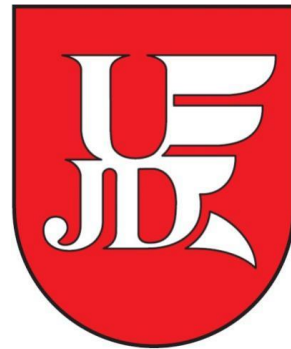


**Jan Dlugosz University
in Czestochowa**



**Courses taught in English
for exchange students
at the Faculty of Health Sciences,
Winter semester, academic year 2023/24**



Erasmus+

Cosmetology

Course title	ECTS	Hours	Form	Semester Winter	Course description
<p style="text-align: center;">Skin care cosmetology II Kosmetologia pielęgnacyjna II</p>	7 (1 + 6)	75 (15 + 60)	Lecture + workshop	winter	<p>During the Care Cosmetology II module, students will learn about modern cosmetology equipment: Sollux lamps, d'Arsonval, diamond and corundum microdermabrasion, cavitation peeling, principles of ultrasound and sonophoresis. The issues of using cosmetic masks in the correct indications and the use of chemical peels will be discussed - matching the mask and peeling to the problem, indication and contraindication of treatments. Students will also learn about foot and hand care and medical problems such as frostbite or sweating of the feet and hands.</p> <p><i>*required medical clothing (shoes, blouse, trousers or skirt)</i></p>
<p style="text-align: center;">Dermatology Dermatologia</p>	4 (2 + 2)	60 (30 + 30)	Lecture + exercises	winter	<p>The aim of the course is to gain knowledge about the prevention and epidemiology of skin diseases. Understanding the indications and contraindications for cosmetic procedures and the ability to detect suspicious skin changes. Will be able to interview the patient and the ability to cooperate with a doctor. The course also aims to learn about the structure and function of the skin, skin types and basic skin diseases.</p>
<p style="text-align: center;">Human anatomy and histology Antomia i histologia człowieka</p>	3 (1 + 2)	45 (15 + 30)	Lecture + lab	winter	<p>The course "Human anatomy and histology" aims to learn the basics of human anatomy. Acquiring the ability to recognize tissues in preparations and to describe the anatomical structure of organs. Students learn about tissue structure, organs and organ systems. The skin structure and epidermis building cells occupy a special place. Other systems are also discussed, e.g.,</p>

					nervous, sense organs: sensation, taste, smell, sight, balance. Digestive system, urinary system, circulatory system, endocrine system, respiratory system. The course includes a lecture and laboratory. Teaching methods are used: discussion, observation, laboratory work.
Pharmacology Farmakologia	3 (1 +2)	35 (15 + 20)	Lecture + exercises	winter	Pharmacology course for cosmetology students consists of 20 didactic hours of auditorium classes and 15 didactic hours of lecture. The whole course concerns different topics such as: bases of pharmacokinetics and pharmacodynamics; forms and route of administration of drugs; interactions between drugs and between drugs and food; types of drugs interactions; types of drugs actions; types of drug side effects; use of medicines by pregnant women; dermatological drugs; antibiotics; local anesthetics. During auditorium classes, students perform different projects connected with pharmacology, solve tasks with dosing of drugs and prescription drugs. The classes finish with test and exam.
Aesthetics Estetyka	2	30	workshop	winter	Subject on which students will learn advanced cosmetology procedures. Department dealing with beauty and other aesthetic values. Students learn to create individual treatment therapy for the client. They learn about the world of laser therapy and aesthetic procedures performed in a cosmetology salon.
Basics of human nutrition Podstawy żywienia człowieka	2 (1 + 1)	20 (10 + 10)	Lecture + exercises	winter	The aim of the course is to provide knowledge and skills in applying the correct principles of human nutrition. Basic concepts related to proper human nutrition will be discussed. Nutrition and board standards. Basic nutrients (proteins, fats, carbohydrates, dietary fiber) - role, deficiency symptoms, sources of occurrence. The role of water in the body. Vitamins - role, occurrence, effects

