

## Subject card

|                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                                         |                                     |                                                                          |            |     |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|--------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Diseases of civilization of the 21st century, PG_00137329                                                                                                                                                                                                                                                                                                                                                                                    |                                                          |                                         |                                     |                                                                          |            |     |
| Field of study                              | Historical game design                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                          |                                         |                                     |                                                                          |            |     |
| Date of commencement of studies             | October 2024                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                          | Academic year of realisation of subject |                                     |                                                                          |            |     |
| Education level                             | Bachelor's studies                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                          | Subject group                           |                                     | Obligatory subject group in the field of study<br>Optional subject group |            |     |
| Mode of study                               | full-time studies                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                          | Mode of delivery                        |                                     | e-learning                                                               |            |     |
| Year of study                               | 3                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                          | Language of instruction                 |                                     | Polish<br>Polish language                                                |            |     |
| Semester of study                           | 5                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                          | ECTS credits                            |                                     | 2.0                                                                      |            |     |
| Learning profile                            | academic                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                          | Assessment form                         |                                     | credit                                                                   |            |     |
| Conducting unit                             |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                                         |                                     |                                                                          |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                          | dr hab. Dorota Żurawa-Janicka           |                                     |                                                                          |            |     |
|                                             | Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                          | dr hab. Dorota Żurawa-Janicka           |                                     |                                                                          |            |     |
| 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: 30.0                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                                         |                                     |                                                                          |            |     |
|                                             | eNauczanie source address: <a href="https://mdl.ug.edu.pl/course/view.php?id=12966">https://mdl.ug.edu.pl/course/view.php?id=12966</a>                                                                                                                                                                                                                                                                                                       |                                                          |                                         |                                     |                                                                          |            |     |
| 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                                                       |                                         | 0.0                                 |                                                                          | 20.0       | 50  |
| Subject objectives                          | The aim of the lecture is to provide an understanding of the underlying causes of diseases whose development and spread are facilitated by civilizational progress and modern lifestyles, as well as to understand the genetic predispositions and environmental factors that contribute to the development of selected civilization-related diseases. The lecture also covers the principles of prevention and available treatment methods. |                                                          |                                         |                                     |                                                                          |            |     |
|                                             | The lecture is intended to encourage participants to take greater responsibility for their own health and to reflect on the extent to which contemporary lifestyles promote human health, and to what extent they have become a source of serious diseases.                                                                                                                                                                                  |                                                          |                                         |                                     |                                                                          |            |     |

| Learning outcomes               | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Subject outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Method of verification                                                                                                                                                                    |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>Understands the basic physiological phenomena and processes occurring in the human body (P6U_W, P6S_WG)</p> <p>Knows the factors that contribute to the development and spread of civilization-related diseases and understands their impact on physiological processes and human health (P6U_W, P6S_WG)</p> <p>Synthesizes data from various sources and draws appropriate conclusions based on the information obtained (P6U_U, P6S_UW)</p> <p>Recognizes the limitations of their own knowledge and understands the need for its continuous updating regarding the causes, development, and consequences of the spread of civilization-related diseases (P6U_K, P6S_KK)</p>                                                                                                                                                                                                                                                                                                         | <p>[SW4] test/exam - oral or written</p> <p>[SU1] oral statement/conversation/discussion</p> <p>[SU4] test/exam - oral or written</p> <p>[SK1] oral statement/conversation/discussion</p> |
| Subject contents                | <p>Lifestyle diseases: types and characteristics, epidemiology in Poland and in the world.</p> <p>Selected lifestyle-related diseases will be discussed, considering risk factors associated with modern lifestyles, symptoms, and modern diagnostic methods: metabolic disorders, including obesity and diabetes, cardiovascular diseases, selected cancers, including colorectal cancer, diseases resulting from immunological dysfunction such as allergies, asthma, and food hypersensitivities, respiratory diseases, as well as AIDS.</p> <p>Currently used treatment methods and new therapies. Principles of prevention.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                           |
| Prerequisites and co-requisites | Basic knowledge of human anatomy and physiology.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                           |
| Assessment methods and criteria | Subject passing criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Passing threshold                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Percentage of the final grade                                                                                                                                                             |
|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 51.0%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 100.0%                                                                                                                                                                                    |
| Recommended reading             | Basic literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>Literature used during classes.</b> The lecture constitutes an original overview of topics concerning the epidemiology, pathogenesis, treatment methods, and principles of prevention of selected civilization/lifestyle-related diseases. It has been prepared based on review articles and original research articles from the scientific literature and author's own experience in the fields of cancer biology diseases associated with immune system dysfunction.</p> <p>Other sources include:</p> <p>Lieberman M., Marks A.D., Peet A. 2013. Basic Medical Biochemistry. A Clinical Approach. 4th Ed. Lippincott Williams &amp; Wilkins, USA.</p> <p>Rosenthal M.D., Glew R.H. 2009. Medical Biochemistry. Human Metabolism in Health and Disease. Wiley &amp; Sons, Inc.</p> <p>Janson L.W., Tischler M.E. The Big Picture: Medical Biochemistry. The McGraw-Hill Companies, Inc.</p> <p>Cellular and Molecular Immunology, Abbas et al., 10th Ed., Elsevier Inc. 2022.</p> |                                                                                                                                                                                           |
|                                 | Supplementary literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | -                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                           |
|                                 | eResources addresses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                           |

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| <p>Example issues/<br/>example questions/<br/>tasks being completed</p> | <p>Sample test questions:</p> <p>Lifestyle diseases: a. are the cause of most deaths in the world; b. develop suddenly, as a result of the action of a specific factor; c. the vast majority of them are caused by infectious agents; d. mainly affect young people</p> <p>Which of the following lipoproteins is of key importance in the pathomechanism of atherosclerotic plaque formation: a. Chylomicrons; b.LDL; c. HDL; d. IDL</p> <p>Select the false sentence: a. The direct cause of diabetes and its characteristic feature is hyperglycemia; b. Diabetes is caused by impaired insulin secretion or action; c. Insulin works by "using" glucose after a meal and accumulating energy reserves; d. The pancreas produces insulin when blood glucose levels are low</p> <p>Complete the sentence: The organ that is the central site of ethyl alcohol metabolism is ...</p> <p>Select the true sentence: a. Most cases of colorectal cancer develop as a hereditary disease; b. Colorectal cancer is a disease classified as a civilization disease because its development is closely related to lifestyle and the influence of environmental factors; c. All colorectal polyps and colorectal cancer are malignant tumors; d. Factors that reduce the risk of developing colorectal cancer include a diet rich in carbohydrates and fats</p> |
| <p>Work placement</p>                                                   | <p>Not applicable</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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