



Pope John Paul II State School of Higher Education in Białą Podlaską
Education Content Framework – Public Health
BA Programme of Studies

Specialization: Health promotion in Wellness

it.	Course	I year	I year	II year	II year	III year	III year	ECTS
		I sem.	II sem.	III sem.	IV sem.	V sem.	VI sem.	
1	Science of a man	30 l/30 p	-	-	-	-	-	5
2	Basics of psychology	15 l/30 p	-	-	-	-	-	4
3	Basics of sociology	-	15 l	-	-	-	-	0
4	Basics of economics	15 l	-	-	-	-	-	0
5	Basics of law	-	15 l	-	-	-	-	0
6	Basics of biostatistics	-	15 l	-	-	-	-	0
7	Introduction to public health	30 l/30 p	30l/30p	-	-	-	-	14
8	Hygiene	-	30l/30p	-	-	-	-	5
9	Environmental health grounds	-	30l/30p	-	-	-	-	5
10	Qualified first aid	30 p	30 p	-	-	-	-	6
11	Ergonomics, safety and occupational health	30l/30p	-	-	-	-	-	5
12	The basics of epidemiology	30l/30p	-	-	-	-	-	5
13	Rescue Medicine	-	15l/30p	-	-	-	-	4
14	Pedagogics	15l/15p	-	-	-	-	-	2
15	Foreign languages: English, German	30 p	30 p	-	-	-	-	2
16	Physical Education	30 p	30 p	-	-	-	-	2
17	Internship at Health Care Facility 4 weeks	-	160 h	-	-	-	-	4
18	Introduction to Medicine	-	-	30l/45p	30l/45p	-	-	14
19	The basics of demographics	-	-	-	15l/15p	-	-	2
20	Health Problems at the International Level	-	-	30l/30p	-	-	-	2
21	Fundamentals of Human Nutrition	-	-	30l/30p	30l/30p	-	-	6
22	The Theory of Wellness	-	-	30l/30p	-	-	-	4
23	Lifestyle and health	-	-	-	30l/30p	-	-	2
24	Health promotion at different ages	-	-	30l/30p	-	-	-	6
25	Psychology of Health	-	-	30l/30p	-	-	-	6
26	The functioning of Spa and Wellness Centers	-	-	-	15l/15p	-	-	3
27	Equipment and Facilities of Spa and wellness	-	-	-	15 l	-	-	3
28	Interpersonal Communication	-	-	30l/30p	-	-	-	3
29	Foreign languages: English, German	-	-	30 p	30 p	-	-	3
	Philosophy	-	-	-	15l/15p	-	-	2
30	IT	-	-	-	30 p	-	-	2
31	Internship – 6 weeks a) Administrative unit related to the health sector (2 weeks) b) Elements of Wellness and rehabilitation (4 weeks)	-	-	-	240h a)80 b)160	-	-	2
32	Environmental grounds	-	-	-	-	15	-	0
33	Economics and Finance	-	-	-	-	15l/30p	-	2



34	Organization and management	-	-	-	-	30l/30p	-	4
35	Basics of Social and Health Insurances	-	-	-	-	-	30l/30p	5
36	BA Seminar	-	-	-	-	30 c	30 c	4
37	Basics of Health Promotion and Health Education	-	-	-	-	30l/30p	-	4
38	Basics of Sanitary-epidemiological Monitoring	-	-	-	-	30l/45p	30l/45p	10
39	Basics of Social and Health Policy	-	-	-	-	-	30l/30p	5
40	Marketing of Wellness	-	-	-	-	-	15l/30p	2
41	Modern Forms of Fitness	-	-	-	-	-	15l/30p	4
42	Methods of Reflexology	-	-	-	-	-	15l/30p	2
43	Specificity of Medical Spa	-	-	-	-	30l/30p	-	6
44	Health Promotion Programmes	-	-	-	-	30l/30p	-	6
45	Health Promotion and Hygiene in the Workplace	-	-	-	-	30l/30p	-	4
46	Promotional Strategy in the Environment	-	-	-	-	-	30l/30p	0
47	Protection of Intellectual Property	-	-	-	-	-	5l	0
48	Internship (Elements of Wellness and rehabilitation)	-	-	-	-	80h	80h	4

