

Course Title: Interdisciplinary Approach to Psychophysical Health

Type of Classes: Exercises

Form of Assessment: Graded Pass

Semester: Summer

Proposed Number of Hours: 20

Syllabus:

- The concept of psychophysical health
- Fundamentals of scientific research methodology
- Designing interdisciplinary research
- Tools for measuring psychophysical health
- Data analysis in psychophysical research
- Ethics of research and reporting results
- Practical applications of psychophysical research in health
- Final presentations part 1
- Final presentations part 2

Learning Outcomes:

- Gaining knowledge and skills in designing and conducting interdisciplinary research.
- Gaining knowledge of holistic concepts of human health.
- Gaining knowledge in the proper analysis, interpretation, and presentation of data in scientific research.
- Acquiring skills in presenting a research project.

Qualification Level:

Bachelor's Degree Program

Competencies:

Knowledge:

- Knowledge of methods for designing and conducting interdisciplinary research;
- Knowledge of holistic concepts of human health;
- Knowledge of methods for proper analysis, interpretation, and presentation of data in scientific research.

Skills:

- Ability to design and conduct interdisciplinary research;
- Ability to conduct interdisciplinary research;

- Ability to present a research project.

Social Competencies:

- Ability to work in a team and perform various roles within it;
- Ability to collaborate with individuals from different scientific fields;
- Ability to communicate effectively with the research subject, considering their age, cognitive abilities, and other individual traits;
- Ability to properly communicate the obtained research results, taking into account the characteristics of the recipient.

Organizational Unit Responsible for the Course: Department of Anthropology, Institute of Biomedical Sciences.

Course Instructors: dr Magdalena Żegleń, dr hab. Łukasz Kryst, prof. AKF

Conditions for the Course Implementation: Classes with a group

Proposed Number of ECTS Points: 4

Due to the practical nature of the exercises, the maximum number of hours that can be conducted remotely is 5 hours.