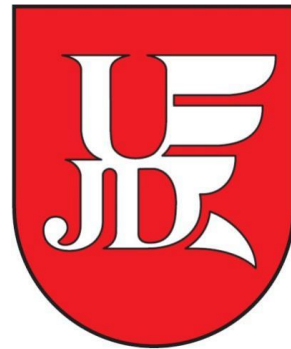


**Jan Dlugosz University
in Czestochowa**



**Courses taught in English
for exchange students
at the Wladyslaw Bieganski Collegium Medicum,
Summer semester, academic year 2023/24**



Erasmus+

Physiotherapy

Course title	ECTS	Hours	Form	Semester (Summer)	Course description
Physiology and pain physiology	2	15/15	lecture/ exercises	Summer	<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: right;">Prof.dr hab. Wiesław Pilis</p>
Physical therapy with balneoclimatology	4	15/30	lecture/ exercises	Summer	<p>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 physiotherapeutic treatments: thermotherapy, Hydrotherapy, Phototherapy, Laser biostimulation.</p> <p style="text-align: right;">dr Jarosław Pasek</p>

Movement education and movement teaching methodology	3	15/30	lecture/ exercises	Summer	<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	Summer	<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>Dr Błażej Cieślik, mgr Karol Leszczyński</p>
Relaxation methods	2	30	exercises	Summer	<p>Providing the student with knowledge in the field of relaxation techniques and the functioning of the human nervous system Acquisition by the student of the ability to describe and interpret physiological reactions related to human relaxation Introducing the student to self-selection of relaxation methods depending on age and condition</p>

					<p>Introducing the student to independent didactic work and continuous improvement of the workshop: History of relaxation techniques. Breathing relaxation techniques. Autogenic training by Dr. Schultz and Dr. Jacobson. Technique of stretching, tensing and relaxing muscles, yoga.</p> <p>dr Krzysztof Stec</p>
<p>Special methods of physiotherapy - methods of postural reeducation, neuromuscular reeducation, neurorehabilitation, neurodevelopmental therapy.</p>	3	45	exercises	Summer	<p>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.</p> <p>mgr Bartosz Pańczyszak</p>
<p>Manual therapy</p>	2	45	exercises	Summer	<p>To familiarize students with the most important issues of modern physiotherapy methods, to present the basics of individual special methods.</p> <p>dr Tomasz Rutkowski</p>
<p>Physiotherapy in neurology and neurosurgery</p>	2	15/15	exercises	Summer	<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</p>

					<p>physiotherapy methods according to the clinical diagnosis, period of illness and functional state of the patient.</p> <p>mgr Wojciech Statowski</p>
Massage	2	45	exercises	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>
Programming physiotherapy in musculoskeletal dysfunctions	5	15/45	lecture/ exercises	summer	<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</p>

					<p>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 examination and the selection of additional tests in diseases of individual systems in diseases of the musculoskeletal system.</p> <p>dr Dariusz Mosler</p>
Palpation anatomy	1	15	exercises	summer	<p>The student is able to palpate selected anatomical elements and their connections with neighboring structures, including bony elements that are attachment sites for muscles and ligaments, as well as points of anthropometric measurements, superficial muscles, tendons and selected neurovascular bundles. Familiarizing the student with the topography of the organs of the passive and active musculoskeletal system and selected organs of the vegetative systems. Developing the ability to locate organs, especially elements of the musculoskeletal system, and analyze movements performed by individual muscles and muscle groups.</p>

Physical education

Course title	ECTS	Hours	Form	Semester (Summer)	Course description
<p style="text-align: center;">Sports Medicine Dr Dariusz Mosler</p>	4	10/20	lecture/ exercises	Summer	<p>The aim of the course is to present to students the provision of medical care for physically active people (healthy and sick, at all stages of life). Issues related to dealing with not only sports players, but all physically active people and those who should be physically active will be presented. The following will be presented: qualification for practicing sports, aimed at excluding possible health contraindications relevant to a given sports discipline; periodic check-ups of people practicing sports, enabling the detection of possible changes occurring in the body as a result of practicing a specific sports discipline; optimizing nutrition and training methods for athletes; checking the effects of the training methods used; fight against illegal doping; prevention of injuries and injuries; treatment of bodily injuries resulting from practicing sports; rehabilitation and biological regeneration.</p>
<p style="text-align: center;">Physiology II Prof. Wiesław Pilis</p>	5	15/30	lecture/ lab.	Summer	<p>In the second part of the course, students learn about theoretically and practically the functioning of the human body in various environmental conditions.</p>

