

## DESCRIPTION OF THE COURSE OF STUDY

|                              |                        |                |
|------------------------------|------------------------|----------------|
| <b>Course code</b>           | <b>0912.4.LEK.C.Hy</b> |                |
| <b>Name of the course in</b> | Polish                 | <b>Higiena</b> |
|                              | English                | <b>Hygiene</b> |

### 1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

|                                                     |                                 |
|-----------------------------------------------------|---------------------------------|
| <b>1.1. Field of study</b>                          | Medicine                        |
| <b>1.2. Mode of study</b>                           | Full-time                       |
| <b>1.3. Level of study</b>                          | Uniform Master's studies        |
| <b>1.4. Profile of study*</b>                       | General academic                |
| <b>1.5. Person preparing the course description</b> | Dr hab. n. med. Zbigniew Siudak |
| <b>1.6. Contact</b>                                 | michal.zabojszcz@ujk.edu.pl     |

### 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

|                                     |         |
|-------------------------------------|---------|
| <b>2.1. Language of instruction</b> | English |
| <b>2.2. Prerequisites*</b>          | -----   |

### 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

|                                |                                                                                 |                                                                                                                                                                                                                       |
|--------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3.1. Form of classes</b>    | LECTURE: 15                                                                     |                                                                                                                                                                                                                       |
| <b>3.2. Place of classes</b>   | Lecture- Courses in the teaching rooms of UJK                                   |                                                                                                                                                                                                                       |
| <b>3.3. Form of assessment</b> | Credit with grade                                                               |                                                                                                                                                                                                                       |
| <b>3.4. Teaching methods</b>   | Lecture: informative lecture, explanation.<br>Lecture: problem-centred lecture. |                                                                                                                                                                                                                       |
| <b>3.5. Bibliography</b>       | <b>Required reading</b>                                                         | 1. Epidemiology and Public Health Medicine<br>2. Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health                                                                                          |
|                                | <b>Further reading</b>                                                          | 1. Oxford Handbook of Public Health Practice 3e 9780199586301<br>2. Lecture Notes: Epidemiology, Evidence-based Medicine and Public Health 9781444334784<br>3. Lecture Notes on Epidemiology & Public Health Medicine |

### 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>4.1. Course objectives (including form of classes)</b><br><br><b>Lectures</b><br>C1 – Obtaining basic knowledge in the scope of hygiene.<br>C2– Developing the ability to recognize health problems resulting from the action of various environmental factors.<br>C3 – Sensitivity to promote a healthy lifestyle.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| <b>4.2. Detailed syllabus (including form of classes)</b><br><br><b>Lectures</b> <ol style="list-style-type: none"> <li>1. Introduction to hygiene- a historical outline. Defining the basic concepts in the field of hygiene.</li> <li>2. The methods for assessing the health of individuals and populations. Classification of diseases.</li> <li>3. The determinants of health. The tasks and directions of health promotion as well as disease prevention.</li> <li>4. Hygiene of developmental age.</li> <li>5. Hygiene of an old age.</li> <li>6. The influence of environmental factors on human health. Hazards in the working environment. Occupational and para-occupational diseases. The tasks of Occupational Medical Service.</li> <li>7. Food hygiene and nutrition.</li> <li>8. The aims, tasks and the organization of the health system at the national and global levels.</li> </ol> |  |

#### 4.3. Intended learning outcomes

| Code                                           | A student, who passed the course                                                                                                                                                                                                                                                                                                    | Relation to learning outcomes |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| within the scope of <b>KNOWLEDGE</b> :         |                                                                                                                                                                                                                                                                                                                                     |                               |
| W01                                            | The implications of the human body exposure to chemical and physical factors and prevention principles;                                                                                                                                                                                                                             | C.W13.                        |
| W02                                            | Methods for assessing the health status of individuals and populations, indicators and principles for monitoring population health, disease and medical procedure classification systems;                                                                                                                                           | G.W1.                         |
| W03                                            | The concept and functions of public health, the concept, tasks, and methods of health promotion, the concept of quality in healthcare and the factors influencing it, the structure and organization of the healthcare system at the national and global levels, and the impact of economic conditions on healthcare opportunities; | G.W4.                         |
| within the scope of <b>ABILITIES</b> :         |                                                                                                                                                                                                                                                                                                                                     |                               |
| U01                                            | Collect information about the determinants and presence of risk factors for infectious and non-infectious diseases and plan preventive actions at various levels of prevention;                                                                                                                                                     | G.U2.                         |
| U02                                            | Interpret positive and negative health indicators;                                                                                                                                                                                                                                                                                  | G.U3.                         |
| within the scope of <b>SOCIAL COMPETENCE</b> : |                                                                                                                                                                                                                                                                                                                                     |                               |
| K01                                            | establish and maintain deep and respectful contact with the patient and show understanding towards ideological and cultural differences;                                                                                                                                                                                            | K.S1.                         |
| K02                                            | do what is right for the patient;                                                                                                                                                                                                                                                                                                   | K.S2.                         |
| K03                                            | respect medical confidentiality and patient's rights;                                                                                                                                                                                                                                                                               | K.S3.                         |
| K04                                            | take actions concerning the patient on the basis of ethical principles, being aware of social conditions and restrictions resulting from illness;                                                                                                                                                                                   | K.S4.                         |
| K05                                            | recognize his/her own limitations and self-evaluate educational deficiencies and needs;                                                                                                                                                                                                                                             | K.S5.                         |
| K06                                            | promote healthy lifestyle;                                                                                                                                                                                                                                                                                                          | K.S6.                         |
| K07                                            | use reliable information sources;                                                                                                                                                                                                                                                                                                   | K.S7.                         |
| K08                                            | conclude on the basis of own surveys and observations;                                                                                                                                                                                                                                                                              | K.S8.                         |
| K09                                            | introduce rules of social conduct and teamwork to the group of specialists, including specialists from other medical professions also in the multicultural and multinational environment;                                                                                                                                           | K.S9.                         |
| K10                                            | give opinions concerning various aspects of professional activity;                                                                                                                                                                                                                                                                  | K.S10.                        |
| K11                                            | take responsibility for own decisions made during professional activities including own safety and safety of other people;                                                                                                                                                                                                          | K.S11.                        |

