

PASLAUGŲ SUTARTIS Nr.

Klaipėdos valstybinė kolegija (aukštoji mokykla), juridinio asmens kodas 111968056, buveinės adresas Jaunystės g. 1, 91274 Klaipėda, atstovaujama direktoriaus Dr. Remigijaus Kinderio, toliau – Užsakovas, ir **Anna Bartosiewicz**, toliau – Vykdytojas, toliau kartu vadinami Šalimis, o kiekviena atskirai – Šalis, sudarė šią sutartį (toliau – Sutartis).

1. SUTARTIES OBJEKTAS

1.1. Vykdytojas įsipareigoja Užsakovui suteikti paslaugas, nurodytas Sutarties priede Nr. 1 (toliau – Paslaugos). Išsamus Paslaugų aprašymas ir kiti reikalavimai teikiamoms Paslaugoms nustatyti Sutarties priede Nr. 1 ir Nr. 2.

1.2. Teorinių paskaitų, teikiamų nuotoliniu būdu, vieta – Užsakovo suteikta „Microsoft Teams“ platforma arba kita platforma, kurią pasirenka Vykdytojas (taikoma, jeigu paskaitos skaitomos nuotoliniu būdu).

2. KAINA IR APMOKĖJIMO SĄLYGOS

2.1. Kaina ir apmokėjimo sąlygos nustatytos Sutarties priede Nr. 1.

2.2. Paslaugų kaina pervadama į Vykdytojo sąskaitą ne vėliau kaip per 30 kalendorinių dienų nuo paslaugų perdavimo–priėmimo akto pasirašymo dienos, jeigu Sutarties priede Nr. 1 nenurodyta kita apmokėjimo tvarka.

2.3. Jeigu paslaugos nesuteikiamos arba suteikiamos tik iš dalies, Vykdytojas privalo per 10 (dešimt) kalendorinių dienų nuo Užsakovo raštiško pranešimo gavimo grąžinti visą gautą avansą arba jo dalį (jei jis buvo mokėtas), proporcingą nesuteiktoms paslaugoms.

3. ŠALIŲ ĮSIPAREIGOJIMAI

3.1. Vykdytojas parengia dėstomų paskaitų medžiagą: teorijos santrauką, savarankiško ir praktinio darbo užduotis bei egzamino užduotis. Metodinė medžiaga turi būti parengta ir pateikta sutarties koordinatoriui iki sutarties galiojimo pabaigos.

3.2. Vykdytojas privalo nedelsdamas informuoti Užsakovą apie aplinkybes, kurios trukdo laiku suteikti Paslaugas arba apie aplinkybes, dėl kurių negalės dalyvauti paskaitų veikloje.

3.3. Užsakovas užtikrina, kad Vykdytojas turės prieigą prie visos reikalingos informacijos ir medžiagos, popieriniu ar elektroniniu formatu, būtinos 1.1 punkte nurodytoms užduotims atlikti.

3.4. Turtinės teisės į parengtą metodinę ir paskaitų medžiagą perduodamos Užsakovui nuo perdavimo–priėmimo momento, o neturtinės teisės lieka Vykdytojui.

4. ASMENS DUOMENŲ TVARKYMAS

4.1. Tvarkydamos asmens duomenis, Šalys vadovaujasi Lietuvos Respublikos įstatymais, Europos sąjungos teisės aktais bei Sutartyje nurodytais asmens duomenų tvarkymo reikalavimais.

SERVICE AGREEMENT No.

Klaipėdos valstybinė kolegija | Higher Education Institution, 111968056, registered office at Jaunystės g. 1, 91274 Klaipėda, represented by Director Dr. Remigijus Kinderis, hereinafter – the Client, and **Anna Bartosiewicz**, hereinafter – the Service Provider, together referred to as the Parties, and individually – a Party, have concluded this Agreement (hereinafter – the Agreement).

