TEACHING DOCUMENT • MEDICAL SCIENCES

Health Promotion and Health Education

COURSE SYLLABUS | ACADEMIC YEAR 2026/2027

PARTICIPANTS	Year III students of the Doctoral School of SUM
ORGANISATION	2 seminars × 5 teaching hours | 10 hours in total
COURSE TYPE	compulsory (seminars)
VENUE	Department of Medicine and Environmental Epidemiology, 19 Jordana St., Zabrze
FORM OF ASSESSMENT	graded credit

PASS REQUIREMENTS

Attendance at all classes, a passing grade in the oral test and a positive assessment of a written project prepared by a team of several students.

1 SEMINAR · 5 TEACHING HOURS

Introduction to Health Promotion and Health Education. Health Policy Programmes

Instructor: dr n. o zdr. Joanna Zembala-John • conducted in English

- Health promotion: objectives, areas, methods and funding; its role in achieving health goals.
- Health education: objectives, strategies, stages and teaching methods; health literacy.
- Development, implementation and evaluation of health promotion programmes; local, national, European and global programmes.
- Use of scientific evidence to justify and evaluate proposed health interventions.
- Presentation of the initial framework for the group assessment project.

ASSESSMENT PROJECT

Working in small groups, students develop a proposal for a health promotion, health education or disease prevention programme targeting a selected population. The project should incorporate current scientific evidence and the principles of planning, implementing and evaluating health interventions.

The project is assessed as part of the graded course credit; it is presented and discussed during the second seminar.

COURSE PROGRAMME / CONTINUED

2 SEMINAR · 5 TEACHING HOURS

Health Promotion and Health Education Across the Life Course. Health-Promoting Settings

Instructor: dr hab. n. med. Janusz Kasperczyk

- Determinants of health: social, environmental and behavioural factors; health-supporting environments.
- Development of health-related attitudes and behaviours at different stages of life.
- The settings-based approach to health promotion: principles and examples of application.
- Prevention of sleep disorders as an example of an intervention in health promotion and health education.
- Presentation and discussion of group projects (as part of the course assessment).

COURSE LITERATURE

CORE READING

1. Jośko-Ochojska J. (red.). Higiena, epidemiologia i zdrowie publiczne. Podręcznik dla studentów. Wydawnictwo SUM, Katowice, 2012.
2. Czupryna A., Poździoch S., Ryś A., Włodarczyk W.C. (red.). Zdrowie publiczne. Wybrane zagadnienia. Vesalius, Kraków, 2001.

SUPPLEMENTARY READING

1. Karski J.B. Praktyka i teoria promocji zdrowia. Wyd. 5. CeDeWu, Warszawa, 2011.
2. Opolski J. (red.). Zdrowie publiczne. Wybrane zagadnienia. Tom I. CMKP, Warszawa, 2011. https://cmkp.edu.pl/eu/css_bart/dok_eu/CMKP_Zdrowie_Publiczne_T_1.pdf
3. Dyzmann-Sroka A., Piotrowski T. (red.). Programy zdrowotne. Skuteczna profilaktyka zachorowań. Przykłady dobrych praktyk. PZWL, Warszawa, 2017.
4. Pinkas J. (red.). Współczesne wyzwania zdrowia publicznego. Wybrane zagadnienia. Wyd. 1. PZWL, Warszawa, 2021.

INSTITUTIONAL RESOURCES

Agency for Health Technology Assessment and Tariff System (AOTMiT). Health policy programmes – resources and guidelines. https://www.aotm.gov.pl/polityka-zdrowotna/

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