

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
Friday (8.30-10.00, 10.15-11.45)**

#	Topic (Instructor**)	Date		Topic (Instructor**)	Date	Room*
1.	Injuries (KB)	March 6 8.30-10.00	2.	Diet – related diseases (JK)	March 6 10.15-11.45	412
3	Air Pollution (MK)	March 13 8.30-10:00	4	Water and health (MK)	March 13 10.15-11.45	412
5	Health effects of social stress (GB)	March 20 8.30-10.00	6	Health effects of alcohol consumption (GB)	March 20 10.15-11.45	412
7	Workplace health and safety (SzSz)	March 27 8.30-10.00	8.	Urbanization (IZZ)	March 27 10.15-11.45	412

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

#	Topic (Instructor**)	Group 1	Room	Topic (Instructor**)	Group 2	Room
1	Healthy diet (JK)	Apr 10 8.30-10.00	401	Bulimia, anorexia, obesity (IZZ)	Apr 10 8.30-10.00	406
2	Bulimia, anorexia, obesity (IZZ)	Apr 10 10.15-11.45	406	Healthy diet (JK)	Apr 10 10.15-11.45	401
3	Health effects of air pollution (MK)	Apr 17 8.30-10.00	401	Food contamination (IZZ)	Apr 17 8.30-10.00	406
4	Food contamination (IZZ)	Apr 17 10.15-11.45	406	Health effects of air pollution (MK)	Apr 17 10.15-11.45	401
5	Health effects of xenobiotics (IZZ)	Apr 24 8.30-10.00	401	Determinants of health (GB)	Apr 24 8.30-10.00	406
6	Determinants of health (GB)	Apr 24 10.15-11.45	406	Health effects of xenobiotics (IZZ)	Apr 24 10.15-11.45	401
7	Risk assessment (MK)	May 8 8.30-10.00	401	Nutrition (JK)	May 8 8.30-10.00	406
8	Nutrition (JK)	May 8 10.15-11.45	406	Risk assessment (MK)	May 8 10.15-11.45	401
9	Assessment of population health status (GB)	May 15 8.30-10.00	401	Radiation (ChP)	May 15 8.30-10.00	406
10	Radiation (ChP)	May 15 10.15-11.45	406	Assessment of population health status (GB)	May 15 10.15-11.45	401
11	Health effects of tobacco smoking (ChP)	May 22 8.30-10.00	401	Biomonitoring (MK)	May 22 8.30-10.00	406
12	Biomonitoring (MK)	May 22 10.15-11.45	406	Health effects of tobacco smoking (ChP)	May 22 10.15-11.45	401

****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