Załącznik nr 5 do zarządzenia nr 189/2025

COURSE SPECIFICATION

Course code: 0912.4.LEK.C.Hy

Course title in Polish: Higiena
Course title in English: Hygiene

1. Placement of the course within the study programme

1.1. Field of study	Medicine
1.2. Mode of study	Full-time
1.3. Level of study	Uniform Master's study
1.4. Profile of study	General academic
1.5. Course specification author	Dr hab. n. med. Zbigniew Siudak
1.6. Contact	michal.zabojszcz@ujk.edu.pl

2. Generał characteristics of the course

2.1. Language of instruction	English
2.2. Entry requirements	-

3. Detailed characteristics of the course

3.1. Type of classes	LECTURE: 15
3.2. Place of course delivery	Lecture- Courses in the teaching rooms of UJK
3.3. Form of assessment	Credit with grade
3.4. Teaching methods	Lecture: informative lecture, explanation. Lecture: problem-centred lecture.
3.5.a. Basic reading list	1. Epidemiology and Public Health Medicine 2. Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health
3.5.b. Supplementary reading list	1. Oxford Handbook of Public Health Practice 3e 9780199586301 2. Lecture Notes: Epidemiology, Evidence-based Medicine and Public Health 9781444334784 3. Lecture Notes on Epidemiology & Public Health Medicine

4. Objectives, content and learning outcomes

4.1. Course objectives (taking into account the form of classes)

- **CO1.** Obtaining basic knowledge in the scope of hygiene.
- **CO2.** Developing the ability to recognize health problems resulting from the action of various environmental factors.
- **CO3.** Sensitivity to promote a healthy lifestyle.

4.2. Course content (taking into count the form of classes)

Lectures

1. Introduction to hygiene- a historical outline. Defining the basic concepts in the field of hygiene.
2. Themethods for assessing the health of individuals and populations. Classification of diseases.
3. The determinants of health. The tasks and directions of health promotion as well as disease prevention.
4. Hygiene of developmental age.

5. Hygiene of an old age.

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.

7. Food hygiene and nutrition.

8. The aims, tasks and the organization of the health system at the national and global levels.

4.3. Course learning outcomes

Course learning outcomes (code)	Upon completion of the course, the student	Alignment with programme learning outcomes
	in the area of knowledge knows and understands:	
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.
	in the area of skills knows how to:	
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.
	in the area of social competences is able to:	
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 form 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. Assessment methods for learning outcomes

Assessment method (+/-)

Course learning outcomes (code)	Oral/written/ practical examinaion /other (specify)*	Test*	Project*	In-class activity*	Independent study*	Group work*	Other Observation

Type of classes

1: / 2:	L	PC	...	L	PC	...	L	PC	...	L	PC	...	L	PC	...	L	PC	...	L	PC	...
W01-W03				+																	
U01-U02				+																	
K01-K11																			+		

Annotation. 1: form of classes; 2: learning outcomes

4.5. Assessment criteria for learning outcomes

Type of classes:

LECTURE (L) (including classes conducted with the use of distance learning methods and techniques)

Grade	Assessment criteria
3,0	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%
4,0	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%
5,0	The scope of presented knowledge exceeds the basic level based on independently acquired scientific sources of information 93%-100%

5. ECTS credit allocation – student workload

Category	Student workload (full-time mode)	Student workload (part-time mode)
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER (CONTACT HOURS)	**15**	
Participation in lectures*	15	
Participation in seminars/laboratories*		
Other (specify) e.g. classes conducted with the use of distance learning methods and techniques*		
INDEPENDENT STUDY (NON-CONTACT HOURS)	**10**	
Preparation for lectures*	10	
Preparation for seminars/laboratories*		
Preparation for examination/test*		
Gathering materials for project, online research*		
Preparation of a multimedia presentation*		
Other (specify)*		
TOTAL HOURS	**25**	

ECTS CREDITS for the course	**1**	

*** delete as appropriate**

Approved for implementation (date and legible signatures of course instructors in the given academic year):

……..