Title:	**HEALTH PROMOTION**
Lecture hours:	15 hours of lectures and 15 hours of discussion-based seminars
Study period: (summer/winter)	summer
Number of credits:	4 ECTS
Assessment methods:	Lectures: written multiple-choice test covering lecture content. Seminars: participation in class discussions and completion of assignments on selected topics.
Language of instruction:	English
Prerequisites:	None
Course content:	**Lectures** 1. Health promotion, health education and disease prevention. The Ottawa Charter and selected international examples of preventive programmes. 2. Lifestyle and other determinants of health. Interpretation of selected demographic and epidemiological indicators across age groups. 3. Major noncommunicable diseases, their risk factors and consequences. The role of healthy eating in prevention. 4. Selected chronic conditions in childhood and their implications for health education. 6. Psychological determinants of health. Stress and occupational burnout, including their causes, manifestations, and health and social consequences. **Seminars** 1. Applying selected models of health promotion to health education activities. 2. Healthy eating and physical activity as components of a health-promoting lifestyle. 3. Analysing evidence on the role of nutrition education in preventing noncommunicable diseases. 4. Dietary management of selected inherited metabolic disorders, using phenylketonuria as a case example. 5. Psychological aspects of health and health-related behaviour.
Learning outcomes:	On successful completion of the course, students will be able to: 1. Explain the main principles of health promotion and describe how selected preventive programmes apply them. 2. Explain how lifestyle and psychological factors influence health across the life course. 3. Interpret selected demographic and epidemiological indicators and use them to identify health promotion priorities. 4. Find and critically appraise evidence on the role of nutrition education in preventing noncommunicable diseases. 5. Find and analyse evidence on dietary management in selected inherited metabolic disorders.
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Literature:	1. Green, J., Cross, R., Woodall, J., & Tones, K. (2019). Health Promotion: Planning & Strategies (4th ed.). SAGE. Selected chapters on determinants of health, health education and evidence-based health promotion. 2. World Health Organization. (1986). Ottawa Charter for Health Promotion. 3. van Wegberg, A. M. J., et al. (2025). European guidelines on diagnosis and treatment of phenylketonuria: First revision. Molecular Genetics and Metabolism, 145(2), 109125. https://doi.org/10.1016/j.ymgme.2025.109125 4. World Health Organization. (2019). Burn-out an “occupational phenomenon”: International Classification of Diseases.