

MEDICAL PROGRAM: 3rd year 5th semester - ACADEMIC YEAR 2025/2026
COURSE: “ENVIRONMENTAL HEALTH” - COURSE DIRECTOR: PROF. DR HAB. MED. GRZEGORZ BROŻEK

LECTURES - 5 Lectures - duration 1.5 hour each

#	Topic (lecturer**)	Date
1	Environmental burden of diseases (MK)	e-learning
2	Introduction to environmental health (JEZ)	e-learning
3	Non-communicable diseases (JEZ)	e-learning
4	Occupational Health (JEZ)	e-learning
5	Healthy lifestyle (JEZ)	e-learning

SEMINARS 8 seminars – duration 1.5 hour
Thursday (8.30-10.00, 10.15-11.45)

#	Topic (Instructor**)	Date		Topic (Instructor**)	Date	Room*
1.	Health effects of social stress (GB)	Oct 9 8.30-10.00	2.	Health effects of alcohol consumption (GB)	Oct 9 10.15-11.45	110
3	Air Pollution (MK)	Oct 16 8.30-10:00	4	Water and health (MK)	Oct 16 10.15-11.45	110
5	Injuries (KB)	Oct 30 8.30-10.00	6	Workplace health and safety (SzSz)	Oct 30 10.15-11.45	110
7	Diet – related diseases (JK)	Nov 20 8.30-10.00	8.	Urbanization (IZZ)	Nov 20 10.15-11.45	110

LABORATORIES 12 laboratories – duration 1.5 hour
Thursday (8.30-10.00, 10.15-11.45)

#	Topic (Instructor**)	Group 1	Room
1	Healthy diet (JK)	Nov 6 8.30-10.00	110
2	Nutrition (JK)	Nov 6 10.15-11.45	110
3	Health effects of air pollution (MK)	Nov 13 8.30-10.00	110
4	Bulimia, anorexia, obesity (IZZ)	Nov 13 10.15-11.45	110
5	Determinants of health (GB)	Dec 4 8.30-10.00	110
6	Assessment of population health status (GB)	Dec 4 10.15-11.45	110
7	Risk assessment (MK)	Dec 11 8.30-10.00	110
8	Biomonitoring (MK)	Dec 11 10.15-11.45	110
9	Radiation (KB)	Dec 18 8.30-10.00	110
10	Health effects of tobacco smoking (KB)	Dec 18 10.15-11.45	110
11	Food contamination (IZZ)	Jan 15 8.30-10.00	110
12	Health effects of xenobiotics (IZZ)	Jan 15 10.15-11.45	110

****Instructors:**

GB – Prof. dr hab. Grzegorz Brożek
MK – Prof. dr hab. Małgorzata Kowalska
JEZ – Prof. dr hab. Jan E. Zejda

KB – Dr hab. Kamil Barański
SzSz – Dr hab. Szymon Szemik

JK – Dr Joanna Kowalska
IZZ – Dr Iwona Zieleń-Zynek