l – lecture

p – practice classes

c – contact meetings

h - hours



Public Health

Specialization: Management in Health Care

it.	Course	I year	I year	II year	II year	III year	III year	ECTS
		I sem.	II sem.	III sem.	IV sem.	V sem.	VI sem.	
1	Science of a man	30 l/30 p	-	-	-	-	-	5
2	Basics of psychology	15 l/30 p	-	-	-	-	-	4
3	Basics of sociology	-	15 l	-	-	-	-	0
4	Basics of economics	15 l	-	-	-	-	-	0
5	Basics of law	-	15 l	-	-	-	-	0
6	Basics of biostatistics	-	15 l	-	-	-	-	0
7	Introduction to public health	30 l/30 p	30l/30p	-	-	-	-	14
8	Hygiene	-	30l/30p	-	-	-	-	5
9	Environmental health grounds	-	30l/30p	-	-	-	-	5
10	Qualified first aid	30 p	30 p	-	-	-	-	6
11	Ergonomics, safety and occupational health	30l/30p	-	-	-	-	-	5
12	The basics of epidemiology	30l/30p	-	-	-	-	-	5
13	Rescue Medicine	-	15l/30p	-	-	-	-	4
14	Pedagogics	15l/15p	-	-	-	-	-	2
15	Foreign languages: English, German	30 p	30 p	-	-	-	-	2
16	Physical Education	30 p	30 p	-	-	-	-	2
17	Internship at Health Care Facility 4 weeks	-	160 h	-	-	-	-	4
18	Introduction to Medicine	-	-	30l/45p	30l/45p	-	-	14
19	The basics of demographics	-	-	-	15l/15p	-	-	2
20	Health Problems at the International Level	-	-	30l/30p	-	-	-	2
21	Fundamentals of Human Nutrition	-	-	30l/30p	30l/30p	-	-	6
22	Forensic Medicine with Elements of Law	-	-	30l	-	-	-	0
23	The Basics of Management	-	-	30l/30p	-	-	-	5
24	Organization of Social Welfare	-	-	30l/30p	-	-	-	5
25	Organization of Health Care	-	-	-	30l/30p	-	-	5
26	Public Health Law	-	-	30l/30p	-	-	-	5
27	The Basics of Occupational Medicine	-	-	15 l/30p	-	-	-	2
28	Medical and rehabilitation Jurisprudence	-	-	-	15l/30p	-	-	2
29	Health Psychology	-	-	-	30l/30p	-	-	3
30	Foreign languages: English, German	-	-	30 p	30 p	-	-	3
31	Philosophy	-	-	-	15l/15p	-	-	2
32	IT	-	-	-	30 p	-	-	2
33	Internship – 6 weeks a) Administrative unit related to the insurance sector (1 week) b) Administrative unit related to social welfare sector (1 week)	-	-	-	80h a)40 b)40	-	-	3
34	Environmental grounds	-	-	-	-	15	-	0
35	Economics and Finance	-	-	-	-	15l/30p	-	2
36	Organization and management	-	-	-	-	30l/30p	-	4



37	Basics of Social and Health Insurances	-	-	-	-	-	30l/30p	5
38	BA Seminar	-	-	-	-	30 c	30 c	4
39	Basics of Health Promotion and Health Education	-	-	-	-	30l/30p	-	4
40	Basics of Sanitary-epidemiological Monitoring	-	-	-	-	30l/45p	30l/45p	10
41	Basics of Social and Health Policy	-	-	-	-	-	30l/30p	5
42	Administrative Law	-	-	-	-	15l/30p	-	2
43	Quality Management in Healthcare	-	-	-	-	15l/30p	-	2
44	Social Psychology	-	-	-	-	-	15l/30p	4
45	Organization of Healthcare	-	-	-	-	15l/30p	-	2
46	Economy of Health	-	-	-	-	-	15l/30p	4
47	Healthcare Management in Poland	-	-	-	-	15l/30p	-	2
48	Health Insurance Law	-	-	-	-	15l/15p	-	1
49	Building a Strategy for Social Programs	-	-	-	-	15l/30p	-	3
50	Public Health Priority Programs	-	-	-	-	-	30l/30p	4
51	Protection of Intellectual Property	-	-	-	-	-	5l	0

l – lecture

p – practical classes

c – contact meetings

h - hours