

1.	Field of study	not applicable
2.	Faculty	not applicable
3.	Academic year of entry	not applicable
4.	Level of qualifications/degree	not applicable
5.	Degree profile	not applicable
6.	Mode of study	not applicable

7.	General information about the module	
Module name		Module in the "Health and Personal Development" area
Module code		MO-2023-SS-ZRO
Number of the ECTS credits		3
Language of instruction		
Purpose and description of the content of education		The area of "Health and Personal Development" opens university education to the perspective of the well-being of an individual (i.e., a student, who is a person entering adulthood). The area focuses on such categories as maintaining physical, mental and social health, the level of satisfaction with various spheres of one's life and the development of "soft" skills (dealing with stress, communicating with others or the conscious shaping and managing one's life). The modules offered within the "Health" sub-area are meant to equip students with the ability to recognize and assess their own health (including their mental health) and to find appropriate means of promoting it. The point of departure of the module is the presentation of modern knowledge that distinguishes evidence-based medicine from common beliefs. The modules in the "Personal Development" sub-area direct students towards methods of the practical maintenance of one's well-being (including mental well-being). They supply competences for building one's personal potential in the modern world in a way which is active and effective as well as conscious and prudent. The main concern is realizing and recognizing one's own preferences, possibilities and limits, as well as the awareness of agency and responsibility for the balance between health, happiness and development. Having attended the module, the individual will be in a position to combine his/her own development with taking care of his/her mental and physical condition and general well-being in a balanced way.
List of modules that must be completed before starting this module (if necessary)		not applicable

8.	Learning outcomes of the module			
Code	Description	Learning outcomes of the programme	Level of competenc (scale 1-5)	
KS_01	Is ready to meet social obligations, co-organize activities for the benefit of the community and is open to scientific solutions to cognitive and practical problems.	MOB.2023_K01	3	
U_01	Asks questions, analyzes research problems, and finds solutions to them, making use of knowledge, skills and experience pertaining to the concept of an individual's well-being, including their health and personal development, in conjunction with the leading discipline of the degree programme.	MOB.2023_U01	3	
U_02	Communicates the results of his/her work regarding the concept of an individual's well-being, including their health and personal development, in a way which is clear and understandable not only to specialists.	MOB.2023_U01	3	
W_01	Has advanced knowledge of selected scientific theories and methods, and is familiar with issues connected with the concept of an individual's well-being, including their health and personal development.	MOB.2023_W01	3	

W_02	Understands the connection between the issues pertaining to the concept of an individual's well-being, including their health and personal development, and the leading discipline of the degree programme.	MOB.2023_W01	3
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9. Methods of conducting classes		
Code	Category	Name (description)
a03	Lecture methods / expository methods	Description <i>a description of objects, phenomena, processes or people; it involves specifying the structure and characteristic features of the object, phenomenon, or process being described; it is usually accompanied by a demonstration of the described object or by its models, drawings, tables, charts, etc.; a description may take the form of an explanation, classification, justification or comparison</i>
a05	Lecture methods / expository methods	Explanation/clarification <i>explication involving the derivation of a predetermined theorem from other, already known ones, in the number of steps specified by the person teaching the course</i>
b04	Problem-solving methods	Activating method – discussion / debate <i>an exchange of views supported by substantive arguments leading to a clash of different views, a compromise or the identification of common positions; it proceeds according to previously agreed-upon rules regarding the time, manner and turn-taking as well as the principles of civil discourse; a discussion is not a competition but aims at finding the best solutions or presenting different points of view; its varieties include brainstorming, Oxford-style debate, panel discussion, decision tree, conference discussion; a debate is an orderly dispute between supporters and opponents of a viewpoint, usually specialists in the field or pre-selected representatives of a group dealing with a common problem</i>
c07	Demonstration methods	Screen presentation <i>a presentation of synthetic image content using computer graphics, e.g., a series of slides or other multimedia forms, usually accompanied by a commentary; typical components of a screen presentation include text organized into bulleted points, charts, images and animations, sometimes sound effects or music; a multimedia illustration of course content presented in the form of a projected image</i>
d03	Programmed learning methods	Working with another teaching tool <i>e.g. using websites in any way or according to the rules set by the teacher; or making use of other subject-specific tools</i>
f01	Methods of self-learning	Self-education <i>a method which involves independent acquisition of knowledge, skills and social competences, extending their scope and quality; complementary to the learning process taking place in class; taking on the task of developing and adjusting qualifications on one's own; self-study</i>
f02	Methods of self-learning	Individual work with a text <i>searching for and acquiring new information using textbooks and other written sources (including their digital versions); searching for texts, selecting fragments for analysis/interpretation, using other texts to solve a problem related to the studied issue</i>

10. Forms of teaching					
Code	Name	Number of hours	Assessment of the learning outcomes of the module	Learning outcomes of the module	Methods of conducting classes
01	depending on the choice	30	course work	KS_01, U_01, U_02, W_01, W_02	a03, a05, b04, c07, d03, f01, f02

11. The student's work, apart from participation in classes, includes in particular:				
Code	Category	Name (description)		Is it part of the BUNA?
a01	Preparation for classes	Search for materials and review activities necessary for class participation <i>reviewing literature, documentation, tools and materials as well as the specifics of the syllabus and the range of activities indicated in it as required for full participation in classes</i>		No
a02	Preparation for classes	Literature reading / analysis of source materials <i>reading the literature indicated in the syllabus; reviewing, organizing, analyzing and selecting source materials to be used in class</i>		No
a04	Preparation for classes	Consulting materials complementary to those indicated in the syllabus <i>agreeing on materials complementary to those indicated in the syllabus, supporting the implementation of tasks resulting from or necessary for class participation</i>		Yes
b01	Consulting the curriculum and the organization of classes	Getting acquainted with the syllabus content <i>reading through the syllabus and getting acquainted with its content</i>		Yes
c01	Preparation for verification of learning outcomes	Determining the stages of task implementation contributing to the verification of learning outcomes <i>devising a task implementation strategy embracing the division of content, the range of activities, implementation time and/or the method(s) of obtaining the necessary materials and tools, etc.</i>		Yes
c02	Preparation for verification of learning outcomes	Studying the literature used in and the materials produced in class <i>exploring the studied content, inquiring, considering, assimilating, interpreting it, or organizing knowledge obtained from the literature, documentation, instructions, scenarios, etc., used in class as well as from the notes or other materials/artifacts made in class</i>		No
e01	Activities complementary to the classes	Undertaking, on one's own initiative and individually, activities aimed at expanding the scope or depth of the teaching content, also beyond the walls of the University <i>a set of activities undertaken independently and on the student's own initiative, aimed at expanding the depth and scope of knowledge and skills, their revision and repetition, retention or verification, also activities carried outside the university, e.g., in a culture promoting or educational institution, a laboratory, in the open air, etc.; also self-education</i>		Yes

Information on the details of the module implementation in a given academic year can be found in the syllabus available in the USOS system: <https://usosweb.us.edu.pl>.