

**Subject:** Health education and health promotion

**I. General information**

<b>Organization unit</b>	Faculty of Physical Education Chair: Tourism and Recreation
<b>Course name</b>	Health education and health promotion
<b>Subject code</b>	9/2/II/T
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Master's
<b>Study year</b>	1
<b>Semester</b>	2
<b>ECTS points</b>	3
<b>Teacher</b>	Maria Lipko-Kowalska / maria.lipko@awf.edu.pl
<b>Studies program in which the subject is realized</b>	
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Knowledge about health promotion, property nutrition and physical activity

**II. 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**

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W03	Students uses the ways and methods of leisure time management for changes in the sphere of human physical and social activity, changes in the consumption model and value system
<b>Skills</b>	
K_U05	Students is able to organise tourist events and plan recreational activities with proper attention given to their educational values; can integrate teams of participants in a tourist event or recreational activity for a common project, respecting social or cultural differences
K_U10	has specialized skills in the selected area of activity related to tourism or recreation, as well as skills in the management and implementation of recreational activities, particularly requiring the cooperation of a team of specialists or higher than basic methodological and technical skills with particular emphasis on OSH rules
<b>Social Competences</b>	
K_K01	The graduate's approach promotes health and physical activity, especially in terms of active rest.
K_K04	Students gets involved in individual and team work; undertakes complex professional tasks in the field he or she specialises in

### Syllabus contents

No	Title
<b>Classes/ Lecture</b>	
L1	Definitions of health - physical activity and diet as the main determinants of human health.
L2	The principles of health education in different stages of life
L3	The principles of dietetics - essential nutrients
L4	Infectious diseases - preventing transmitted diseases
L5	Chronic non-infectious diseases
L6	Biological rhythms
C1	Human nutrition according to age - basic recommendations
C2	Nutritional recommendations and physical activity.
C3	Functional food and superfood.
C4	Veganism / vegetarianism. Is gluten-our enemy?
C5	The health quality of food
C6	Food allergies
C7	Create events to promote health.

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

TYPES OF CLASSES	HOURS
Contact hours - Lectures	15H
Contact hours - Classes	15H

Self study	60H
Total	90H