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| FACULTY: | Faculty of Humanities |
| FIELD OF STUDY: | Pedagogical Studies |
| ERASMUS COORDINATOR OF THE FACULTY: | Dominika Liszkowska, PhD |
| E-MAIL ADDRESS OF THE COORDINATOR: | dominika.liszkowska@tu.koszalin.pl |
| COURSE TITLE: | Health education |
| LECTURER’S NAME: | Lucyna Maksymowicz, PhD |
| E-MAIL ADDRESS OF THE LECTURER: | lucyna.maksymowicz@tu.koszalin.pl |
| ECTS POINTS FOR THE COURSE: | 3 |
| COURSE CODE (USOS): | 0921>1700-EZdr |
| ACADEMIC YEAR: | 2025/2026 |
| SEMESTER:  (W – winter, S – summer) | Winter |
| HOURS IN SEMESTER: | 35 (20+15) |
| LEVEL OF THE COURSE:  (1st cycle, 2nd cycle, 3rd cycle) | 1stcycle |
| TEACHING METHOD:  (lecture, laboratory, group tutorials, seminar, other-what type?) | Lecture, multimedia presentation, laboratory |
| LANGUAGE OF INSTRUCTION: | **• English full time scheme for classes with 5 and more International Erasmus+ students enrolled/accepted;**  **• English 50% individually with the teacher + Polish 50% with Polish students or individual project work- scheme for classes with less than 5 International Erasmus+ students enrolled/ accepted;** |
| ASSESSMENT METHOD:  (written exam, oral exam, class test, written reports, project work, presentation, continuous assessment, other – what type?) | Class test; project work; |
| COURSE CONTENT: | Health pedagogy - multidimensional view of health; health components;  The development of civilization and human health;  Health determinants;  Lifestyle and health behaviors; Nutritional education; Eating disorders;  Risky behaviors in adolescents and adults;  Goals and models of health education;  Developing life skills (UNICEF and WHO classification);  Health education of children and adolescents with chronic diseases;  Teacher / educator / as a health leader;  Health promotion and preventive medicine; |
| ADDITIONAL INFORMATION: |  |

Lucyna Maksymowicz, PhD / 14.04.2025

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