

Subject card

Subject name and code	Man, society, hygiena in historical development, PG_00053442						
Field of study	Environmental Protection						
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 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	30.0	0.0	0.0	0.0	0.0	30
	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	30		5.0		15.0	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
	[OŚL3_K06] Knows and appreciates the practical application of the acquired knowledge and skills in solving problems.	The student is able to use the acquired knowledge in practice, is able to identify the main threats to civilization, and is aware of the effects of human influence on the environment.	[SK4] test/exam - oral or written
	[OŚL3_K05] Identifies the level of her/his knowledge and skills, demonstrates the need to update knowledge about the environment and its protection, demonstrates the need for continuous professional training and personal development.	The student independently enriches his/her knowledge and consults the sources of knowledge indicated during the lecture.	[SK4] test/exam - oral or written
	[OŚL3_U08] Correctly concludes based on the available data from various sources.	The student is able to compare information, point out errors, and think critically.	[SU8] observation of student's independent or team work
	[OŚL3_W07] Explains the causal relationship between the content of specific pollutants and the state of the environment (including human health) and the occurrence of adverse phenomena on a local, regional and global scale.	The student understands the relationship between his health and the environment; recognizes the threats resulting from human impact on the natural environment; notices the diversity of the human population and the conditions in which it was formed throughout history.	[SW4] test/exam - oral or written
Subject contents	1. Organizational activities. Factors of development of homo sapiens. 2. Human adaptability. 3. Domestication of the environment. Human nutrition and its aspects. 4. Nutrition through the ages. 5. Food taboos. 6. Freganism. 7. Personal hygiene through the centuries. 8. A brief history of contraceptives. 9. The biological state of society over the centuries - the plague. 10. The biological state of society over the centuries - damn. 11. Epidemics of smallpox and syphilis in Europe and around the world. Vaccination history. 12. A short history of stimulants 13. Eugenics. 14. A short history of animal rights protection. 15. Threats to modern civilization.		
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	Basic literature	I. Janicka, The Blue death from Asia. Cholera epidemics in the north-eastern provinces of the Russian Empire in the 19th century, Gdańsk 2021. 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. J.M. Diamond, Shotguns, germs, machines: the fate of human societies, Warsaw 2000. K. Fijałkowski, Homo accidental sapiens, Warsaw 2008.	
	Supplementary literature	Great epidemics in the history of humanity, edited by K.F. Kiple, Poznań 2000. E.I. Rudolf, From the plague to Ebola. Method of presenting selected contagious diseases in sample texts of popular literature, Wrocław 2019. Ancient medicine and veterinary medicine. Patient, edited by M.Z. Felsmann, J. Szarek, M., Felsmann, Chełmno 2011. Encyclopedia of Pestilence, Pandemics, and Plagues, vol. 1, A-M, ed. J.P. Byrne, London 2008.	
	eResources addresses		
Example issues/ example questions/ tasks being completed	1. A short history of anthropogenesis - from Australopithecus to Homo sapiens. 2. Domestication of plants and animals - the Neolithic revolution. 3. Food taboos in selected cultural circles (Muslims, Jews, Asians, French)). 4. The phenomenon of freeganism. 5. History of hygiene and contraceptives. 6. The most dangerous epidemics in history - plague, cholera, smallpox, syphilis. Their methods of treatment, vaccinations. 7. Selected stimulants and their history. 8. Ethical problems of eugenics, 9. History of animal rights protection. 10. Selected civilization threats - traffic accidents, natural elements.		
Work placement	Not applicable		