



Subject card

Subject name and code	The Most Common Risk Factors for Lifestyle Diseases, PG_00068855						
Field of study	Mechanical and Medical Engineering, Mechatronics, Mechanical Engineering, Management and Production Engineering						
Date of commencement of studies	February 2026		Academic year of realisation of subject		2025/2026		
Education level	second-cycle studies		Subject group				
Mode of study	Full-time studies		Mode of delivery		at the university		
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 -> Faculties of Gdańsk University of Technology						
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Michał Bartmański				
	Teachers						
Lesson types	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: 0.0						
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_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		
	[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		
Subject contents	Course content – lecture <ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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	
Example issues/ example questions/ tasks being completed	<ul style="list-style-type: none"> • 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? 	
Practical activities within the subject	Not applicable	

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