



Course title: WELLNESS

ECTS credit allocation (and other scores): 1.0 ECTS

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 15/15

Course coordinator/ Department and e-mail: dr hab. Jarosław Jaszczur-Nowicki, prof. UWM; j.jaszczur-nowicki@uwm.edu.pl

Type of classes: classes and lectures

Substantive content

CLASSES: Practical familiarization of students with the most commonly used means of wellness: massage, sports, treatments in the aquatic environment, sauna, cryotherapy and selected treatments in the field physiotherapy

LECTURES: Objectives and criteria of sports medicine with special emphasis on biological renewal. Criteria of health and disease. The effects of training. The problems of fatigue and rest as components of physical activity. Factors enhancing physical performance. Permitted and forbidden assistance. Damage associated with physical activity and participation in sport.

Learning purpose: to acquaint students with the issues of wellness.

On completion of the study programme the graduate will gain:

Knowledge: knows elementary terminology in the field of wellness

Skills: has the skills to apply basic wellness treatments individually and in a group

Social Competencies: understands the problems and needs of people with disabilities and tries to remove as much as possible barriers restricting the participation of disabled people in biological regeneration treatments

Basic literature:

- 1) Jethon Z., Fizjologiczne podstawy odnowy biologicznej w sporcie., Instytut Sportu, Warszawa, 1982
- 2) Magiera L., Walaszek R., Masaż sportowy z elementami odnowy biologicznej., Biosport, Kraków, 2003

Supplementary literature:

- 1) Kasperczyk T., Fenczyn J., Podręcznik odnowy psychosomatycznej., PZWL, Warszawa, 1996
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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.0

Student's independent work: