

Course title:	X Metabolic syndrome				Code:
Field of study:	Tourism and recreation				Year/semester: 2 cycle II
Specialization:	Touristic Movement Service				Modes: S/NS
Number of hours / semester: 30/12					ECTS credits: 3
Lectures: 30/8	Practical work:	Laboratory work:	Projects: 4	Seminars:	

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Course position in the study programme:
- specialization course

Objectives:

- Studying the clinical definition of overweight and obesity, understanding the problems of obesity and paradoxes of coexistence between the epidemic of obesity and hunger as well as relations between the obesity and civilization diseases .

Course contents:

The overweight and obesity as the problem of present civilization, the cause of *metabolic disorders*, the *metabolic syndrome*: the definition (the WHO) and the recognition as well as complication system - organ (cardiac-vessel, arterial hypertension, breathing trouble, type 2 diabetes, dyslipidemia, lithiasis of bile tracts and chronic injury of liver as well as inflammation of the pancreas, risk of malicious tumors, degenerative diseases of arrangement of movement), the wholesome training of adults, importance of tourism and motive recreation in prevention of the civilization diseases.

Teaching methods:

- Lectures, multimedia presentations and computer animations.

Assessment methods:

- four projects (part-time programme)

Recommended reading:

1. Tatoń J. Czech A. Bernas M. : Otyłość zespół metaboliczny. Wydawnictwo Lekarskie PZWL. Warszawa 2007.
- 2 Zboina B. (red.) : Promocja zdrowia w profilaktyce chorób cywilizacyjnych. Stowarzyszenie na Rzecz Rozwoju WSBiP w Ostrowcu Św. Ostrowiec Św. 2006.
3. Eberhardt A. (red.) : Fizjologiczne podstawy rekreacji ruchowej. ALMAMER Wyższa Szkoła Ekonomiczna. Warszawa 2007.