

## Subject card

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| Subject name and code                       | Humanities - The man, society, hygiene in historical development, PG_00053414                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                          |                                                                                                                                           |                                     |                                                                                   |            |     |
| Field of study                              | Chemistry                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                          |                                                                                                                                           |                                     |                                                                                   |            |     |
| Date of commencement of studies             | October 2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                          | Academic year of realisation of subject                                                                                                   |                                     | 2025/2026                                                                         |            |     |
| Education level                             | Bachelor's studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                          | Subject group                                                                                                                             |                                     | Obligatory subject group in the field of study<br>Humanistic-social 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                                                                                                                              |                                     | 2.0                                                                               |            |     |
| Learning profile                            | academic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          | Assessment form                                                                                                                           |                                     | credit                                                                            |            |     |
| Conducting unit                             | Division of Modern History -> Institute of History -> Faculty of History -> Rector                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                          |                                                                                                                                           |                                     |                                                                                   |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                          | dr hab. Iwona Janicka                                                                                                                     |                                     |                                                                                   |            |     |
|                                             | 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                                                       |                                                                                                                                           | 2.0                                 |                                                                                   | 33.0       | 50  |
| Subject objectives                          | Characteristics of the conditions of changes that have occurred in the human genotype from the moment of the appearance of man to modern times; indicating the relationship between man and the environment and their importance; determining the relationship between hygiene and human health; determining the changing living conditions of man throughout history; identification of the main epidemics occurring in the European community; identifying threats resulting from the degradation of the natural environment and identifying with it as part of it. |                                                          |                                                                                                                                           |                                     |                                                                                   |            |     |
| Learning outcomes                           | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                          | Subject outcome                                                                                                                           |                                     | Method of verification                                                            |            |     |
|                                             | [CHEML3_K06] Raises her/his professional and personal competences by using information provided in various sources.                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                          | The student is able to use the knowledge acquired during the exam and uses the sources of knowledge indicated by the lecturer.            |                                     | [SK4] test/exam - oral or written                                                 |            |     |
|                                             | [CHEML3_K01] Identifies the level of her/his own knowledge and skills and the need for continuous learning and personal development.                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                          | The student understands the need for continuous education and the need to use the acquired knowledge to work for the natural environment. |                                     | [SK4] test/exam - oral or written                                                 |            |     |

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| Subject contents                | <p>1. Organizational activities. Factors of development of homo sapiens.</p> <p>2. Human adaptability.</p> <p>3. Domestication of the environment. Human nutrition and its aspects.</p> <p>4. Nutrition through the ages.</p> <p>5. Food taboos.</p> <p>6. Freganism.</p> <p>7. Personal hygiene through the centuries.</p> <p>8. A brief history of contraceptives.</p> <p>9. The biological state of society over the centuries - the plague.</p> <p>10. The biological state of society over the centuries - damn.</p> <p>11. Epidemics of smallpox and syphilis in Europe and around the world. Vaccination history.</p> <p>12. A short history of stimulants</p> <p>13. Eugenics.</p> <p>14. A short history of animal rights protection.</p> <p>15. Threats to modern civilization.</p> |                   |                               |
| Prerequisites and co-requisites | Knowledge of the periodization of human history; ability to analyze and draw conclusions based on literature and statistical data; the ability to build a logical statement and argue one's position; sensitivity to problems related to environmental threats; the ability to perceive and explain the relationships between people, their health, hygiene and the environment.                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                               |
| Assessment methods and criteria | Subject passing criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Passing threshold | Percentage of the final grade |
|                                 | Written exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 51.0%             | 100.0%                        |
| Recommended reading             | <p>Basic literature</p> <p>I. Janicka, The Blue death from Asia. Cholera epidemics in the north-eastern provinces of the Russian Empire in the 19th century, Gdańsk 2021.</p> <p>S. Lilley, People, machines and history: an outline of the history of the development of machines and tools against the background of social changes, Warsaw 1958.</p> <p>J.M. Diamond, Shotguns, germs, machines: the fate of human societies, Warsaw 2000.</p> <p>K. Fijałkowski, Homo accidental sapiens, Warsaw 2008.</p>                                                                                                                                                                                                                                                                                |                   |                               |

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|                                                                | Supplementary literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>Great epidemics in the history of humanity, edited by K.F. Kiple, Poznań 2000.</p> <p>E.I. Rudolf, From the plague to Ebola. Method of presenting selected contagious diseases in sample texts of popular literature, Wrocław 2019.</p> <p>Ancient medicine and veterinary medicine. Patient, edited by M.Z. Felsmann, J. Szarek, M., Felsmann, Chelmo 2011.</p> <p>Encyclopedia of Pestilence, Pandemics, and Plagues, vol. 1, A-M, ed. J.P. Byrne, London 2008.</p> |
|                                                                | eResources addresses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Example issues/<br>example questions/<br>tasks being completed | <ol style="list-style-type: none"> <li>1. A short history of anthropogenesis - from Australopithecus to Homo sapiens.</li> <li>2. Domestication of plants and animals - the Neolithic revolution.</li> <li>3. Food taboos in selected cultural circles (Muslims, Jews, Asians, French)).</li> <li>4. The phenomenon of freeganism.</li> <li>5. History of hygiene and contraceptives.</li> <li>6. The most dangerous epidemics in history - plague, cholera, smallpox, syphilis. Their methods of treatment, vaccinations.</li> <li>7. Selected stimulants and their history.</li> <li>8. Ethical problems of eugenics,</li> <li>9. History of animal rights protection.</li> <li>10. Selected civilization threats - traffic accidents, natural elements.</li> </ol> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Work placement                                                 | Not applicable                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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