					of deficiency and excess. Minerals - role, occurrence, effects of deficiency and excess. Nutritional properties of plant and animal products. Nutritional Errors. Nutritional factors of development of some civilization diseases. Indicators of poor nutritional status. Eating disorders. Types and characteristics of diets. Diets that help improve the appearance of the skin, hair and nails. Food as a source of vitamins used in cosmetics.
Advanced Cosmetic recipe Zaawansowana receptura kosmetyczna	4 (1+3)	45 (15+30)	Lecture + exercises	winter	In this class, students will learn about advanced cosmetic formulations. The role of silicon compounds, plant materials, precious metals and polymers. Students individually prepare selected cosmetic formulas.
Toxicology of Cosmetics Toksykologia kosmetyku	2 (1+1)	30 (15+15)	Lecture + workshop	winter	Toxicology of Cosmetics - the purpose of this course is to introduce students to potential hazards and risk related to cosmetics. Potential toxicity may result in the ingredients used in products, improper storage or allergic reactions to particular compounds. This course also introduces laws and regulations regarding production, technical documentation and distribution of cosmetics in EU/Poland as well as provides information on alternative (animal free) methods used in each stage of testing.
Cosmetic law Prawo kosmetyczne	3	30	Lecture	winter	Legal regulations in force in the Republic of Poland. Cosmetics in the legal system of the European Union. Public-legal supervision and control over the market of cosmetic products. Consumer law for entrepreneurs. Protection of intellectual property. Protection of personal data in light of reporting of adverse reactions. Animal

					testing - regulations. Labeling of cosmetic products resulting from legal acts. GMO, CMR in cosmetic products - legal considerations. Marketing declarations, advertising - legal aspect. Industrial property law in cosmetology.
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Physiotherapy

Course title	ECTS	Hours	Form	Semester Winter	Course description
Physiology and pain physiology	2	15/30	lecture/ exercises	winter	To acquaint students with the structure and function of cells, tissues and individual body systems. Mastering issues related to the activities of individual body systems and organs and the control of basic life functions in changing environmental conditions. Preparing and teaching a student how to conduct basic physiological research, energy balance control. To acquaint the student with the basic principles of pro-health activities. Prof.dr hab. Wiesław Pilis
Physical therapy with balneoclimatology	1	30	exercises	winter	Theoretical issues concerning the application and impact of physiotherapeutic and balneological methods on the human body and their use for therapeutic purposes. Practical acquisition of the ability to perform physiotherapeutic and balneological treatments, mastering the selection of treatment techniques, their modification to medical indications. Discussion of contraindications. Learning about the healing effect, acquiring the skills to perform and clinically apply the discussed

					<p>physiotherapeutic treatments: thermotherapy, Hydrotherapy, Phototherapy, Laser biostimulation.</p> <p>dr Jarosław Pasek</p>
Movement education and movement teaching methodology	3	15/30	lecture/ exercises	winter	<p>Mastering the basic knowledge of physical culture, as well as understanding the differences between physical education, sport, recreation and physical rehabilitation. Get to know the versatile resource of exercises and be able to select them in specific sets useful for the implementation of various therapeutic and preventive tasks.</p> <p>Dr Krzysztof Stec</p>
Kinesitherapy	3	15/30	lecture/ exercises	winter	<p>Acquiring knowledge and skills in undertaking kinesitherapeutic activities, including: transfer of knowledge in the field of subject and subject examination and detailed tests, as well as assessment of body posture and gait for the needs of kinesitherapy, the correct application of individual exercises according to the systematics of exercises, taking into account the functional state, appropriate applying the principles and techniques of therapeutic exercises in the process of prevention, treatment and rehabilitation. Acquiring the skills to comply with indications and contraindications to perform improvement procedures and OHS rules.</p> <p>mgr Karol Leszczyński</p>
Programming physiotherapy in musculoskeletal dysfunctions	5	30/45	lecture/ exercises	winter	<p>Acquiring basic knowledge necessary for physiotherapeutic treatment in diseases of internal organs. Physiotherapy in the overall treatment of the patient. Selection of physiotherapeutic procedures and physiotherapy methods according to the clinical diagnosis, period of illness and functional condition of the</p>

