



**FACULTY: *Economic and Social Sciences***  
**COURSE: *Economics***  
**LEVEL OF EDUCATION: *first-level studies (bachelor)***  
**FORM OF EDUCATION: *full-time***  
**PROFILE: *practical***

## SUBJECT CARD

Subject name: <b>HEALTH PROMOTION AND HEALTH EDUCATION – university-opened lecture</b>					<b>ECTS credits: 0.5</b>	
Instructor: according to the cast and timetable						
Year: <b>1, 2, 3</b>	Lectures	Seminars	Laboratory exercises	Exercise	BUNA*	Form of credit*
Semester: 1.3, 5	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>Z</b>
*W-lecture E – exam; Z – pass; ZO – passing with an assessment; BUNA – without the participation of an academic teacher						
<b>Subject Purpose:</b> Interest in health-related issues and activities for improving one's own health, personal and social development. Familiarization with the methods of health education and implementation of health promotion projects.						
<b>Didactic methods:</b> lecture						
<b>Prerequisites:</b> <i>None</i>						
<b>No</b>	<b>Subject matter of the classes</b>					
<b>I</b>	<b>LECTURE:</b> 1. Definitions, health aspects, holistic approach. Health models and meters. 2. Health and its determinants. 3. Biomedical and biopsychosocial model of health. 4. Health education – definitions, concepts, goals, stages. 5. Health promotion – genesis, definitions, concepts. 6. Public health, health policy, health promotion – mutual relations. 7. Stress and health. 8. Obesity at different ages. Prevention and treatment. 9. Health promotion in psychological theory and practice.					
<b>II</b>	<b>SEMINARS: not applicable</b>					
<b>III</b>	<b>LABORATORY EXERCISES : not applicable</b>					
<b>IV</b>	<b>EXERCISES: not applicable</b>					
<b>In</b>	<b>BUNA: not applicable</b>					
<b>Learning outcomes</b>						
<b>Directional effects – symbol and specification</b>				<b>Objective effects – specification</b>		
in the field of <b>KNOWLEDGE:</b>				Explains the definitions and concepts of health, resources and risk factors for health. Lists the basic concepts and concepts of health education. Knows the methods of health promotion, with particular emphasis on health education.		
P6U_W	P6S_WG	E1_W01 Has a comprehensive knowledge of the place of economics in the system of sciences, its nature, methodology and related to other scientific disciplines, knows and understands the basic terminology of economic sciences along with the application of this				



		practical knowledge in business activities.	<p>Knows the prevention of anti-health behavior manifested in the form of the use of narcotic drugs or psychoactive substances, alcohol consumption and smoking, as well as the prevention of civilization and mental diseases.</p> <p>Understands the relationship between health promotion, prevention and health education. Gives definitions and assumptions for health promotion, including mental health promotion. At an advanced stage, discusses health-promoting lifestyles.</p>
P6U_W	P6S_WG	<b>E1_W05</b> Knows and understands at an advanced level the knowledge of man as an entity creating economic structures; knows the rules of human behavior in terms of satisfying needs, has elementary knowledge of the principles and motives of human action in the process of creating and implementing tasks and organizational changes of these structures. Knows how to apply knowledge in practice.	
P6U_W	P6S_WG P6S_WK	<b>E1_W08</b> Has knowledge of the processes of development and transformation of entities, institutions and economic structures; recognizes the essence and conditions of entrepreneurial activities and the importance of innovation in building knowledge-based competitiveness	
<b>in terms of <u>SKILLS</u>:</b>			<p>Independently plans and promotes an active and healthy lifestyle. Uses activating methods in practice. Undertakes activities in the field of health promotion and disease prevention.</p> <p>Diagnoses the needs of the group in the field of health education and implements changes in the diet of the population serving the occurrence of obesity. Collaborates with others to create programs that promote a healthy lifestyle.</p> <p>Is able to plan interventions in the field of health promotion and health education in response to the health needs of a selected local community. Can give health advice on lifestyle. Prepares educational materials.</p>
P6U_U	P6S_UW P6S_UO P6S_UU	<b>E1_U06</b> Is able to independently plan and implement his/her own learning, being aware of the dynamic development of sciences, using the acquired economic knowledge and practical conclusions and specialist experience in independent implementation of tasks, as well as running a business and solving the dilemmas of professional work.	
P6U_U	P6S_UW P6S_UK P6S_UO	<b>E1_U07</b> Is able to cooperate with other people as part of teamwork or as a leader; takes a department in the analysis and evaluation of alternative solutions to economic problems and chooses methods and instruments to rationally resolve and optimize them.	
P6U_U	P6S_UW	<b>E1_U09</b> Is ready to perform tasks innovatively and solve complex and unusual problems in conditions burdened with risk and uncertainty, using normative systems, using specialized terminology	
<b>in the field of <u>SOCIAL COMPETENCES</u>:</b>			



P6U_K	P6S_KO P6S_KR	<b>E1_K02</b> Is able to actively cooperate in teams, including international ones, and take on various roles with respect for social, cultural and legal norms, and perform responsible roles in the team, being aware of the decisions they make, and also takes responsibility for the results of their work and the whole team.	Understands the need for openness, empathy and authenticity in health educators as well as cooperation and partnership in health promotion.  Recognizes health as a value for man and a resource for society. Is aware of the importance of creating patterns of behavior for other people.  Can arrange the prevention of anti-health behaviors manifested in the form of the use of narcotic drugs or psychoactive substances, alcohol consumption and smoking, as well as the prevention of civilization and mental diseases.
P6U_K	P6S_KO	<b>E1_K04</b> Is ready to fulfill social obligations and co-organize activities for the benefit of the social environment and acts for the public interest.	
P6U_K	P6S_KO P6S_KR	<b>E1_K06</b> Is able to think in an entrepreneurial way and skillfully communicate with the environment; adapts to new situations and conditions, acquires resistance to failure and stress.	

**Ways to verify the out come of this learning (KNOWLEDGE, SKILLS, SOCIAL COMPETENCES)**

Effects(symbol)	Written exam	Oral exam	Colloquium	Essay/Paper	Homework	Individual presentation	Group presentation	Activity in class	Participation in the	Individual project	Group project
E1_W01, E1_W05, E1_W08,	X							X			
E1_U06, E1_U07, E1_U09	X							X	X		
E1_K02, E1_K04, E1_K06						X			X		

**Form and conditions of passing the subject:**

The basis for obtaining credit/zal is:

- presence of 100%; confirmed by an entry on the attendance list,
- possible 10% absence balanced in a manner individually agreed with the lecturer,
- active participation in lectures (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the lecture),
- positive assessment from the response matching test.

The test is in writing – a test of matching answers. Each correct answer is 1 point, no answer or incorrect answer 0 points, a minimum of 60% of correct answers qualify for a positive rating.

**Assessment criteria from the test**

Assessment	Very good (5.0)	Good plus (4.5)	Good (4.0)	Sufficient plus (3.5)	Sufficient (3.0)	Insufficient (2.0)
% of correct answers	93-100%	85-92%	77-84%	69-76%	60-68%	59% and less

**Conditions for making up classes abandoned for justified reasons:**



Making up for abandoned classes is possible only in the case of a student's illness documented by sick leave or other random reasons. Justification of classes and passing of the material being the subject of lectures during the absence is made by the lecturer conducting the classes

**The student's workload needed to achieve learning outcomes during hours and ECTS credits**

**Contact hours with an academic teacher**

Types of classes	Number of hours
Participation in lectures	15
Participation in seminars	
Participation in exercises	
Participation in laboratory classes	
Consultations (2 hours for the lecture, 1 hour for one group of quarters, conv., sem.)	
<b>Sum of</b>	<b>15</b>

**Student's own work divided into time ( examples of student work forms)**

Form of student work	Number of hours
Preparing for classes	
Writing a paper/project/essay	
Gathering materials and preparing presentations	
Self-reading	
Preparing for colloquia/tests	
Preparing for the written/oral exam in a subject	
Preparation for written/oral credit in a subject	
<b>Sum of</b>	
<b>Total</b> (contact hours + student's own work)	

**0,5 ECTS**

1.including the number of ECTS credits for contact hours with the direct participation of an academic teacher

2.including the number of ECTS credits for hours carried out in the form of independent work

**Classes with a practical profile**

Types of classes	Number of hours
Participation in laboratory exercises	
Preparing for practical credit	
<b>Sum of</b>	
Number of ECTS credits for practical classes	

**Basic literature:**

1. C.D. Grant, T.E. Boddy, Intersectionality in Health Education, John Wiley & Sons Inc, New York 2024.
2. R. Cross, Health Promotion and Health Education in Nursing, SAGE Publications, Thousand Oaks 2023.

**Supplementary literature:**

1. P.Ch. Kpodo, The Urgency of Mental Health in Education, percy kpodo, 2024.

**Acceptance of the Vice-Rector:**