Basketball II Dr Michał Skalik	2	28	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.
Theory and methodology Football II Dr Karol Pilis	2	28	Practical classes	Summer	In the second part of the course, students will learn specific topics tactical, soccer elements and comprehensive methods teaching this subject.
Theory and methodology of swimming I Dr Mariusz Kuberski	2	15	Practical classes	Summer	In the first part of the course, students will learn about specific technical elements of swimming and will devote time to strengthening their fitness preparation.
Compensatory and corrective exercises Dr Dariusz Mosler	3	15/15	lecture/ exercises	Summer	Familiarizing students with the specifics of working with children and adolescents with posture defects. The acquisition of knowledge by the student on the prevention and recognition of body posture defects. Acquisition by students of knowledge on the selection of physiotherapeutic procedures and the use of this method in the treatment of functional defects during corrective gymnastics classes.
Winter camp Dr Leon Rak prof. UJD	2	30	lab.	Summer	As part of the classes, students learn about the place and function of skiing in general education programs, physical education programs at school and the system of physical culture sciences, they will learn the basics of the theory and methodology of teaching elementary forms of downhill skiing, they will gain knowledge

					about the dangers of staying in the mountains in winter conditions . They will master the basic skills of selecting and preparing ski equipment for skiing and skiing techniques at the basic level. They will learn to work independently.
Anthropology Dr Lisowski Cyprian	4	15/30	lecture/ exercises	Summer	Students will acquire the necessary knowledge about the implementation of the ontogeny process, morphological and physiological diversity of the species and the resulting different adaptive and motor abilities. They will understand the mechanisms responsible for inter-individual and inter-population variation. They will deepen their theoretical knowledge and practical skills in the field of anthropometric techniques. They learn about the practical application of methods of controlling biological development and methods of assessing human morphological diversity.
Theory and methodology Handball dr Michał Nowak	2	28	Practical classes	Summer	As part of the classes, students learn the theory and methodology of teaching handball, its place and functions in the general education program, in physical education programs at school. In addition, students will 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 conscious selection of methodological exercises, and discover connections in teaching

					different forms of movement. The classes introduce the student to independent work, continuous improvement of the workshop and the application of the principles of pure sport in practice.
Subjects to choose from – Wellness Dr Dariusz Mosler	2	10	exercises	Summer	Acquiring knowledge of the biological regeneration process in athletes and people of different ages in order to restore psychophysical readiness to take up work. Acquiring knowledge related to concepts used in physical rehabilitation and introducing the theoretical basis of physiotherapy. Acquiring knowledge and skills in the field of massage and its impact on individual body systems and the entire body.
Theory and methodology of athletics Dr Cezary Michalski	2	30	Practical classes	Summer	The place of athletics in the physical education system. Athletic exercises and games as a means of supporting development human psychophysical. Technical and tactical skills in athletics - systematics. Multi-fight games and activities. Selection exercises for specific age groups, gender and health status. History, regulations, teaching methodology and running technique short and relay events. History, regulations, teaching methodology and technique of hurdles.

Cosmetology

Course title	ECTS	Hours	Form	Semester (Summer)	Course description
Beauty cosmetology I (kosmetologia upiększająca I)	6 (1 + 5)	65 (15 +50)	lecture + workshop	Summer	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.
Cosmetic recipe (receptura kosmetyczna)	4 (1 +3)	55 (15 + 40)	lecture + lab	Summer	As part of the "Cosmetic Recipe" classes, students will learn the basic concepts of 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.
Health promotion and health education (promocja zdrowia I edukacja zdrowotna)	2 (1 + 1)	20 (10 + 10)	exercises + workshop	Summer	Health promotion and health education - basic concepts, definitions. The concept of health and disease, health determinants. 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.
Fundamentals of organizing and managing a beauty salon (podstawy organizowania I zarządzania gabinetem kosmetycznym)	1	15	workshop	Summer	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. 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.

