               |
| Example issues/<br>example questions/<br>tasks being completed |                                     |                                                                                                                                                                                                                                                                                                                                                                                                         |                               |
| Work placement                                                 | Not applicable                      |                                                                                                                                                                                                                                                                                                                                                                                                         |                               |

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