



UNIVERSITY OF
APPLIED SCIENCES IN NYSA



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TITLE OF THE COURSE

Health and Personal Wellbeing: Integrating Dietetics, Psychophysical Education, and Body Care

COURSE DESCRIPTION

In today's fast-paced world, maintaining personal health and wellbeing has become more important than ever. This course offers an integrated approach to health, focusing on the key areas of dietetics, psychophysical education, and body care. Students will explore the relationship between nutrition, physical health, mental well-being, and overall life satisfaction. The course will provide practical insights into creating balanced diets, fostering positive mental health through physical education, and maintaining body care routines for long-term vitality. Participants will learn how to make informed choices about nutrition and wellness, manage stress, and develop healthy habits for a fulfilling lifestyle.

HOST PROFESSOR

Course Level

Mixed-level: Suitable for students from various backgrounds, including health sciences, psychology, sports, and those interested in personal well-being.

Language of Instruction: English

Duration: June 30 – July 11, 2025

Working Time (Lesson Hours – 45 min/day): 4 hours per day

Number of ECTS Credits: 4

Teaching Method: Lectures, interactive workshops, practical exercises, group discussions, and wellness-focused activities

COURSE OBJECTIVES

This course will be particularly beneficial for students who:

1. Want to gain a holistic understanding of personal health, including the interconnectedness of diet, physical education, and mental well-being.
2. Are curious about the science of nutrition and its role in maintaining health and preventing chronic diseases.
3. Want to develop the knowledge to create balanced and sustainable diets to optimize health and performance.
4. Seek to improve their mental health through physical education, including stress management and psychophysical practices.
5. Are interested in learning body care techniques to enhance physical appearance and overall vitality, including skincare and self-care routines.
6. Want to explore how lifestyle choices can contribute to improved life satisfaction and longevity.



7. Plan to pursue careers in health, fitness, wellness, or psychology, and are eager to apply practical knowledge of dietetics and psychophysical education.
8. Are seeking strategies to integrate healthy habits into their everyday lives and encourage others to do the same.

The course will attract students who are eager to integrate diet, fitness, and mental health practices into their personal and professional lives, with a focus on promoting overall well-being.

COURSE CONTENT

1. **Introduction to Health and Wellbeing**
 - Overview of the concept of wellbeing: physical, mental, and emotional health
 - The importance of an integrated approach to health and wellness
 - The role of dietetics, psychophysical education, and body care in maintaining wellbeing
2. **Fundamentals of Nutrition and Dietetics**
 - The science of nutrition: essential nutrients, vitamins, and minerals
 - Balancing macronutrients and micronutrients for optimal health
 - Dietary guidelines for various age groups and lifestyle choices
 - Special diets and their impact on health (e.g., vegetarian, gluten-free, ketogenic)
3. **Psychophysical Education and Mental Health**
 - The connection between physical activity and mental well-being
 - The role of exercise in reducing stress, anxiety, and depression
 - Techniques for promoting positive mental health through movement and mindfulness (e.g., yoga, Pilates, Tai Chi)
 - Strategies for improving resilience and emotional regulation
4. **The Science of Physical Activity and Body Care**
 - The benefits of regular physical activity for maintaining health
 - Strengthening the body through resistance training, flexibility exercises, joga and aerobic activities
 - Skin care basics: maintaining healthy skin through diet and body care practices
 - The role of sleep and relaxation in body care and overall health
5. **Creating Balanced Diets for Personal Wellbeing**
 - How to design personalized nutrition plans based on individual needs
 - The role of hydration, sleep, and recovery in supporting diet and exercise goals
 - Supplements: When and how they are necessary for enhancing diet and performance
 - Mindful eating practices and their effects on health and digestion
6. **Stress Management and Relaxation Techniques**
 - The physiological and psychological effects of stress
 - Techniques for reducing stress, including deep breathing, meditation, and mindfulness
 - The importance of mental rest and recovery for physical health and performance
 - Developing a personal stress management plan



7. Practical Workshop: Creating a Personal Wellbeing Routine

- Group exercises to design personalized wellness routines that include nutrition, exercise, and relaxation practices
- Incorporating body care practices into daily life (e.g., skincare, self-massage, hygiene routines)
- Developing time management skills for balancing wellness activities with academic or work commitments

8. Closing Session: Presentations and Feedback

- Student presentations on their personal wellbeing plans and the strategies they've implemented
- Constructive feedback from peers and instructors
- Reflection on personal growth and future goals in health and wellness

VERIFICATION OF LEARNING OUTCOMES

- Class Attendance and Active Participation: 20%
- Workshop Performance and Group Exercises: 40%
- Final Presentation of Personal Wellbeing Routine: 40%

PREREQUISITES

- Proficiency in English (B2 or higher)
- No prior knowledge in dietetics, psychology, or fitness is required, but an interest in health and wellness is recommended

SUGGESTED LITERATURE

1. **Campbell, T. Colin & Campbell, Thomas M. (2005).** *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health.* BenBella Books.
A detailed exploration of the relationship between diet and health outcomes, with a focus on plant-based diets and their effects on chronic diseases.
2. **O'Neil, Darla (2016).** *Psychology of Exercise: Integrating Theory and Practice.* Routledge.
This book offers an understanding of how physical activity impacts psychological health and provides practical exercises to manage stress and anxiety.
3. **Kabat-Zinn, Jon (2013).** *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.* Delta.
A guide to mindfulness practices that promote mental health and physical wellbeing, focusing on the benefits of mindfulness-based stress reduction (MBSR).
4. **Micha, Renata, Peñalvo, José L., Cudhea, Felicia, & Rehm, Colin D. (2017).** *Association Between Dietary Factors and Mortality from Heart Disease, Stroke, and Type 2 Diabetes in the United States.* JAMA.



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International
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Programme**
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A research-based exploration of the link between nutrition and long-term health outcomes, providing evidence for the importance of a balanced diet in disease prevention.

5. **Harris, John (2020).** *Body Care and Grooming: The Ultimate Guide to Personal Care for Men and Women.* Harper Collins.

A comprehensive guide to personal care and body wellness, including practical tips on skincare, hygiene, and maintaining a healthy lifestyle.