

**CLASS CARD****LIFESTYLE AND HEALTH PROMOTION**

Basic classes	Code in the study plan	ECTS
<b>LIFESTYLE AND HEALTH PROMOTION</b>	<b>TiRI-14R</b>	<b>2</b>

Education profile	Practical
Faculty and field of study	Faculty of Physical Education Chair: Tourism and Recreation
Studies program in which the subject is realized	
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/PROJECT
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
<b>KNOWLEDGE</b>	
K_W03	<ul style="list-style-type: none"> <li>• has the knowledge about proper style of life</li> <li>• can recommend proper nutritionn different stage of life</li> <li>• can promote a healthy lifestyle</li> <li>• Has knowledge about prevention transmitted diseases</li> </ul>
<b>SKILLS</b>	

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 nutrition, prevent before allergic
<b>SOCIAL COMPETENCES</b>	
K_K01	Student is able to promote health and physical activity, especially in terms of active rest.
K_K04	Student is able to promote health arena indifferent stage of life

### **SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION**

<b>FORM OF CLASSES – LECTURE - subject</b>		<b>Reference to subject-specific learning outcomes</b>
L1-2	Definitions of health and healthy style of life - 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 behaviour – promoting campaign	A1,2
L9-10	Chronic non-infectious diseases	A1,2
<b>FORM OF CLASSES – CLASSES – subject</b>		<b>Reference to subject-specific learning outcomes</b>
C1-6	Style of life (promoting 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**

<b>Program content</b>	<b>Teaching methods/forms</b>
lecture	auditorium
classes	Auditorium, project, practical forms, discussion.
<b>Teaching resources: computer, multimedia projector, thematic presentations, recreational and</b>	

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

<b>Basic</b>	"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)
<b>Additional</b>	National Institutes of Health (NIH) – Office of Dietary Supplements <a href="https://ods.od.nih.gov">https://ods.od.nih.gov</a> World Health Organization (WHO) – Nutrition <a href="https://www.who.int/health-topics/nutrition">https://www.who.int/health-topics/nutrition</a> "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	<b>3</b>	<b>Total</b>		

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

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