

Course title	Wellness and health behaviors
Component code	01-05
Lecturer	Determined later
Lecturer's email address	
Hours	15
ECTS	5
Semester	Summer
Content	<ul style="list-style-type: none"> - Wellness terminology. body balance; - Characteristics of physical effort, its effect on the body's balance; - Biological regeneration and anti-aging; - Dietitian in wellness (nutrition, stimulants); - Specificity of SPA medicine.
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ul style="list-style-type: none"> • describe and explain the theoretical foundations of wellness, the methodology of teaching movements in a selected area of pedagogical activity; • analyze own pedagogical activities and indicate areas that need to be modified; • promote and actively create a healthy lifestyle; • Practical preparation of students for planning, conducting and evaluating wellness classes
Selected literature	<ul style="list-style-type: none"> - Sieroń A., Stanek A. Cieślar G. (2013), Wellness, SPA Anti-aging, Warszawa: PZWL, Warszawa - 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
Teaching tools/methods	<ul style="list-style-type: none"> • Lecture with elements of conversations • Work in groups/pairs
Form of examination	<p>In-class participation</p> <p>Presentation on a particular topic</p>