

<b>Title:</b>	<b>Human Bioclimatology</b>
<b>Lecture hours:</b>	15
<b>Study period: (summer/winter)</b>	winter, summer
<b>Number of credits:</b>	4
<b>Assessment methods:</b>	Graded credit
<b>Language of instruction:</b>	English
<b>Prerequisites:</b>	Course for geography students
<b>Course content:</b>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Influence of solar radiation for human health <ul style="list-style-type: none"> <li>- solar radiation intensity - UVI</li> <li>- maximal time sun exposition - MTSE</li> </ul> </li> <li>3. Methods for assessing bioclimatic conditions based on measurements <ul style="list-style-type: none"> <li>- assessment of biothermal conditions at high air temperature - Humidex</li> <li>- assessment of biothermal conditions at low air temperature – Wind Chill Temperature</li> </ul> </li> <li>4. Impact of physical activity on thermal sensations <ul style="list-style-type: none"> <li>- Accepted level of physical activity – MHR</li> </ul> </li> <li>5. The role of clothing in shaping perceptible conditions <ul style="list-style-type: none"> <li>- Insulation Predicted</li> </ul> </li> <li>6. Biothermal indices based on human heat balance <ul style="list-style-type: none"> <li>- Subjective Temperature Index</li> <li>- Universal Thermal Climate Index</li> </ul> </li> </ol>
<b>Learning outcomes:</b>	<p>K01 - knows the relations between the various meteorological elements and their impact on the human body</p> <p>K02 - has knowledge about the methods of assessing the heat exchange between the human body and the external environment</p> <p>K03 - knows methods for assessing bioclimatic conditions in both warm and cold environments</p> <p>S01 - calculates bioclimatic indices, both simple and based on human heat balance</p> <p>S02 - knows how to apply research methods to assess the perceived climate conditions</p> <p>S03 - based on the calculations carried out, correctly assess the impact of weather conditions on the human thermal sensations</p> <p>C01 - understands the need to deepen knowledge about the impact of meteorological conditions on human functioning in the natural environment</p>
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