GDAŃSK UNIVERSITY OF TECHNOLOGY

Subject card

Subject name and code	The Most Common Risk Factors for Lifestyle Diseases, PG_00068855		
Field of study	Mechatronics, Mechanical Engineering, Transport and Logistics, Power Engineering, Management and Production Engineering, Nuclear Engineering		
Date of commencement of studies	February 2025	Academic year of realisation of subject	2024/2025
Education level	second-cycle studies	Subject group	
Mode of study	Full-time studies	Mode of delivery	e-learning
Year of study	1	Language of instruction	Polish
Semester of study	1	ECTS credits	1.0
Learning profile	general academic profile	Assessment form	assessment
Conducting unit	Division Of Biomaterials Technology -> Institute Of Manufacturing And Materials Technology -> Faculty Of Mechanical Engineering And Ship Technology -> Wydziały Politechniki Gdańskiej		
Name and surname of lecturer (lecturers)	Subject supervisor	dr inż. Michał Bartmański	
	Teachers	Klaudia Malisz	

Lesson types and methods of instruction

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	15.0	0.0	0.0	0.0	0.0	15

E-learning hours included: 15.0

Learning activity and number of study hours

Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
Number of study hours	15	0.0	0.0	15

Subject objectives

The course aims to disseminate knowledge about risk factors that contribute to the development of lifestyle diseases. Raising public awareness in this area has a significant impact on morbidity and mortality within our society. Knowledge of basic preventive measures is essential and is intended to improve both the quality and length of life. The subject covers issues related to hypertension, diabetes, obesity, as well as air quality, smoking, diet, physical activity, and stress.

Learning outcomes

Course outcome	Subject outcome	Method of verification
[K7_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems	The student is able to apply basic concepts of public health to analyze and evaluate preventive and educational activities related to lifestyle diseases	[SU3] Assessment of ability to use knowledge gained from the subject
[K7_K71] is able to explain the need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment	The student has knowledge of methods for identifying risk factors and strategies for preventing lifestyle diseases	[SK5] Assessment of ability to solve problems that arise in practice
[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications	The student is able to analyze and interpret social phenomena affecting the quality of life and health of populations	[SW3] Assessment of knowledge contained in written work and projects

Subject contents

- What is health prevention and what are lifestyle diseases
- Cardiovascular diseases
- Type 2 diabetes
- Obesity and overweight
- Cancer (oncological diseases)
- Respiratory diseases
- Mental health and its prevention
- Addictions

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
test	56.0%	100.0%

Recommended reading

Basic literature

- ESC Guidelines 2021 on Cardiovascular Disease Prevention in Clinical Practice. Polish Cardiac Society.
- Public Health / ed. Teresa Bernadetta Kulik, Anna Pacian.

	Supplementary literature	• Thematic articles in Polish and English.
	eResources addresses	Adresy na platformie eNauczanie:
Example issues/ example questions/ tasks being completed	• What are the main risk factors leading to the development of lifestyle diseases? • Explain the concept of "secondary prevention." • List actions that can help in coping with stress. • What impact does regular physical activity have on health? • When analyzing the case of a person with overweight, what preventive actions would be appropriate to avoid the development of type 2 diabetes?	
Work placement	Not applicable	

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