#### 4.4 Methods of assessment of the intended learning outcomes

| Teaching<br>outcomes<br>(code) | Method of assessment (+/-) |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                           |   |     |                           |  |
|--------------------------------|----------------------------|---|-----|--------------------|---|-----|--------------------|---|-----|---------------------|---|-----|--------------------|---|-----|--------------------|---|-----|---------------------------|---|-----|---------------------------|--|
|                                | Exam<br>oral/written*      |   |     | Test*              |   |     | Project*           |   |     | Effort<br>in class* |   |     | Self-<br>study*    |   |     | Group<br>work*     |   |     | Others*<br>Attendan<br>ce |   |     | Others<br>Observati<br>on |  |
|                                | Form of<br>classes         |   |     | Form of<br>classes |   |     | Form of<br>classes |   |     | Form of<br>classes  |   |     | Form of<br>classes |   |     | Form of<br>classes |   |     | Form of<br>classes        |   |     | Form of<br>classes        |  |
|                                | L                          | C | ... | L                  | C | ... | L                  | C | ... | L                   | C | ... | L                  | C | ... | L                  | C | ... | L                         | C | ... | L                         |  |
| W01                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| W02                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| W03                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| W04                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| U01                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| U02                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| U03                            |                            |   |     | +                  |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     | +                         |   |     |                           |  |
| K01-K11                        |                            |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                           |   |     | +                         |  |

\*delete as appropriate

| 4.5. Criteria of assessment of the intended learning outcomes |       |                                                                                                                                                                |
|---------------------------------------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Form of classes                                               | Grade | Criterion of assessment                                                                                                                                        |
| lecture (L)                                                   | 3     | Learning programme content on the basic level, replies chaotic, leading questions necessary 61%-68%                                                            |
|                                                               | 3,5   | Learning programme content on the basic level, answers systematized, requires assistance from the teacher 69%-76%                                              |
|                                                               | 4     | Learning programme content on the basic level, answers systematized, independent. Solving of problems in typical situations 77% - 84%                          |
|                                                               | 4,5   | The scope of presented knowledge exceeds the basic level based on the supplementary literature provided. Solving of problems in new complex situations 85%-92% |
|                                                               | 5     | The scope of presented knowledge exceeds the basic level based on independently acquired scientific sources of information 93%-100%                            |

#### 5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

| Category                                                                            | Student's workload |
|-------------------------------------------------------------------------------------|--------------------|
|                                                                                     | Full-time studies  |
| <i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i> | <b>15</b>          |
| <i>Participation in lectures*</i>                                                   | <b>15</b>          |
| <i>Participation in classes, seminars, laboratories*</i>                            |                    |
| <i>Preparation in the exam/ final test*</i>                                         |                    |
| <i>Others (please specify e.g. e-learning)*</i>                                     |                    |
| <i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>                           | <b>10</b>          |
| <i>Preparation for the lecture*</i>                                                 | <b>10</b>          |
| <i>Preparation for the classes, seminars, laboratories*</i>                         |                    |
| <i>Preparation for the exam/test*</i>                                               |                    |
| <i>Gathering materials for the project/Internet query*</i>                          |                    |
| <i>Preparation of multimedia presentation</i>                                       |                    |
| <i>Others *</i>                                                                     |                    |
| <b>TOTAL NUMBER OF HOURS</b>                                                        | <b>25</b>          |
| <b>ECTS credits for the course of study</b>                                         | <b>1</b>           |

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

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