

Course: Healthy lifestyle and quality of life					Status:			
Semester	No. of weeks	No. of hours (weekly)			No. of hours (globally)			ECTS
		Lect.	Class	Lab.	Lect.	Class	Lab.	
		2	2		30	30		5
Lecturer: Katarzyna Mironiuk, MSc, PhD								

Contents of study:

1. Multifaceted function of food and nutrition - biological, social, psychological and cultural function
2. Quality of life – measurement methods, components and their influence
3. Psychological stress.
4. Physical activity
5. Circadian rhythm and sleep.
6. Digestive wellness.
7. Social programming in promoting healthy choices.
8. Environmental influence on healthy lifestyle.
9. Health care systems.
10. Challenges of “silver economy” and a healthy lifestyle.
11. Health promotion programmes and work-life balance theory in practice.

The purpose of the course is to expand the student's knowledge of human nutrition and present the multifaceted nature of the issue of a healthy lifestyle. The goal is also to show how the implementation of various health promotion strategies is related to the quality of human life.

Criteria for assessment:

Lectures: will be considered passed when a minimum of 60% of the total test score is obtained.

Class: will be considered passed with a passing assessment on the projects (prepared and presented as indicated by the instructor); final grade from classes will be the average of the project's grades.

Final grade: 60% of a grade from exam and 40% of a final grade from classes.

References:

1. Asher G., Sassone-Corsi P., Time and Food: the Intimate Interplay between Nutrition, Metabolism, and the Circadian Clock. *Cell* 2015; 161:84-92
2. Belin A., Dupont C., Kuipers Y., Oulès L., Fries-Tersch E., Athina Kosma A. Analysis report on EU and Member State policies, strategies and programmes on population and workforce ageing. *European Agency for Safety and Health at Work*, Luxembourg 2016
3. Brzozowski T. (red.), *Konturek. Fizjologia człowieka*, Wyd. Edra Urban & Partner, Wrocław 2019
4. Czapiński J. *Psychologia Pozytywna. Nauka o szczęściu, zdrowiu, sile i cnotach człowieka*. Wyd. PWN Warszawa 2008
5. Darwall-Smith H., *The science of Sleep: stop chasing a good night's sleep and let it find you*, Wyd. Dorling Kindersley Ltd. 2021
6. Gawęcki J., Roszkowski W., *Żywnienie człowieka a zdrowie publiczne. Tom 3*, Wyd. PWN, Warszawa 2021
7. Goszczyńska E. Promocja zdrowia w miejscu pracy jako narzędzie ograniczania skutków starzenia się populacji pracujących. *Medycyna Praktyczna*, 2019;70(5):617–631
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9. Korzeniowska E. Sposoby myślenia i postępowania w sferze zdrowia starszych pracowników średnich i dużych firm. *Medycyna Praktyczna*, 2004;55(2):129–138
10. Kraus H., *Fizjologia żywienia*, Wyd. PZWL, Warszawa 2019
11. Lappe A., McKibben B., *Diet for the hot planet: Climate Crisis at the End of Your fork and what you can do about it*. Wyd. Bloomsbury Publishing, 2010
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13. Makowiec-Dąbrowska T., Koszada-Włodarczyk W., Bortkiewicz A., Gadzicka E., Siedlecka J., Jóźwiak Z. i wsp Zawodowe i pozazawodowe determinanty zdolności do pracy. *Medycyna Praktyczna* 2008;59(1):9–24
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16. Sapolsky R.M., *Why Zebras don't have ulcers?*, St Martin's Press 2004
17. Siegrist J., Wahrendorf M., Knesebeck O., Jurges H., Borsch-Supan A Quality of work, well-being, and intended early retirement of older employees—baseline results from the SHARE Study. *European Journal of Public Health*, (1) 17:62–68
18. Tahara Y., Shibata S., Chronobiology and nutrition. *Neuroscience* 2013; 253:78-88
19. Terry P.E. The Twenty Five Most Important Studies in Workplace Health Promotion. *American Journal of Health Promotion*. 2023;37(2):156-163.
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<https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/>

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