**description of the course of study**

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| **Course code** | **0231.8.FILA1P.A07.PW** | |
| **Name of the course in** | Polish | ***Przedmiot w zakresie wsparcia studentów w procesie uczenia się***  ***Zasady zdrowego stylu życia*** |
| English | ***Subject in the field of supporting students in the learning process***  ***Principles of healthy lifestyle*** |

1. **LOCATION OF THE course OF STUDY within the system of studies**

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| **1.1. Field of study** | English philology |
| **1.2. Mode of study** | Full-time studies |
| **1.3. Level of study** | Bachelor studies - first degree |
| **1.4. Profile of study\*** | Practical |
| **1.5. Person preparing the course description** | dr Małgorzata Makowska |
| **1.6. Contact** | malgorzata.makowska@ujk.edu.pl |

1. **General characteristicS of the course of study**

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| **2.1. Language of instruction** | Polish |
| **2.2. Prerequisites\*** | Basic knowledge of human biology at secondary school level, particularly human anatomy and physiology and basic substances that build human body |

1. **DETAILED CHARACTERISTICS OF THE COURSE OF STUDY**

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| * 1. **Form of classes** | | Conversation Class 30 h |
| * 1. **Place of classes** | | Didactic rooms of the Branch Faculty in Sandomierz UJK in Kielce as well as platforms and tools provided by the Jan Kochanowski University |
| * 1. **Form of assessment** | | Credit with a grade |
| * 1. **Teaching methods** | | Elements of the classical lecture, multimedia presentation, discussion, problem explanation, exercises and multimedia materials analysis, consultations |
| * 1. **Bibliography** | **Required reading** | 1. Piramida zdrowego żywienia i aktywności fizycznej. IŻŻ Warszawa 2016 2. Stawarz R., Stachowiak K. [red.]Tajemnica ciała. Atlas anatomiczny. Wyd. Nowa Era 2013 3. Materials provided by the teacher. |
| **Further reading** | 1. Jarosz M., Praktyczny podręcznik dietetyki, Wyd. IŻiŻ Warszawa, 2010, dostępny online: <http://www2.mz.gov.pl/wwwfiles/ma_struktura/docs/polzdrow_podrdietetyki_20120522_zal15.pdf> 2. <http://www.izz.waw.pl/pl/> 3. Any literature for preparing the project according to suggestions from the website: https://100club.pl/artykuly/25-najlepszych-ksiazek-o-zdrowym-odzywianiu,3624.html |

1. **Objectives, syllabus CONTENT and intended LEARNING outcomes**

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| * 1. **Course objectives *(including form of classes)***   Class  ***C1***. Developing skills and competences regarding understanding of the current state of knowledge in the field of a proper lifestyle of a person and the role of stress in life.  ***C2***. Conveying knowledge and skills to understand the principles of the physiology of the functioning of the human body, including the physiological role of individual systems and sources of life energy, the value of life in society with elements of psychobiology and psychodietetics. |
| * 1. **Detailed syllabus *(including form of classes)***   Class 30h   1. Basic information on the human body biology. 2. Structure and functioning of systems related to food digestion. 3. Structure and functioning of systems related to movement. 4. Structure and functioning of the nervous and hormonal systems. 5. Concept of the health field. Body balance, health, and disease. 6. Neurohormonal regulation of body balance. 7. Sources of life energy. 8. Biology of emotions and stress reactions. 9. The significance of life within a group – elements of socio- and psychobiology. 10. Body hygiene and mental hygiene. 11. Planning nutrition and principles of rational eating. 12. Nutrition and cultural customs. 13. Nutrition and lifestyle diseases. 14. Elements of psychodietetics and knowledge about eating disorders. 15. Presentation of projects and summary of classes. |

**4.3 Intended learning outcomes**

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| **Code** | **A student, who passed the course** | **Relation to learning outcomes** |
| within the scope of **knowledge:** | | |
| W01 | has a basic knowledge of occupational health and safety in institutions related to the professional activities of an English philologist, including knowledge covering key issues in the composition, construction and metabolism of the human body and the principles of a healthy lifestyle and stress biology | FILA1P\_W10 |
| within the scope of **ABILITIES:** | | |
| U01 | independently plans and implements her own lifelong learning and can apply the principles of a healthy lifestyle and prevention of civilization diseases in her life | FILA1P\_U15 |
| U02 | raises his personal competences and can determine the sources of life energy and the biological and nutritional value of the food consumed | FILA1P\_U16 |
| within the scope of **Social COMPETENCE:** | | |
| K01 | participates in cultural life in its various forms; is able to consciously choose the right ways to live a healthy life, including nutrition and prevention of civilization diseases and making conscious choices about nutrition and health and hygiene of the body and mind | FILA1P \_K05 |

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| * 1. **Methods of assessment of the intended learning outcomes** | | | | | | | | | | | | | | | | | | | | | |
| **Teaching**  **outcomes**  ***(code)*** | **Method of assessment (+/-)** | | | | | | | | | | | | | | | | | | | | |
| **Exam oral/written\*** | | | **Test\*** | | | **Project\*** | | | **Effort**  **in class\*** | | | **Self-study\*** | | | **Group work\*** | | | **Others\*** | | |
| ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | |
| *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* |
| W01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |
| U01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |
| U02 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |
| K01 |  |  |  |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |

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| * 1. **Criteria of assessment of the intended learning outcomes** | | |
| **Form of classes** | **Grade** | **Criterion of assessment** |
| **classes (C)\*** | **3** | Understands basic terms related to the structure and functioning of the human body and principles of a healthy lifestyle, including proper nutrition. Understands the principles of creating a basic menu. Knows basic preventative measures for lifestyle diseases. Characterizes the concept of stress.  Passing with a grade: project work (lifestyle journal with an analysis)  *Low effort in class (below 60% of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 50-59%* |
| **3,5** | Familiar with selected terms related to the structure and functioning of the human body and principles of a healthy lifestyle, including proper nutrition. Understands the principles of creating a basic menu. Knows basic preventative measures for lifestyle diseases. Able to consciously make basic purchases of nutritional products. Familiar with basic eating disorders. Characterizes the concept of stress.  Passing with a grade: project work (lifestyle journal with an analysis)  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 60-69%*  *Low effort in class (below 60% of the classes)* |
| **4** | Knows the majority of terms related to the human body and principles of a healthy lifestyle, including proper nutrition. Understands preventative measures for lifestyle diseases. Able to consciously make purchases of nutritional products. Familiar with basic eating disorders and their psychological aspects. Understands the significance of life within a group and explains the physiology of stress.  Passing with a grade: project work (lifestyle journal with an analysis)  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 70-79%*  *Medium effort in class ( 60% - 89 % of the classes)* |
| **4,5** | Familiar with almost all terms related to the human body and principles of a healthy lifestyle, including proper nutrition. Understands preventative measures for lifestyle diseases. Able to consciously make purchases of nutritional products. Knowledgeable about substances in food and dietary supplements for maintaining health and disease prevention. Familiar with basic eating disorders and their psychological and cultural aspects. Understands the physiology of stress and explains the health aspects of stress reactions.  Passing with a grade: project work (lifestyle journal with an analysis  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 80-89%*  *Medium effort in class ( 60% - 89 % of the classes)* |
| **5** | Knows all required terms related to the human body and principles of a healthy lifestyle, including proper nutrition. Understands preventative measures for lifestyle diseases. Able to consciously make purchases of nutritional products. Knowledgeable about substances in food and dietary supplements for health maintenance, prevention, and treatment of diseases. Familiar with basic eating disorders and their psychological and cultural aspects and can indicate preventive measures against problems and diseases due to an inappropriate lifestyle. Understands the physiology of stress and explains the health aspects of stress reactions.  Passing with a grade: project work (lifestyle journal with an analysis)  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 90-100%*  *High effort in class ( over 90 % of the classes)* |

1. **BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT**

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| **Category** | **Student's workload** | |
| **Full-time**  **studies** | **Extramural studies** |
| *NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/* | ***30*** | ***30*** |
| *Participation in classes* | 30 | 30 |
| *INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/* | ***20*** | ***20*** |
| *Preparation for the classes* | 10 | 10 |
| *Gathering materials for the project/Internet query* | 10 | 10 |
| *TOTAL NUMBER OF HOURS* | ***50*** | ***50*** |
| ECTS credits for the course of study | **2** | **2** |

***Accepted for execution*** *(date and legible signatures of the teachers running the course in the given academic year)*

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