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| **General information** |
| Name of University : Khmelnytsky National University  Education :Bachelor physical therapy, occupational therapy  Name of the course : **Theory of health and healthy life**  ECTS :4 Language : Ukrainian  Study time lessons :68 Study time students :52  Place of the course in the education (year & semester) : year 1, semester 1  Lector(s) Inna Soltyk |
| **Compentences / learning outcomes & goals** |
| GC 10. Ability to search for, process and analyse information from a variety of sources.  GC 11. Ability to learn and master modern knowledge.  PLR 03. Use information and communication technologies to search, process and analyze information from various sources for the purpose of learning and mastering new skills.  PLR 04. To be proficient in the state language in oral and written communication, to know a foreign language in order to adopt international experience in the field of professional activity. |
| **Learning activities** |
| **Content of the course : describe + content table** |
| The basics of a healthy lifestyle. State of health of the population of Ukraine. Impact on social health of social and environmental factors. Science-based lifestyle as the basis of physical health. Fundamentals of mental and spiritual health. Social and psychophysiological reasons for drug use. Sex education as a basis for healthy family formation and prevention of sexually transmitted diseases. Characteristics of infectious diseases and their prevention. Individual wellness system as the basis of a full long life. |
| **Study material** Book – Syllabus – Textbook – Notes - Online material – Other (+specify) |
| 1. Griban VG Fundamentals of health: beginnings. - K .: Center of the academic year. - 2008. 214 p.  2. Petrinenko TV Essentials of Medical Knowledge: A Textbook. - K .: Medicine, 2007. - 248 p.  3. Freud Z. Psychology of the human masses and analysis of the human "I". - Novel: with him. - St. Petersburg. - Publishing House "ABC of Classics". - 2008. - 192 p.  4. Amosov NM My health system. - K .: Health, 1997. - 56 p.  5. Modular environment for learning MODEL. Access to the resource: https://msn.khnu.km.ua.  6. University electronic library. Access to the resource: http://library.khnu.km.ua. |
| **Educational methods** Lecture – Excursion – group work – Other (+specify) |
| verbal (story, conversation, explanation); practical, visual (illustrating educational material, showing slides). |
| **Evaluation** |
| **Moment of evaluation**  **Evaluation form**   * Written exam, Oral exam, Practical exam/demonstration * Task, Portfolio, Permanent evaluation * Other   **Second chance?** |
| Written exam |