

CURRICULA OF THE COURSE (SYLLABUS)

NAME OF THE DEPARTMENT LEADING THE COURSE:

Faculty of Health Sciences, Department of Preventive Medicine ul. Żeligowskiego 7/9, Head of the Department: Prof. dr hab. n. med. Magdalena Kwaśniewska

NAME OF THE FIELD OF STUDY: International Doctoral School

EDUCATION PROFILE: general academic

SPECIALITY: -

EDUCATION LEVEL: third degree studies

1. **Name of the course:** Current challenges of physical activity: health and the environment, motivation and technology
2. **Code of the course:**
3. **Type of the course:** facultative
4. **Aim of the course:** To familiarize students with available methods for assessing physical activity levels, factors determining physical activity, and how physical activity affects health in the context of climate change.
5. **Form of study:** stationary
6. **Year of study:**
7. **Form of classes and number of hours for each form of classes:**

Seminar: 15 hours, hybrid
8. **The number of ECTS credits and their distribution, taking into account the individual forms of student work:**
9. **Name and surname of the lecturer:**

Prof. UM Anna Lipert, PhD
10. **Prerequisites:**
11. **Teaching methods:**

Seminar – in the form of a multimedia presentation; discussion; individual and group work; case studies.
12. **Content of the course:**

1. Physical activity, climate change, and health. Physical activity as a tool for achieving sustainable development goals, including digital development in sport. Examples of activities (practical part - case study using tools for remote practical work)

Form: online

2. Discussion and critical analysis of available methods for assessing physical activity. Assessment of physical activity in practice, analysis and presentation of physical activity results in the context of other studies (practical part).

Form: in-person

3. The importance of motivation and barriers to engaging in physical activity. A review of current health interventions that increase motivation, including those based on self-monitoring and the use of technology. Identifying the types of motivation in selected individuals (practical exercise - case study using tools for remote practical work).

Form: online

13. Learning Outcomes:

Knowledge:

P8S_WG Knows and understands the main development trends of scientific disciplines in which education takes place

Skills:

P8S_UW Is able to make a critical analysis and evaluation of the results of scientific research, expert activity and other creative works and their contribution to the development of knowledge

P8S_UK Is able to participate in the scientific discourse

Social competence:

P8S_KK Is ready to critically evaluate the achievements within a given scientific discipline; critical evaluation of one's own contribution to the development of a given scientific discipline; recognizing the importance of knowledge in solving cognitive and practical problems

14. Literature:

Recommended for reading during classes.

15. Methods and ways of verifying the learning outcomes, including the form and conditions of completing the course:

Attendance at the seminar, active participation in classes, and completing assignments as part of your own work, including during online classes, are required to pass the seminar. Failure to participate or attend classes requires passing the final test.

16. Additional information:

Consultations for students indirectly by e-mail or directly at the Department of Preventive Medicine, ul. Żeligowskiego 7/9 Lodz

Prof. Anna Lipert, PhD. anna.lipert@umed.lodz.pl;

17. Declaration:

I declare that the program content contained in this syllabus is the result of my individual creative work performed as part of an employment/cooperation relationship resulting from a civil law contract and that third parties are not entitled to proprietary copyrights.

18. Dean's signature:

19. Data: