

## **Subject: HEALTH EDUCATION AND HEALTH PROMOTION**

### **GENERAL INFORMATION**

<b>Organization unit</b>	<b>Faculty of: Physical Education Chair of: Tourism and Recreation Chairman: prof. Paweł Tomaszewski</b>
<b>Course name</b>	<b>Health education and health promotion</b>
<b>Subject code</b>	<b>TR/2/PP/WZPZ</b>
<b>Teaching language</b>	<b>English</b>
<b>Type of subject (obligatory/ facultative)</b>	<b>obligatory</b>
<b>Level of studies (eg. bachelor, master)</b>	<b>Maaster</b>
<b>Study year</b>	<b>1</b>
<b>Semester</b>	<b>2</b>
<b>ECTS points</b>	<b>3</b>
<b>Professor</b>	<b>Maria Lipko-Kowalska</b>
<b>Studies program in which the subject is realized</b>	<b>Tourism</b>
<b>Method of realization (stationary/ distance learning)</b>	<b>Stationary</b>
<b>Prerequisites</b>	<b>Knowledge about health promotion, property nutrition and physical activity</b>

### **DETAILED INFOMATION**

#### **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.

#### **Main topics**

<b>No</b>	<b>Topic</b>
<b>Lectures/classes</b>	
1.	Definitions of health - physical activity and diet as the main determinants of human health
2.	The principles of health education in different stages of life - lapbook



3.	The principles of dietetics - essential nutrients
4.	Health aspect of different country
5.	Health behaviour aspects
6.	Nutritional recommendations and physical activity
7.	Promotin films/posters
8.	Nordic walking – active participation
9.	Recreational picnic
10.	Chronic non-infectious diseases

**CONDITIONS FOR PASSING CLASSES:**

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

**1 ECTS point = 25-30 hours students work (contact + self study)**

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
1. Contact classes	30
2. Students' preparations of the presentations	4
3. Self study as preparation to the written exam	4
4. Self study as reading text prepared by the teacher	4
<b>Total = 100 hours- ECTS points</b>	

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