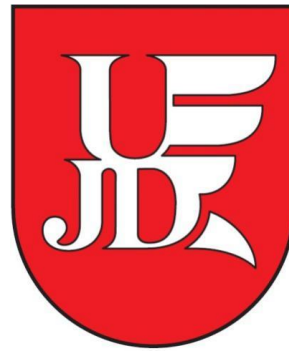


**Jan Dlugosz University
in Czestochowa**



**Courses taught in English
for exchange students
at the Faculty of Health Sciences,
Winter/Fall semester, academic year 2022/23**



Erasmus+

Faculty of Health Sciences

Physiotherapy

Course title	ECTS	Hours	Form	Sem.	Course description
Physiology and pain physiology	3	75 30/45	lecture/ exercises	Winter (1)/ Summer (2)	<p>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.</p> <p style="text-align: center;">Prof. dr hab. Wiesław Pilis</p>
Biochemistry	2	45 15/30	lecture/ exercises	Summer (1)	<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 style="text-align: center;">Prof. dr hab. Malgorzata Chalimoniuk</p>
Movement education and movement teaching methodology	6	120 30/90	lecture/ exercises	Winter (1)/ Summer (2)	<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</p>

					<p>various therapeutic and preventive tasks.</p> <p>Dr Krzysztof Stec</p>
Kinesitherapy	7	120 30/90	lecture/ lab.	Summer (2),(4)/ Winter (3)	<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.</p> <p>Acquiring the skills to comply with indications and contraindications to perform improvement procedures and OHS rules.</p> <p>Dr Błażej Cieślik</p>
Physiotherapy in neurology and neurosurgery	6	105 30/75	lecture/ lab.	Winter (5,7) Summer (6)	<p>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 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</p>
	2	34 10/24	Lecture/ lab.	Summer (4)/	<p>Mastering clinical issues in the field of cardiovascular disease. Acquiring basic knowledge necessary for physiotherapeutic treatment in cardiovascular diseases.</p>

Clinical basics in cardiology and cardiosurgery				Winter (3)	Selection of physiotherapeutic procedures and physiotherapy methods according to the clinical diagnosis, period of illness and functional condition of the patient. Prof.dr hab. Aleksander Sieroń
Manual therapy	2	50	Lecture/ lab.	Summer (4)	To familiarize students with the most important issues of modern physiotherapy methods, to present the basics of individual special methods. Dr Dariusz Mosler
Physiotherapy in pulmonology	4	60 15/45	lecture/ lab.	Summer (6) Winter (7)	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 in pulmonary diseases Prof. dr hab. Mieczysław Pokorski

Massage	4	60	workshop	summer	<p>Understanding the basics of the masseur's work organization and massage hygiene. Acquiring the skills to properly perform a massage, taking into account indications and contraindications. Principles and conditions for performing classical massage, techniques and methodology of classical massage. Practical exercises in the field of classical massage: back, chest and stomach massage, head and neck, neck, face, spine, upper limbs, lower limbs. Ability to prepare and conduct an interview with the client / patient before the planned surgery. Ability to keep records of own work. Teamwork skills. Organization of the masseur's work and massage hygiene.</p> <p>Dr Anna Pilis</p>
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Cosmetology

Course title	ECTS	Hours	Form	Semester (Winter/Summer)	<i>Course description</i>
Skin care cosmetology II (kosmetologia pielęgnacyjna)	7 (1 + 6)	75 (15 + 60)	Lecture + workshop	winter	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

					<p>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>Dermatology (Dermatologia)</p>	<p>4 (2 + 2)</p>	<p>60 (30 + 30)</p>	<p>Lecture + exercises</p>	<p>winter</p>	<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>Pharmacology (farmakologia)</p>	<p>3 (1 +2)</p>	<p>35 (15 + 20)</p>	<p>Lecture + exercises</p>	<p>winter</p>	<p>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</p>

					<p>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 performs different projects connected with pharmacology, solve tasks with dosing of drugs and prescription drugs. The classes finish with test and exam.</p>
<p>Basics of human nutrition (podstawy żywienia człowieka)</p>	<p>2 (1 + 1)</p>	<p>20 (10 + 10)</p>	<p>Lecture + exercises</p>	<p>winter</p>	<p>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.</p>

					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.
Beauty cosmetology II (Kosmetologia upiekszaajaca II)	7 (1 + 6)	75 (15 + 60)	Lecture + workshop	winter	During the Beauty Cosmetology II module, students learn about the causes, types and contemporary methods of preventing and reducing problems: cellulite, stretch marks and obesity. They will get to know the indications, contraindications for treatments as well as recommended cosmetics and active substances. Issues related to cleavage and bust care will also be discussed. During the module, students learn about the technique of lymphatic drainage, Chinese cupping massage, and how to perform body waxing with warm wax.
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.

<p>Toxicology of Cosmetics (toksykologia kosmetyku)</p>	<p>2 (1+1)</p>	<p>30 (15+15)</p>	<p>Lecture + workshop</p>	<p>winter</p>	<p>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.</p>
<p>Beauty cosmetology I (kosmtologia upiększająca I)</p>	<p>6 (1 + 5)</p>	<p>65 (15 +50)</p>	<p>Lecture + workshop</p>	<p>summer</p>	<p>Students will learn different types and techniques of makeup. They practice professional makeup on themselves. They will learn about the nail structure and perfect hybrid stylization on the nails. Classes take place in a very well-equipped room for styling nails with products of Victoria Vynn.</p>
<p>Cosmetic recipe (receptura kosmetyczna)</p>	<p>4 (1 +3)</p>	<p>55 (15 + 40)</p>	<p>Lecture +</p>	<p>summer</p>	<p>As part of the "Cosmetic Recipe" classes, students will learn the basic concepts of</p>

			lab		<p>cosmetic recipes, as well as the composition and preparation of cosmetic preparations. Active substances in the cosmetic recipe - action, application, interactions. Cosmetic substrates - operation and scope of application. Excipients and preservatives in the recipe - action and scope of application. Exemplary recipes of various cosmetic forms - applications (recipes of hand washing preparations - soaps, cleaning pastes; preparations for washing and caring for the whole body - lotions, lotions, creams, gels; cosmetics for the care and beauty of hair and nails, e.g. conditioners; anti-secretion cosmetics sweat, cosmetic coloring products - powders, blushes, inks, eye shadows; perfumery). During the course, students will also learn how to obtain cosmetic substances from plant materials. Cosmetics law, methods of labeling and marking cosmetics, cosmetics durability are also discussed.</p>
Health promotion and health education (promocja zdrowia I	2	20	Exercises	summer	Health promotion and health education - basic concepts, definitions. The concept of health and disease, health determinants.

<p>edukacja zdrowoatna)</p>					<p>Links between health education and health promotion. Characteristics of contemporary health promotion, main directions and principles of health promotion, place of health promotion in the health system, participation of health promotion in achieving health goals. Objectives and tasks of the National Health Program. International organizations acting for health promotion. Methods for recognizing, assessing and monitoring the health status of the population. Health promotion and preventive medicine, with particular emphasis on lifestyle diseases. Primary and secondary prevention - goals, tasks, forms of implementation. Health promotion projects and programs. Pro-health education of children, adolescents and adults.</p>
<p>Fundamentals of organizing and managing a beauty salon (podsawy organizowania I zarządzania gabinetem kosmetycznym)</p>	<p>1</p>	<p>15</p>	<p>workshop</p>	<p>summer</p>	<p>To acquaint students with elementary knowledge of marketing, management and organization of enterprises. Understanding the principles of organizing and running a beauty salon and acquiring the skills to organize and run a beauty salon. Basics of business operations.</p>

					Starting the enterprise. Enterprise planning, motivating, controlling. Business management. Marketing, concept, essence, functions and meaning of marketing. Marketing communication. Image and company identification system. Advertisement. Keeping administrative documentation in the beauty salon.
Wellness (odnowa biologiczna)	1	15	workshop	summer	The aim of the course is to acquire basic knowledge and skills in the field of broadly understood biological regeneration. During the classes, an interview with the client regarding the current state of health, preparation of the client's card, taking into account the needs and expectations of the client are practiced. Treatments used in wellness salons, including cosmetic procedures. Basics of aromatherapy, rules for preparing mixtures of essential oils. Selected relaxation techniques used in wellness. Physical exercises in wellness. Basics of relaxing massage
Skin care cosmetology I (Kosmetologia pielęgnacyjna I)	6 (1+5)	65 (15+50)	Lecture + workshop	summer	Students learn basic facial treatments. Classes take place at the cosmetology workshop. Students perform treatments on themselves. They will learn about foot

					care, body hair removal, face massage and eyebrow and eyelash henna.
Pathophysiology (patofizjologia)	2 (1 + 1)	20 (10 +10)	Lecture + exercises	summer	The main goal of the Pathophysiology subject is to learn and understand the functional disorders of the human body. Moreover, course purpose is to learn the most important etiopathogenesis of the human diseases. The education assumption is to teach how to properly provide the analysis of disease case.
Physiotherapy and massage (fizjoterapia I masaż)	1	15	workshop	summer	Understanding the basics of the masseur's work organization and massage hygiene. Acquiring the skills to properly perform a massage, taking into account indications and contraindications. Principles and conditions for performing classical massage, techniques and methodology of classical massage. Practical exercises in the field of classical massage: back, chest and stomach massage, head and neck, neck, face, spine, upper limbs, lower limbs. Ability to prepare and conduct an interview with the client / patient before the planned surgery. Ability to keep records of own work. Teamwork skills. Organization of the masseur's work and

					massage hygiene.
Cosmetic chemistry (chemia kosmetyczna)	5 (1 + 4)	60 (15 + 45)	Lecture + lab	summer	As part of the "Cosmetic chemistry" classes, students will learn about inorganic cosmetic chemistry such as chemical properties, reactivity, origin and cosmetic applications of selected inorganic elements and compounds, including macro- and microelements, oxides, hydroxides, acids, salts, substances of mineral origin. As part of the lecture on the subject "Cosmetic chemistry" students learn about inorganic cosmetic chemistry - chemical properties, reactivity, origin and cosmetic applications of selected inorganic elements and compounds, including macro- and microelements, oxides, hydroxides, acids, salts, substances of mineral origin. Cosmetic organic chemistry includes the chemical properties, reactivity, origin and cosmetic applications of selected organic compounds, such as: hydrocarbons, alcohols, phenols, ethers, aldehydes and ketones, carboxylic acids, derivatives of carboxylic acids, multifunctional compounds - phospholipids, hydroxy

					acids, amino acids and proteins, saccharides and organosilicon compounds. During the classes, cosmetic preparation forms, cosmetics ingredients, cosmetic raw materials, hair care cosmetics, perfumes, flower waters and colognes as well as cosmetic masks, raw materials used for the preparation of oral care products, lotions creams, ointments and color cosmetics are discussed. The names of cosmetics ingredients according to INCI (International Nomenclature of Cosmetic Ingredients) are also discussed.
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Nursing

Course title	ECTS	Hours	Form	Sem.	<i>Course description</i>
Health promotion Promocja zdrowia Mgr Magdalena Korsak- Sabino Belo	1	10	lecture	winter	The aim of the course is to master the knowledge necessary to act independently in the process of health promotion and health education.
Health promotion Promocja zdrowia Mgr Magdalena Korsak-	1	10	classes	winter	The aim of the course is to master the knowledge necessary to act independently in the process of health

Sabino Belo					promotion and health education.
Genetics Genetyka Dr Magdalena Marczak	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
Anesthesiology Anestezjologia Lek n. med. Gworys Bartłomiej	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
Ethics of the nursing profession Etyka zawodu Mgr Magdalena Korsak- Sabino Belo	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 Pielęgniarstwo geriatryczne dr n.med. Świątkowska-Flis Beata	2	35	lecture	winter	The aim of the course is to provide basic knowledge about nursing care for the disabled
Obstetrics and Gynecology					The aim of the course is to familiarize with

Piłożnictwo I ginekologia	1	20	lecture	winter	the subject of pregnancy, childbirth, puerperium and gynecological diseases.
Neurological nursing dr n.med. Świątkowska-Flis Beata	2	30	lecture	summer	The aim of the course is to familiarize with the issues of nursing care in the case of nervous system diseases
Neurology and neurological nursing mgr piel. Korsak Sabino Belo Magdalena	4	80	practical classes in a hospital	summer	The aim of the course is to shape the ability to recognize neurological symptoms and to plan individual care for patients with selected diseases of the nervous system
Basic healthcare Podstawy pielęgniarstwa mgr piel. Korsak Sabino Belo Magdalena	4	120	practical classes in a hospital	summer	The aim of the course is to shape skills to recognize health deficits and educational needs in the home environment of children and in outpatient care
Psychiatric nursing Pielęgniarstwo psychiatryczne	2	35	lecture	summer	The aim of the course is to acquire knowledge and skills in the care of psychiatric patients
Psychiatry and psychiatric nursing Psychiatria I pielęgniarstwo psychiatryczne	4	80	practical classes in a hospital	summer	The aim of the course is to shape the ability to recognize productive symptoms and to approach patients with mental disorders individually

Anesthesiological Nursing Pielęgniarstwo w zagrożeniu życia	1	20	lecture	summer	The aim of the course is to familiarize students with the issues of care for an anesthetized patient, life-threatening procedures and nursing care for patients in the intensive care unit.
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Physical education

Course title	ECTS	Hours	Form	Sem.	Course description
Physiology I Fizjologia Prof. Wiesław Pilis	3	15/15	lecture/ lab.	winter	The aim of the course is to familiarize students with the mechanisms of proper functioning of individual organs and systems of the human body.
Basketball I Koszykówka 1 Dr Michał Skalik	2	30	Practical classes	winter	In the first part of the course, students will be taught specific technical elements of basketball and attention will be devoted to strengthening fitness preparation.
Theory of Sport Teoria sportu Prof. Tomasz Gabryś	4	15/30	lecture/ exercises	winter	The subject "Theory of sport" is devoted to mastering the general theoretical issues in planning and determining the training effects occurring in a systematically trained human body.
Football I	2	30	Practical	winter	In the first part of the course, students will be taught specific technical elements of

<p>Piłka nożna 1 Dr Karol Pilis</p>			classes		<p>football and main attention will be devoted to strengthening fitness preparation.</p>
<p>Biomechanics Biomechanika Prof. Ślęzak Andrzej</p>	4	15/30	lecture/ exercises	winter	<p>During the biomechanics course, students will be acquainted with theoretical and practical issues related to the impact of external and internal forces on the human body.</p>
<p>Sports biomechanics Biomechanika sportu Prof. Jacek Wąsik</p>	3	20	lab.	winter	<p>The aim of the course is to provide students with basic practical knowledge of sports biomechanics and to show its place and function in the system of physical culture sciences, to acquire by the student the ability to apply theoretical and practical knowledge in sports biomechanics, to educate logical and critical thinking in the assessment of various forms of movement, to implement the student for independent work, continuous improvement of the workshop.</p>
<p>Biochemistry Biochemia Dr Michał Zych</p>	4	15/30	lecture/ exercises	summer	<p>During teaching this subject, students will learn about the basic biochemical processes of the human body.</p>

Physiology II Fizjologia 2 Prof. Wiesław Pilis	5	15/30	lecture/ lab.	summer	In the second part of the course, students learn about theoretically and practically the functioning of the human body in various environmental conditions.
Basketball II Koszykówka 2 Dr Michał Skalik	2	30	Practical classes	summer	In the second part of the course, students will learn specific tactical elements of basketball and methods of comprehensive teaching of this subject.
Football II Piłka nożna 2 Dr Karol Pilis	2	30	Practical classes	summer	In the second part of the course, students will learn specific tactical elements of football and methods of comprehensive teaching of this subject.
Swimming I Pływanie 1 Dr Janusz Wojtyna	2	30	Practical classes	summer	In the first part of the course, students will be taught specific technical elements of swimming and attention will be devoted to strengthening fitness preparation.
Winter camp-skiing Obóz zimowy-narciarstwo Dr Leon Rak prof. UJD	2	30	lab.	summer	The aim of the course is to introduces students to the theory and methodology of teaching of skiing at the elementary level and shows its place and functions in the general physical education program