

Course name:		Health Promotion and health education (medical sciences)		
Name of School	Doctoral School of the Medical University of Silesia in Katowice			
Year I	Course status	module	Language of the cours	English
Form of classes	Number of hours	Methods of evaluation	ECTS	
lectures		Graded credit. Evaluation in written form (test)	2	
exercises				
seminars	10			
together	10			
Course coordinator	Associate Professor Janusz Kasperczyk, MD; Dr. Joanna Zembala-John, MA MPH			
Name of Department	Department of Medicine and Environmental Epidemiology			
Course objectives	The role and potential of health promotion and health education. Application of health promotion and health education in practice. The impact of modern health promotion and health education on population's health.			
Prerequisites	Completion of uniform master's studies or 2nd cycle studies*			
LEARNING OUTCOMES				
Category	Description of the outcome			Relationship to the outcomes for the programme
knowledge	<ul style="list-style-type: none">knows and understands - to a degree enabling the revision of existing paradigms - main world achievements, including theoretical foundations and both general and selected specific issues (appropriate for a given scientific discipline)knows and understands the main trends in the development of the scientific disciplines in which education is conducted.			PGS_WG
	<ul style="list-style-type: none">knows the basic principles of knowledge transfer to the economic and social sphere and commercialization of the scientific activity results and know-how related to these results			PS8_WK
skills	<ul style="list-style-type: none">is able to use knowledge from various fields of science to identify, formulate and creatively solve complex problems or perform research tasks, in particular: define the purpose and subject of scientific research, formulate a research hypothesis, develop research methods, techniques and tools and apply them creatively, draw conclusions based on the results of scientific researchis able to transfer the results of scientific activity to the economic and social sphere			P8S_UW
	<ul style="list-style-type: none">can communicate on specialist topics to a degree allowing on active participation			P8S_UK
social competencies	<ul style="list-style-type: none">is prepared to critically assess achievements within a given scientific discipline			P8S_KK
	<ul style="list-style-type: none">is ready to initiate activities in the public interest			P8S_KO
CURRICULUM CONTENT				
1. Health Promotion – definition, aims, scope, and methods. Financing of health promoting activities. The role of health promotion in achieving health goals. 2. Determinants of health. Health-supportive and health-promoting environments. Health behaviors. 3. The formation and shaping of attitudes and health behaviors throughout one's lifetime. 4. Health education – definition, aims and scope of action. Strategies and methods of health education. Health literacy.				

VERIFICATION OF LEARNING OUTCOMES

Method for the validation of learning outcomes	Test
Form and conditions of completing the course	<p>Written test (graded)</p> <p>To obtain the final credit, the student must:</p> <ul style="list-style-type: none"> - have a 100% attendance - actively participate in all seminars - obtain a minimum of 70% of correct answers on the final test <p>The course grade scale according to the Rules of the Doctoral School: very good 5.0, above good 4.5, good 4.0, fairly good 3.5, sufficient 3.0, fail 2.0.</p> <p>Description of the requirements for passing the course, e.g. 100% attendance in classes, other, etc., guidelines for pass mark credit or exam</p>

LITERATURE ON THE SUBJECT

Primary literature	<ol style="list-style-type: none"> 1. Joško-Ochojska J. (red.). Higiena, epidemiologia i zdrowie publiczne. Podręcznik dla studentów. Wydawnictwo SUM, Katowice, 2012 2. Czupryna, Poździoch S., Ryś A., Włodarczyk W.C.: Zdrowie Publiczne, Uniwersyteckie Wydawnictwo Medyczne Versalius, Kraków 2001
Supporting literature	<ol style="list-style-type: none"> 1. Karski J.B. Praktyka i teoria promocji zdrowia. Wyd. 5. CeDeWu. Warszawa, 2004. 2. Opolski J. (red.): Zdrowie publiczne. Wybrane zagadnienia – Tom 1. Szkoła Zdrowia Publicznego CMKP, Warszawa 2011 www.cmkp.edu.pl/dok_eu?CMKP_Zdrowie_Publiczne_T_1.pdf 3. Dyzmann-Sroka A., Piotrowski T. (red.). Programy zdrowotne. Skuteczna profilaktyka zachorowań. Przykłady dobrych praktyk. PZWL. Warszawa, 2017. 4. Pinkas J. (red.). Współczesne wyzwania zdrowia publicznego (wyd. I). PZWL Wydawnictwo Lekarskie. Warszawa, 2021.