

CLASS CARD**HEALTH EDUCATION AND HEALTH PROMOTION**

Basic classes	Code in the study plan	ECTS
HEALTH EDUCATION AND HEALTH PROMOTION	TR/2/PP/WZPZ	3

Education profile	Practical
Faculty and field of study	Faculty of Physical Education Chair: Tourism and Recreation
Studies program in which the subject is realized	Tourism
Professor's name	Maria Lipko-Kowalska
Level of studies (eg. bachelor, master)	master
Study year and semester	1/2
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	test
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	Knowledge about health promotion, property nutrition and physical activity

DETAILED INFORMATION**Course aims and objectives**

A1	The class aims to convey information on the fundamentals of health promotion.
A2	During the classes, students learn to shape the right health attitudes based on their conscious choices, knowledge and skills.
A3	Students acquire the skills necessary to perform health education and promote a healthy lifestyle as part of their future professional careers.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W03	<ul style="list-style-type: none"> has the knowledge about recreational activity can recommend proper nutritionn different stage of life can promote a healthy lifestyle Has knowledge about prevention transmitted diseases
SKILLS	

K_U05	is able to plan recreational activities with proper attention given to their educational values - create events to promote health.
K_U10	has specialized skills in the selected area of activity related to recreation –proper nutrion, prezent befor allergic
SOCIAL COMPETENCES	
K_K01	Student is able to promotes health and physical activity, especially in terms of active reset.
K_K04	Student is able to promote health arena indifferent stage of life

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
L1-2	Definitions of health - physical activity and diet as the main determinants of human health.	A1, 2
L3-4	The principles of health education in different stages of life	A 1,2
L5-6	The principles of dietetics - essential nutrients	A1,2
L7-8	Health beahaviour	A1,2
L9-10	Chronic non-infectious diseases	A1,2
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
C1-6	Promotion area- poster, script of film; recording and presenting a promotional film	A3
C7-10	Lapbook	A3
C11-12	Nordic walking – physical activity- promotion	A3
C13-14	Picnic – recreational games	A3
C15-18	Health aspect of each country	A3
C19-20	Final test Marks	A1

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
lecture	auditorium
clasess	Auditorium, project, practical forms, discussion.
Teaching resources: computer, multimedia projector, thematic presentations, recreational and sports equipment, office supplies	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
A1,A2	Final test
A3	Class work, project, project documentation, continuous assessment/ongoing

CONDITIONS FOR PASSING CLASSES:

attendance, passing the project, presenting a presentation, recording a film, making a poster, preparing a lap-book, passing the test

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Describe a basic essential nutrient
2. Indicate the recommendations regarding the minimum physical activity for adults according to WHO.

ENGLISH BIBLIOGRAPHY

Basic	"Nutrition: Science and Applications" – Lori A. Smolin, Mary B. Grosvenor (2020) "Modern Nutrition in Health and Disease" – A. Catherine Ross, et al. (11th Edition, 2014) "Clinical Nutrition" – Mary Ann Walsh (2012)
Additional	National Institutes of Health (NIH) – Office of Dietary Supplements https://ods.od.nih.gov World Health Organization (WHO) – Nutrition https://www.who.int/health-topics/nutrition "Dietary fats and cardiovascular disease: A presidential advisory from the American Heart Association" – American Heart Association (2017)

SELF STUDY

Full-time studies		30h Type of activity	
Full-time studies		Half-time studies	
Number of hours	ECTS points	Number of hours	ECTS points

13 2	0,5	Contact hours – lectures e-learning		
13 2	0,5	Contact hours – practicals e-learning		
4	0,2	Work in the reading room		
8	0,5	Work on the internet		
15	0,3	Working with literature		
15	0,5	Preparation of term papers, projects, reports		
8	0,5	Preparation for exam/assessment		
15	3	Total		

Number of ECTS points that a student obtains in classes developing practical skills: 3

Author of the class card:	Name, surname and email
Date:8.04.2025	Maria Lipko-Kowalska