

Subject: LIFESTYLE AND HEALTH PROMOTION

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Tourism and Recreation Chairman:
Course name	LIFESTYLE AND HEALTH PROMOTION
Subject code	TiRI-14R
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	Bechlor
Study year	2
Semester	3
ECTS points	2
Professor	Maria Lipko-owalska
Studies program in which the subject is realized	
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Knowledge about health promotion, property nutrition and physical activity

DETAILED INFOMATION

Course aims and objectives

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

Main topics

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



3.	The principles of dietetics - essential nutrients
4.	Health behaviour – promoting campaign
5.	Chronic non-infectious diseases
6.	Nutritional recommendations and physical activity
7.	Promoting 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)

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

Author of the class card:	Name, surname and email
Date: 20.04.2026	Maria Lipko-Kowalska