					patient. Prevention of secondary changes. Improvement, compensation control and adaptive management in various disease entities. Controlling rehabilitation results
Special methods of physiotherapy - methods of postural reeducation, neuromuscular reeducation, neurorehabilitation, neurodevelopmental therapy.	2	30	exercises	winter	Introduction students with the most important issues of modern physiotherapy methods. presentation of the basics of individual special methods. Practical learning of the basics of individual manual therapy techniques - McKenzie, PNF, Taping and soft tissue therapy, Vojta, Bobath and elements of osteopathy. Fundamentals of diagnostics and procedures according to various methods. Clinical application of special methods. Selection of techniques and exercises in various disease entities and self-therapy. mgr Bartosz Pańczyszak
Physiotherapy in pediatrics	3	15/30	lecture/ exercises	winter	Familiarization with the theoretical foundations of prenatal development of a child, including factors adversely affecting the development of the fetus on the example of Down syndrome and FAS syndrome. Familiarization with the theoretical foundations for a prematurely born child. effects in the course of diseases such as: muscular dystrophies, Scheuermann's disease, Perthes disease. Preparation and implementation of plans for physiotherapy with the use of massage, kinesitherapy and physiotherapy as well as supporting methods in the above diseases.
Physiotherapy in neurology and neurosurgery	2	15/15	lecture/ exercises	winter	To provide students with basic concepts in the field of neurology and neurosurgery. To familiarize students with the principles of research and diagnosis of diseases of the central and peripheral nervous system. To introduce students to the principles of

					<p>selecting physiotherapeutic procedures and physiotherapy methods according to the clinical diagnosis, period of illness and functional state of the patient.</p> <p>dr. hab. Maciej Świat/ mgr Wojciech Statowski</p>
Biochemistry	2	10/10	lecture/ exercises	winter	<p>The aim of the course is to enable students to become familiar with the biochemistry material. The lecture program covers issues related to: the structure and function of basic cellular macromolecules, mechanisms and kinetics of enzymes, coenzymes, vitamins, catabolic and anabolic processes at the cell and organism levels. The aim of the laboratories is to familiarize students with the basic apparatus and markings used in the biochemical laboratory.</p> <p>Prof. dr hab. M. Chalimoniuk</p>
Programming physiotherapy in musculoskeletal dysfunctions	5	15/45	lecture/ exercises	winter	<p>Necessary knowledge for physiotherapeutic treatment in diseases of the musculoskeletal system. Physiotherapy of adults and children and adolescents with diseases in orthopedics and traumatology, sports medicine, rheumatology. Physiotherapy in the overall treatment of the patient. Selection of physiotherapeutic treatments and physiotherapy methods according to the clinical diagnosis, the period of the disease and the functional condition of the patient. Prevention of secondary changes. Streamlining, compensation control and adaptive management in various disease entities. Controlling the results of rehabilitation. Keeping proper documentation. In addition, students will be familiarized with diagnostic methods used in clinical conditions, the principles of history-taking, physical</p>

					examination and the selection of additional tests in diseases of individual systems in diseases of the musculoskeletal system. dr Dariusz Mosler
Physiotherapy in surgery	3	15/30	lecture/ exercises	winter	To familiarize students with the most important disease entities, basic diagnostic methods and treatment of patients with internal organs diseases. Acquiring the ability to analyze the clinical condition of a patient qualified for the rehabilitation program. Planning and subsequent use of therapy: selection of the appropriate method (model) of improvement, methods, therapeutic techniques, procedures physical, type and intensity of exercises and the amount of loads, including indications and contraindications resulting from the patient's clinical condition

Physical education

Course title	ECTS	Hours	Form	Semester Winter	Course description
The theory of sports training Teoria treningu sportowego	3	15/15	Lecture/ exercise	Winter	Providing the student with knowledge of the structure of sports training and the conditions of the sports training process, the student's acquisition of the ability to apply theoretical knowledge in the practice of sports training, training logical and critical thinking in the assessment and selection of training loads.
Sports biomechanics Biomechanika sportu	3	15/20	Lecture / laboratory	Winter	Providing students with basic practical knowledge of sports biomechanics and showing its place and function in the system

					of physical culture sciences, acquisition by the student of the ability to apply theoretical and practical knowledge of sports biomechanics, training logical and critical thinking in the assessment of various forms of movement.
Physiology Fizjologia	3	15/15	Lecture / laboratory	Winter	As part of the course, students will master the ability to measure basic physiological variables and their interpretations. They will be aware of the use of health prophylaxis related to the use of various physiological factors.
Biomechanics Biomechanika	4	15/30	Lectures/ exercises	Winter	As part of the course, students will master the basic theoretical knowledge of human biomechanics, train logical and critical thinking in the assessment of various forms of movement.
Sports theory Teoria sportu	4	15/30	Lectures/ exercises	Winter	Introduction the student with the issues of the theory of sport and methods of shaping physical fitness, selection and selection of a person at various stages of development, getting to know the essence, structures, processes, variability and human motor conditioning as the basis for the effectiveness of practical conduct, gaining the ability of the student to independently conduct tests of human abilities, skills and physical fitness.
Basketball Koszykówka	2	30	Practical	Winter	As part of the course, students learn the theory and methodology of teaching basketball and its place and functions in the general education program, physical education programs at school and the system of physical culture sciences. In addition, students master the basic technical skills of playing basketball, get acquainted with the basic resource of exercises and teaching methodology, regulations and organization of the teaching process, necessary for basic basketball teaching,

					develop logical and critical thinking in the deliberate selection of methodological exercises, as well as discover connections in teaching different forms of movement.
Sport physiology and biochemistry Fizjologia i biochemia sportu	4	15/15	Lecture / laboratory	Winter	Providing students with basic theoretical knowledge of the functioning of the human body in various environmental conditions. Developing the ability to measure physiological variables achieved in extreme conditions and their interpretation. Developing the ability to assess the body's exercise capacity in various sports.
Theory and methodology of handball Teoria i metodyka piłki ręcznej	2	30	Practical	Winter	As part of the course, students learn the theory and methodology of teaching handball and its place and functions in the general education program, physical education programs at school and the system of physical culture sciences. In addition, students master the basic technical skills of playing handball, get acquainted with the basic resource of exercises and teaching methodology, regulations and organization of the teaching process necessary for basic handball teaching, develop logical and critical thinking in the deliberate selection of methodological exercises, as well as discover connections in teaching different forms of movement.
Theory and methodology of football Teoria i metodyka piłki nożnej	2	30	Practical	Winter	As part of the course, students learn about the theory and methodology of teaching football as well as its place and functions in the general education program, physical education programs at school and the system of physical culture studies. In addition, students master the basic technical skills of playing football, get acquainted with the basic resource of exercises and teaching methodology, regulations and organization of the teaching process, necessary for basic football teaching, develop

					logical and critical thinking in the deliberate selection of methodological exercises, as well as discover connections in teaching different forms movement.
Swimming Pływanie	3	15	Laboratory	Winter	Introduction students with the advanced theory and methodology of improving individual swimming techniques. Mastering the skills of butterfly and medley swimming by the student.

Nursing

Course title	ECTS	Hours	Form	Semester Winter	Course description
Physiology Fizjologia	3	20/40	lecture/lab oratory	Winter	The aim of the course is to familiarize students with the mechanisms of proper functioning of organs and systems of the human body
Genetics Genetyka	1	20	lecture	Winter	The aim of the course is to familiarize students with the principles of genetics to the extent that allows understanding of the basics of medical genetics, genetic diagnostics as well as prevention and treatment
Public health Zdrowie publiczne	2	20	lecture	Winter	The aim of the course is to provide knowledge about the concept of public health
Anesthesiology Anestezjologia	1	20	lecture	Winter	The aim of the course is to familiarize with the problems of patient anesthesia, life-threatening conditions, resuscitation procedures and specialist methods used to support life

Internal medicine and internal medicine nursing Choroby wewnętrzne i pielęgniarstwo internistyczne	4	120	practical classes in a hospital	Winter	The aim of the course is to shape the skills of individual care planning for adult patients in selected medical conditions
Ethics of the nursing profession Etyka zawodu pielęgniarki	1	10/10	lecture/ lab.	Winter	The aim of the course is to provide basic knowledge and skills of a nurse's professional ethics
Nursing care for the disabled	2	35	lecture	Winter	The aim of the course is to provide basic knowledge about nursing care for the disabled
Obstetrics and Gynecology Położnictwo i ginekologia	1	20	lecture	Winter	The aim of the course is to familiarize with the subject of pregnancy, childbirth, puerperium and gynecological diseases.
Dermatology Dermatologia	4	30/30	Lecture + exercises	Winter	The aim of the course is to gain knowledge about the prevention and epidemiology of skin diseases. Understanding the indications and contraindications for cosmetic procedures and the ability to detect suspicious skin changes. Will be able to interview the patient and the ability to cooperate with a doctor. The course also aims to learn about the structure and function of the skin, skin types and basic skin diseases.
Human anatomy and histology Anatomia i histologia człowieka	3	15/30	Lecture + lab	Winter	The course "Human anatomy and histology" aims to learn the basics of human anatomy. Acquiring the ability to recognize tissues in preparations and to describe the anatomical structure of organs. Students learn about tissue structure, organs and organ systems. The skin structure and epidermis building cells occupy a special place. Other systems are also discussed, e.g., nervous, sense organs: sensation, taste, smell, sight, balance. Digestive system, urinary system, circulatory

					system, endocrine system, respiratory system. The course includes a lecture and laboratory. Teaching methods are used: discussion, observation, laboratory work.
Pharmacology Farmakologia	3	15/20	Lecture + exercises	Winter	Pharmacology course for cosmetology students consists of 20 didactic hours of auditorium classes and 15 didactic hours of lecture. The whole course concerns different topics such as: bases of pharmacokinetics and pharmacodynamics; forms and route of administration of drugs; interactions between drugs and between drugs and food; types of drugs interactions; types of drugs actions; types of drug side effects; use of medicines by pregnant women; dermatological drugs; antibiotics; local anesthetics. During auditorium classes, students perform different projects connected with pharmacology, solve tasks with dosing of drugs and prescription drugs. The classes finish with test and exam.
Basics of human nutrition Podstawy żywienia człowieka	2	10/10	Lecture + exercises	Winter	The aim of the course is to provide knowledge and skills in applying the correct principles of human nutrition. Basic concepts related to proper human nutrition will be discussed. Nutrition and board standards. Basic nutrients (proteins, fats, carbohydrates, dietary fiber) - role, deficiency symptoms, sources of occurrence. The role of water in the body. Vitamins - role, occurrence, effects of deficiency and excess. Minerals - role, occurrence, effects of deficiency and excess. Nutritional properties of plant and animal products. Nutritional Errors. Nutritional factors of development of some civilization diseases. Indicators of poor nutritional status. Eating disorders. Types and characteristics of diets. Diets that help

					improve the appearance of the skin, hair and nails. Food as a source of vitamins used in cosmetics.
Basics of biology Podstawy biologii	2	15	Exercises	Winter	As part of the course, students learn the basic knowledge in the field of biology. They will systematize the biological knowledge necessary to study biological subjects in subsequent years of study (anatomy, biochemistry, physiology, anthropology).