Appendix No. 1.5 to the Resolution No. 7/2023  
of the Rector of the University of Rzeszów

**SYLLABUS**

**regarding the qualification cycle FROM 2024TO 2025**

**Academic year 2024/2025**

1. Basic Course/Module Information

|  |  |
| --- | --- |
| Course/Module title | Public Health |
| Course/Module code \* |  |
| Faculty (name of the unit offering the field of study) | College of Medical Sciences of the University of Rzeszow |
| Name of the unit running the course | Department of Nursing and Public Health |
| Field of study | NURSING |
| Qualification level | MASTER |
| Profile |  |
| Study mode | DAY STUDIES |
| Year and semester of studies | 2022/2023, FIRST or SECOND |
| Course type | WEEKDAYS |
| Language of instruction | ENGLISH |
| Coordinator | Filip Osuchowski (EMT-P, MPH, PhD) |
| Course instructor | Filip Osuchowski (EMT-P, MPH, PhD) |

\* - as agreed at the faculty

1.1.Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits** |
| 1 | 15 | 15 |  |  |  |  |  |  | 6 |

1.2. Course delivery methods

- conducted in a traditional way

- involving distance education methods and techniques

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

2. Prerequisites

|  |
| --- |
|  |

3. Objectives, Learning Outcomes, Course Content, and Instructional Methods

3.1. Course/Module objectives

|  |  |
| --- | --- |
| O1 | Preparing students to interpret and understand the knowledge of:  - The role of public health in medical science  - The impact of medical and non-medical factors on human health  - Preventive health behaviors manifested in the form of drug addiction, alcoholism, smoking  - modern system solutions, such as telemedicine and telecare used in public health |
| O2 | Preparation of student skills of:  - Identifying methods of preventing the occurrence and spread of diseases resulting from the incorrect health behaviour  - Analyzing the factors affecting the health of an individual human being, groups of people and society  - the use of modern system solutions, such as telemedicine and telecare in public health |
| O3 | Shaping the attitude of students to:  - Deepen the knowledge of public health |

3.2. Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome  defined for the course/module | Relation to the degree programme outcomes |
| LO\_01 | The impact of environmental factors on the health of an individual and society | B.W33, B.W38, B.W37. |
| LO\_02 | State health policy | B.W24, B.W34, B.W32, B.W40. |
| LO\_03 | Health programs | B.W31, B.W28, B.U26. |
| LO\_04 | Health risks for specific social groups, taking into account variables such as: age, residence, study and work | B.W31, B.W28, B.U19, B.U23. |
| LO\_05 | the use of modern system solutions, such as telemedicine and telecare in public health | D.K1. |
| LO\_06 | the use of modern solutions to characterize the health problem and define strategies to solve them,, | B.U20, B.U21. |
| LO\_07 | Define the role and tasks of the Nurses in the prevention of health threats | B.U24, B.U26. |
| LO\_08 | Plan the participation in public health protection in accordance with the powers of a Nurses | B.W39, B.U19, B.U23. |
| LO\_09 | Eploiting the knowledge of public health at work and out of it | B.U21, B.U23. |

**3.3. Course content (to be completed by the coordinator)**

1. Lectures

|  |
| --- |
| Content outline |
| 1. ROLE AND TASKS OF PUBLIC HEALTH. BASIC TERMINOLOGY IN PUBLIC HEALTH: INDIVIDUAL'S AND COMMUNITY HEALTH; HEALTH IN SELECTED DISCIPLINES: PSYCHOLOGY, SOCIOLOGY, MEDICINE, NURSING. |
| 2. CONCEPTS OF HUMAN HEALTH IN THE health PROGRAMs. HEALTH BEHAVIORS. HEALTH NEEDS. HEALTHY LIFESTYLE. HEALTH PROBLEMS. RISK FACTORS. DANGERS. DISEASE. |
| 3. HEALTHY LIFESTYLE. HEALTH PROBLEMS. RISK FACTORS. DANGERS. DISEASE. |
| 4. modern system solutions, such as telemedicine and telecare used in public health. |

1. Classes, tutorials/seminars, colloquia, laboratories, practical classes

|  |
| --- |
| Content outline |
| 1. Determinants of health. Biological effects of environmental factors on human and society's health, Impact of the environment on human health. |
| 2. STATE HEALTH POLICY. PROBLEMS AND STRATEGIES FOR HEALTH. hEALTH PROGRAMS based on an overview hEALTH PROGRAMS in workplace. |
| 3. the use of modern system solutions, such as telemedicine and telecare in public health. |
| 4. the use of modern solutions to characterize the health problem and define strategies to solve them. |

3.4. Methods of Instruction

e.g.

*Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation/ distance learning*

*Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games/ distance learning*

*Laboratory classes: designing and conducting experiments*

* + - 1. *Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation.*
      2. *Classes: text analysis and discussion/project work (research project, practical project)/ (problem solving, discussion)*

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

|  |  |  |
| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| LO-01 | oral exam | lectures |
| LO-o2 | oral exam | Lectures |
| LO-o3 | oral exam | Lectures |
| LO-o4 | oral exam , observation during classes | lectures, classes, |
| LO-o5 | observation during classes | classes |
| LO-o6 | observation during classes | classes |
| LO-o7 | observation during classes | classes |
| LO-o8 | oral exam, observation during classes | lectures, classes, |
| LO-o9 | observation during classes | classes |

4.2 Course assessment criteria

|  |
| --- |
| A. Remembering questions;  B. Understanding messages;  C. Solving a typical task;  D. Solving an unusual task.  Assessment Criteria:  - for insufficient solution of tasks in the areas A, B and C = grade 2.0  - for solving tasks only from area A and B and partly from area C the possibility of obtaining max. grade 3.0  - for solving tasks in the area A + B + C the possibility of obtaining grade 4.0  - for solving tasks in the area A + B + C + D the possibility of obtaining grade 5.0 |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

|  |  |
| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 15 |
| Other contact hours involving the teacher (consultation hours, examinations) | 15 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 95 |
| Total number of hours | 125 |
| Total number of ECTS credits | 6 |

6. Internships related to the course/module

|  |  |
| --- | --- |
| Number of hours |  |
| Internship regulations and procedures |  |

7. Instructional materials

|  |
| --- |
| Compulsory literature:  10 lessons in public health : inspiration for tomorrow's leaders / Alfred Sommer. - Baltimore : The Johns Hopkins University Press, 2013. |
| Complementary literature:  Health behavior interventions in developing countries / Karl Peltzer and Supa Pengpid. - New York : Nova Science Publishers, 2011.  Public health and research : monografia / pod red. Leszka Wdowiaka, Wacława Kruka, Moniki Binkowskiej-Bury. - Lublin : "NeuroCentrum", 2009. |

Approved by the Head of the Department or an authorised person