

Course title	Wellness and health behaviors
Component code	01-02
Lecturer	Determined later
Lecturer's email address	
Hours	15
ECTS	5
Semester	Winter X      Summer X
Content	<ul style="list-style-type: none"> <li>- Wellness terminology. body balance;</li> <li>- Characteristics of physical effort, its effect on the body's balance;</li> <li>- Biological regeneration and anti-aging;</li> <li>- Dietitian in wellness (nutrition, stimulants);</li> <li>- Specificity of SPA medicine.</li> </ul>
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ul style="list-style-type: none"> <li>• describe and explain the theoretical foundations of wellness, the methodology of teaching movements in a selected area of pedagogical activity;</li> <li>• analyze own pedagogical activities and indicate areas that need to be modified;</li> <li>• promote and actively create a healthy lifestyle;</li> <li>• Practical preparation of students for planning, conducting and evaluating wellness classes</li> </ul>
Selected literature	<ul style="list-style-type: none"> <li>- Sieroń A., Stanek A. Cieślar G. (2013), Wellness, SPA Anti-aging, Warszawa: PZWL, Warszawa</li> <li>- Lin S, Faust L, Robles-Granda P, Kajdanowicz T, Chawla NV (2019) Social network structure is predictive of health and wellness. PLoS ONE 14(6): e0217264</li> </ul>
Teaching tools/methods	<ul style="list-style-type: none"> <li>• Lecture with elements of conversations</li> <li>• Work in groups/pairs</li> </ul>
Form of examination	<p>In-class participation Presentation on a particular topic</p>