<p>Physiotherapy and massage (fizjoterapia I masaż)</p>	<p>1</p>	<p>15</p>	<p>workshop</p>	<p>Summer</p>	<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>Cosmetic chemistry (chemia kosmetyczna)</p>	<p>5 (1 + 4)</p>	<p>60 (15 + 45)</p>	<p>lecture + lab</p>	<p>Summer</p>	<p>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</p>

					<p>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.</p>
<p>Endocrinology (enokrynologia)</p>	3	30	lecture	Summer	<p>Regulation and mechanisms of hormone secretion. Diseases of the pituitary gland. Pathogenesis, diagnosis and treatment of thyroid diseases. Diagnosis, clinical picture and treatment of parathyroid diseases. Pathogenesis, diagnosis and treatment of diseases of the adrenal glands. Regulation of calcium and phosphate metabolism. Obesity and its consequences. Pathogenesis, diagnosis and treatment of type 2 diabetes mellitus. Pathogenesis, diagnosis and treatment of type 1 diabetes mellitus. Diabetes mellitus and its complications.</p>

Nursing

Course title	ECTS	Hours	Form	Semester (Summer)	Course description
Neurological nursing Mgr piel. Magdalena Korsak Sabino Belo	1	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	3	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 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
Psychology Mgr Kondrad Grzyb	2	25	Lectures	Summer	The aim of the course is to acquire knowledge of Basics of psychology and history of psychological thought.

<p>Pedagogy Arkadiusz Marzec</p>	2	20+ 20	Lectures/ exercises	Summer	To familiarize students with the basic issues of pedagogy: the place of pedagogy in the world of culture, in the system of social sciences, humanities, the development of pedagogy as a science, pedagogical concepts needed to describe educational phenomena, the variability of the subject of reflection and pedagogical research, the ontological and epistemological foundations of pedagogy, the socio-cultural conditions of pedagogical knowledge, the methodology of pedagogical research, pedagogical paradigms.
<p>Psychiatric nursing Dr n. o zdr. Mizerska Krystyna</p>	1	25	lecture	summer	The aim of the course is to acquire knowledge and skills in the care of psychiatric patients
<p>Psychiatry and psychiatric nursing Agata Gubienia</p>	3	80	practical classes in hospital	summer	The aim of the course is to shape the ability to recognize productive symptoms and to approach patients with mental disorders individually
<p>Patologia prof. n.med. Volodymyr Pavlyuk</p>	2	25	Lecture	Summer	The aim of the course is familiarize students with the disorders of human cells, tissues and organs.

Fundamentals of Nursing - Practical Classes mgr Agnieszka Hebda	3	80	practical classes	Summer	The purpose of the course is to consolidate practical skills in providing nursing care to the sick and healthy human being.
Palliative Care	2	25	Lecture	Summer	The purpose of the course is to form the skills of individual and holistic approach to the patient in a terminal state.
Health promotion and health education (promocja zdrowia I edukacja zdrowotna)	2 (1 + 1)	20 (10 + 10)	Exercises + workshop	summer	Health promotion and health education - basic concepts, definitions. The concept of health and disease, health determinants. 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>Pathophysiology (patofizjologia)</p>	<p>2 (1 + 1)</p>	<p>20 (10 +10)</p>	<p>Lecture + exercises</p>	<p>summer</p>	<p>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.</p>
<p>Endocrinology (enokrynologia)</p>	<p>3</p>	<p>30</p>	<p>Lecture</p>	<p>summer</p>	<p>Regulation and mechanisms of hormone secretion. Diseases of the pituitary gland. Pathogenesis, diagnosis and treatment of thyroid diseases. Diagnosis, clinical picture and treatment of parathyroid diseases. Pathogenesis, diagnosis and treatment of diseases of the adrenal glands. Regulation of calcium and phosphate metabolism. Obesity and its consequences. Pathogenesis, diagnosis and treatment of type 2 diabetes mellitus. Pathogenesis, diagnosis and treatment of type 1 diabetes mellitus. Diabetes mellitus and its complications.</p>