

Course description

Informing students on course requirements

Program: full-time PhD program, elective course
Course: The role of lifestyle in shaping the health status of the population
Course code: AOKDI-ASZV-07
Academic year/Semester: 2. or 4. semester
Educator and contact details (e-mail): Prof. Edit Paulik MD, PhD, paulik.edit@med.u-szeged.hu
Type of course: <u>lecture</u> /seminar/practice/laboratory
Weekly hours of the course: 2
Credit value of the course: 6
Type of examination: final exam at the end of semester, practice exam, other: five-scale report
Preliminary requirements (preliminary academic performance or completed course required to fulfill the purposes and requirements of the course): no
Purpose of course: Acquiring theoretical and practical knowledge about lifestyle factors that influence health (nutrition, physical activity, smoking, alcohol consumption).
Outcome requirements of the course (specific academic results to be established by the course): Knowledge: Knows the health damaging factors resulting from unhealthy health behavior (unhealthy diet, smoking, drug and alcohol consumption, physical inactivity) and their preventive measures. Knows the basic principles of diets related to diseases of public health importance Knows the essence and steps of minimal intervention that helps to change lifestyle factors (e.g. quitting smoking). Ability: Able to take a complex lifestyle history and recognize unhealthy health behavior factors. Gives advice on nutrition for disease prevention and treatment. Applies the minimal intervention method to reduce lifestyle risk factors. Attitude: Strives to correct clients' unhealthy health behavior. Strives to provide authentic information about nutrition. Responsibility-autonomy:

Sets an example with appropriate health behavior.										
Topics: Definition of health, health status, chronic diseases Factors influencing health The concept of lifestyle, lifestyle research Health behaviour, culture, health promotion Lifestyle – health behaviour: smoking, alcohol and drug consumption Behavioural addictions Dietary habits, diet-related chronic diseases Physical activity Sexual life Stress-management, recreation etc. Lifestyle medicine National and international „lifestyle programmes”										
Supporting methods to achieve learning outcomes: - lectures - consultations - control tests										
Evaluation of the acquisition of expected learning outcomes: The course will be held as lectures and consultations. The PowerPoint presentation of the lectures will be uploaded to the “Educational materials” folder in pdf form. Each lecture is accompanied by a series of control-test questions (5 questions will belong to each lecture); test questions will also be uploaded on the Coospace. Students must complete these tests till the end of the semester. A test can be fulfilled several times (up to 3 times), but at least once 60% performance has to be per each test, which is the condition of accepting the semester. The exam will be organized as Coospace test. The material that must be known for the examination is the “Educational materials” (lecture slides, other documents) uploaded on the Coospace. The course ends with a five-grade exam; there will be 25 test questions on the Coospace. Every correct answer is equal with 1 point (partial point cannot be gained), maximum 25 points can be gained. Exam mark is calculated according to the following: <table><tr><td>25–24 points:</td><td>excellent (5)</td></tr><tr><td>23–22 points:</td><td>good (4)</td></tr><tr><td>21–19 points:</td><td>accepted (3)</td></tr><tr><td>18–17 points:</td><td>passed (2)</td></tr><tr><td>0–16 points:</td><td>failed (1)</td></tr></table> Conditions of signing the semester At least once 60% performance has to be reached per each test.	25–24 points:	excellent (5)	23–22 points:	good (4)	21–19 points:	accepted (3)	18–17 points:	passed (2)	0–16 points:	failed (1)
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Mandatory reading list: “Educational materials” uploaded on the Coospace.										
Recommended reading list:										

Jeffrey I. Mechanick, Robert F. Kushner: Lifestyle Medicine. Closing Research, Practice, and Knowledge Gaps. Springer, 2025 <https://doi.org/10.1007/978-3-031-82888-1>

Egger G, Binns A, Rössner S, Sagner M (eds.): Lifestyle Medicine. Lifestyle, the Environment and Preventive Medicine in Health and Disease. Elsevier, 2017