

(SYLABUS)

Name of the department / clinic providing the course:

Department of Noninvasive Cardiology

Course title: ANGL - Lekarski

Course profile: academic, soft skills classes

Speciality: cardiology

Level of course unit: doctoral studies

Course unit title: Yoga in cardiology and beyond.

Course unit code:

Course aims:

Acquisition of knowledge in the basics of yoga, using acquired skills in practice, and expanding experience with modern elements that improve the whole body functioning, with special focus on cardiovascular system.

Form of study: doctoral seminar

Year of study: 2025/2026

Types of educational activities and number of hours allocated:

Subject	Language course	Self-study	Lecture	Exercises	Laboratory	Seminar	Practical	e-learning	Profession practice	Other (what?)	ECTS points
		4 h				16					1

4 meetings, each 5 class periods long

Self-study is one hour of self-directed training on each day of the course.

Number of ECTS credits allocated and their structure according to students' from of learning:

1 ECTS

Names of course unit's faculty:

Prof. Malgorzata Lelonek, M.D., Ph.D. - Head of Department; N.Sosowska, Ph.D. (certified instructor).

Prerequisites:

The condition for attending the course is passing:

proficiency in basic human anatomy, familiarity with risk factors for lifestyle diseases, understanding of the significance of a holistic approach to patient care, and basic knowledge of cardiovascular risk factors.

Learning activities and teaching methods:

Multimedia presentation, practical workshops online and a discussion on the practical application of the discussed content, self-directed training.

Course unit content:

Seminars:

1. Let's build the foundations of yoga together (5 h):
 - a bit of history, i.e., who, when, how and why;
 - the significance in the therapeutic process and anatomical considerations of yoga;
 - mindfulness - what it is and why it is so important;
 - one hour of self-directed exercise.
2. We make a diagnosis (5 h):
 - what is your goal?;
 - thinking of the body and moving on to its realization;
 - tell me how you breathe and we'll turn that knowledge into energy;
 - one hour of self-directed exercise.
3. We change theory into practice part I (5 h):
 - resting in motion;
 - asanas - arranging in positions (anatomy);
 - feel the body more deeply and different forms of training;
 - one hour of self-directed exercise.
4. We change theory into practice part II (5 h):
 - what we already know, i.e. time for a summary;
 - can yoga change my daily life and the daily lives of my patients?;
 - a few words about other modern therapy methods, accompanying yoga, supporting the circulatory system;

- one hour of self-directed exercise.

Course objectives:

Knowledge:

B.W8., D.W2., D.W3., D.W4., D.W18., E.W29., E.W30., E.W38.

- application of selected therapeutic techniques
- knowledge of the concepts of health and disease, and of the influence of the social environment and socio-cultural factors on the patient's health
- knowledge of human behaviors that support the maintenance of health and of principles for motivating patients toward health-promoting behaviors
- knowledge of the concept of stress, its role in the development of disease, and the mechanisms of coping with stress
- knowledge of the characteristics of modern medicine
- knowledge of the role of medical rehabilitation and the methods used in it
- knowledge of the indications for medical rehabilitation in the most common diseases
- knowledge of the principles of health-promoting behaviors

Skills:

E.U14., E.U21.

- performing medical procedures and interventions
- providing patient health education tailored to individual needs

Attitudes and transferrable (generic) competencies:

D.U4., D.U7., E.U28.

- taking responsibility for improving own professional qualifications
- developing and enhance self-awareness, capacity for self-reflection, and self-care
- identifying and discuss the social determinants of health

Required and recommended learning resources (readings):

Required:

1. Joga jako terapia. Zastosowanie w określonych dolegliwościach. Luise Worle, Erik Pfeiff, EDRA, Urban&Partner, wyd.2

Assessment methods and criteria:

Methods and ways of verifying learning outcomes, including the form and conditions for passing the course:

Students are obligated to attend all seminars. At the end of the course students will present an exemplary set of exercises for a patient and discuss them (not obligated).

Rules for making up absences from classes:

All absences from classes must be made up in a form agreed upon with the assistant who had classes on the day of the absence.

Additional information:

Contact to the Department:

Katarzyna Kaczorowska, Tuesdays 2.00-3.00 pm, Office Room, Phone 42 639 37 93 email:

kardiologia.umed@umed.lodz.pl

Department of Noninvasive Cardiology (1st floor)

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113 Zeromski Str., Lodz

Statement and signature of the course leader:

I hereby state that the content of the curriculum included in the syllabus below is the result of my individual work completed as part of work contract/cooperation resulting from a civil law contract, and that author rights to this title are not the property of a third party.

Dean's signature: