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| **Field name** | **Comments** |
| Course title ( in Polish and English) | *Promocja zdrowia* *Health Promotion* |
| Unit organising the course | **Department of Cardiac Rehabilitation and Health Promotion** |
| Unit for wich the course is organised | Faculty of Health SciencesFaculty: Nursing |
| Subject’s code  | **1855-P1-PZDR-S1L** |
| ERASMUS code | **12700** |
| ISCED code | **910** |
|  ECTS credit allocation | **3 pkt ECTS** |
| Method of completing the course | Exam |
| Language of of instruction | English |
| Indication whether attempts at obtaining course credit can be repeated | No  |
| Affiliation of the course to a course group | University-wide course |
| Total student workload | **1. Study hours involiving teacher participation:**-lectures- 10 hours ( including 10 hours realized in the form of e-learning- Moodle)-exercises: 30 hours-practical training: 20 hours ( including 5 hours implemented in simulation conditions)-consultations: 5 hours-exam: 1 hourThe workload associated with classes requiring direct participation of academic teachers is 66 hours, which corresponds to 2 ECTS credits.**2. Study hours involving individual student work:**-participation in lectures: 10 hours; -participation in exercises : 30 hours-participation in practical training: 20 hours-preparation for tutorials: 6 hours -consultations: 2 hours -self-education: 20 hours-preparation for passing: 4 hoursThe total student workload is 92 hours, which corresponds to 3 ECTS credits.**3. Study hours involving related to the research:**-reading of the indicated scientific literature: 10 hours-research consultations: 1 hour-participation in lectures (including the methodology of scientific research, research results and studies): 4 hours-participation in exercises-participation in practical classes(including the methodology of scientific research, research results and studies): 10 hours-preparation for tutorials 2 hours-preparation for passing: 3 hoursThe total student workload is 29 hours, which corresponds to 1 ECTS credits.**4. Study hours involving preparation and participation in assesment:**- preparation for passing and filling up an exam: 3 + 1= 4 hours (0,16 ECTS)- reading of the indicated scientific literature and self- education: 20 hours (0,8 ECTS) credits.The total student workload is 24 hours, which corresponds to 0,96 ECTS.**5.** **Balance of student workload in practical training:**- participation in exercises: 30 hours- participation in practical training : 20 hoursThe total student workload is 40 hours, which corresponds to 1,6 ECTS credits. |
| Learning outcomes – knowledge | Student:W1: Knows and understands the principles of health promotion and preventive health care. (C.W16)W2: Knows and understands the principiles od composing health promotion programs. (C.W17)W3: Knows and understands local, national and global health promotion strategies. (C.W18) |
| Learning outcomes – skills | Student: U1: He can assess the health potential of the patient and his family with the use of scales, grids and measurements. C.U28U2: Can recognize the determinants of patient's health behavior and risk factors for diseases resulting from lifestyle. C.U29U3: Can select methods and forms of disease prevention and prevention and shape health behavior of various social groups. C.U30U4: He can teach the patient self-monitoring of his health.C.U31U5: Can develop and implement individual health promotion programs for patients, families and social groups. C.U32 |
| Learning outcomes - social competence | Student:K1: Is ready to be guided by the good of the patient, respect the dignity and autonomy of people entrusted to care, show understanding for worldview and cultural differences and empathy in the relationship with the patient and his family. (K.01)K2: He is ready to respect the rights of the patient. (K.02)K3: He is ready to perform his profession independently and reliably, in accordance with the principles of ethics, including observance of moral values and obligations in patient care. (K.03)K4: Is ready to take responsibility for the performed professional activities. (K.04).K5: Is ready to consult experts in case of difficulties in solving the problem on his own. (K.05)K6: He is ready to predict and take into account factors influencing his own and the patient's reactions. (K.06)K7: He is ready to perceive and recognize his own limitations in terms of knowledge, skills and social competences, and to self-assess deficits and educational needs. (K.07)  |
| Teaching methods | **Lecture*** informative lecture
* seminar lecture

**Exercise*** case studies
* didactic discussion
* brain storm
* creating projects

**Practical training*** case study

**Self-education*** work with scientific articles

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| Prerequisites | The student should have knowledge of: anatomy, physiology and social sciences.  |
| Brief course description | The subject provides knowledge in the field of broadly understood health promotion, includes activities in the area of prevention and health education. It takes into account the tasks of modern nursing in shaping a healthy lifestyle for both individuals and social groups. |
| Full course description | The lectures are a theoretical introduction to the health promotion and a preparation for exercises and practical classes. They provide knowledge that defines health, health models, and health promotion and its determinants. They present the development of health promotion in Poland and in the world, as well as its goals and assumptions. Health education is a key tool for health promotion, therefore the subject of the lectures includes familiarization with the models of education. In addition, the main health risks are discussed in the area of prophylaxis. As part of the excercises students learn to make a diagnosis for the purposes of health promotion. They get acquainted with the tools used for the purposes of health promotion, building health programs and familiarize themselves with the programs created by WHO for local communities. An important issue is to get acquainted with the conditions and activities shaping health as well as health behaviors and methods of their formation. Practical classes are an integral part of the subject and are designed to consolidate knowledge and practical skills in the field of health promotion. |
| Literature | Basic literature:1. Natuland Will. Health Promotion Practice. Open University Press
2. Garry Egger. Health Promotion Strategies and Methods. McGraw- Hill Education

Additional literature: will be given during the classes |
| Assessment methods and criteria | **Exam**The course ends with an exam conducted on the basis of the Moodle platform (test – 40 closed single-choice questions, 1 point per question). The condition for passing the test is obtaining a minimum of 60% correct answers. (W1, W2, W3, U1, U2, U3, U5).The basis for admission to the exam is the completion of lectures, exercises , practical training and self-education.**Exam: Points- Grade**24 - 28 pkt. – 3,029 – 30 pkt. – 3,531 - 34 pkt. – 4,035 - 36 pkt. – 4,538 - 40 pkt. – 5,0The basis for passing the lectures is the compulsory reading of their content on the Moodle platform (W1, W2, W3).The basis for passing the exercises is 100% attendance at the seminars and current performance of the tasks prepared by the teacher (W1, W2, W3, U1, U2, U3, U5, K7).The basis for passing the practical training is 100% attendance at practical training and the current performance of the tasks provided for in the program of activities. Student must fill up a ‘working card’ during the practical training (W1, W2, W3, U1, U2, U3, U5, K7).The basis for passing the self-education is getting acquainted with the scientific articles posted on the Moodle platform and solving the placement test (W1, W2, W3 U2, K7) |

*B)* Description of the course within the period of instruction

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| **Field** | **Comments** |
| Period of instruction | *1 year, 2 semester ( summer)* |
| Form of assessment of course completion in the period of instruction | *Exam* |
| Form(s) of classes, number of hours and completion assessment methods | Lectures - 10 hExercises – 30 hPractical training- 20 hSelf- education -20 h |
| Name of course coordinator in the period of instruction | ***prof. dr hab. Aldona Kubica,***  |
| Names of persons managing student groups for the course | *Prof. Aldona Kubica**PhD Piotr Michalski* *PhD Agata Kosobucka**MD Jakub Ratajczak**MD Michał Siedlaczek* *PhD Łukasz Pietrzykowski* |
| Course attributes | University-wide course |
| Course groups including description and limit to the number of students within the groups | **Lectures** - all year **Exercises** -  *Dean’s groups* **Practical training** – 6 people in a group  |
| Time and place of classes | The dates and place of classes are in accordance with the schedule published by University website. |
| Number of study hours involving distance learning methods | Lectures: 10 hSelf- education: 20 h |
| Course website | <https://moodle.umk.pl/WNoZ/> |
| Learning outcomes defined for a given form of classes within the course | **Lecture:** W1, W2, W3**Exercises:** W1, W2, W3, U1, U2, U3, U5, K7**Practical training:** U1, U2, U3, U4, U5, U6, K1,K2, K3, K4, K5, K6, K7**Self-education:** W1, W2, W3 U2, K7 |
| Assessment methods and criteria for a given form of classes within the course | **Exam**The course ends with an exam conducted on the basis of the Moodle platform (test – 40 closed single-choice questions, 1 point per question). The condition for passing the test is obtaining a minimum of 60% correct answers. (W1, W2, W3, U1, U2, U3, U5).The basis for admission to the exam is the completion of lectures, exercises, practical training and self-education.**Exam: Points- Grade**24 - 28 pkt. – 3,029 – 30 pkt. – 3,531 - 34 pkt. – 4,035 - 36 pkt. – 4,538 - 40 pkt. – 5,0The basis for passing the lectures is the compulsory reading of their content on the Moodle platform (W1, W2, W3).The basis for passing the exercises is 100% attendance at the seminars and current performance of the tasks prepared by the teacher (W1, W2, W3, U1, U2, U3, U5, K7).The basis for passing the practical training is 100% attendance at practical training and the current performance of the tasks provided for in the program of activities (W1, W2, W3, U1, U2, U3, U5, K7).The basis for passing the self-education is getting acquainted with the scientific articles posted on the Moodle platform and solving the placement test (W1, W2, W3 U2, K7) |
| Course content | **Lectures:** 1. Development of health promotion in Poland and in the world - assumptions and goals of health promotion.2. Health, health models and health promotion - determinants of health.3. Models of health education.4. Health promotion in the local environment and selected communities.**Exercises:** 1. Tools used for health education and prevention.2. Nursing diagnosis for the purposes of health promotion in the local environment using the PRECEDE-PROCEED model.3. Basics of prophylaxis - healthy nutrition.4. Addiction prevention.5. Mental health promotion.6. Health threats of the 21st century.7. Health programs as preventive tools in health promotion.8. Basics of prophylaxis - physical activity.9. Stress as a challenge for activities in the field of health promotion.10. Self-control in the prevention of civilization diseases.**Practical training:**1. Simulation: Interview and health assessment for health promotion activities.2. Health behavior assessment and planning of educational activities.3. Preparation of educational materials.4. Health promotion and health education in the local community.**Self- education:**1. The role of physical activity and healthy eating in health promotion. |
| Teaching methods | The same as in part A |
| Literature | The same as in part A |