1. OBJECT OF THE AGREEMENT

1.1. The Service Provider undertakes to provide the Client with the services specified in Annex No. 1 to this Agreement (hereinafter – the Services). A detailed description of the Services and other requirements for the Services are set out in Annexes No. 1 and No. 2 to this Agreement.

1.2. The place of delivery of theoretical lectures provided remotely shall be the “Microsoft Teams” platform provided by the Client or another platform chosen by the Service Provider (applicable if lectures are delivered remotely).

2. PRICE AND PAYMENT TERMS

2.1. The price and payment terms are set out in Annex No. 1 to the Agreement.

2.2. The service fee shall be transferred to the Contractor’s account no later than within 30 calendar days from the date of signing the service delivery and acceptance certificate, unless a different payment procedure is specified in Annex No. 1 to the Agreement.

2.3. If the services are not provided or are only partially provided, the Service Provider must, within 10 (ten) calendar days of receipt of a written notice from the Client, return the full advance payment or part thereof (if it was paid), proportional to the unprovided services.

3. OBLIGATIONS OF THE PARTIES

3.1. The Service Provider shall prepare lecture materials: a summary of theory, assignments for independent and practical work, and examination tasks. Methodological materials must be prepared and submitted to the Agreement coordinator by the expiry of the Agreement.

3.2. The Service Provider must immediately inform the Client about any circumstances that hinder timely provision of the Services or prevent participation in the lecture activities.

3.3. The Client shall ensure that the Service Provider has access to all necessary information and materials, in paper or electronic format, required for the tasks specified in Clause 1.1.

3.4. Property rights to the prepared methodological and lecture materials shall be transferred to the Client from the moment of delivery-acceptance, while moral rights remain with the Service Provider.

4. PERSONAL DATA PROCESSING

4.1. In processing Personal Data, the Parties shall act in compliance with the laws of the Republic of Lithuania, the applicable legal acts of the European Union, and the requirements for the processing of Personal Data as set forth in this Agreement.

4.2. Šalys susitaria, jog Sutartimi perduodami Šalių atstovų (vadovų, įgaliotų asmenų ar darbuotojų) asmens duomenys ir (ar) kiti asmens duomenys, kurie bet kuriai iš Šalių tampa žinomi vykdant sutartinius įsipareigojimus, yra naudojami tik tam, kad būtų galima sudaryti ir vykdyti Sutartį, išskyrus atvejus, kai asmens duomenys reikalingi teisėtiems Šalių tikslams ir (ar) taikomai teisinei prievolei vykdyti. Šalys negali tvarkyti asmens duomenų bet koku kitu nei Sutartyje nurodytu tikslu;

4.3. Tvarkydama asmens duomenis, kiekviena Šalis, savo lėšomis įgyvendina ir užtikrina tinkamas organizacines ir technines priemones, skirtas apsaugoti asmens duomenis nuo atsitiktinio ar neteisėto sunaikinimo, pakeitimo, atskleidimo, taip pat nuo bet kokio kito neteisėto tvarkymo, vadovaujantis taikytiniais teisės aktais;

4.4. Šalys įsipareigoja nedelsdamos informuoti viena kitą apie asmens duomenų saugumo pažeidimus ir užtikrinti duomenų subjektų teises;

4.5. Asmens duomenų saugumo pažeidimo atveju ar Šaliai pagrįstai įtariant toki pažeidimą, tokia Šalis nedelsdama, tačiau bet koku atveju ne vėliau nei per 24 valandas po to, kai sužinojo apie tai, raštu informuos kitą Šalį ir pateiks informaciją apie galimo pažeidimo pobūdį, Šalies atstovo kontaktinius duomenis, aprašytas pažeidimo pasekmes ir priemonių, kurių ėmėsi, kad būtų pašalintas pažeidimas, sąrašą;

4.6. Jei Šaliai kyla nuostoliai dėl kitos Šalies kaltų veiksmų ir (ar) neveikimo tvarkant asmens duomenis, kaltoji Šalis privalo atlyginti kitos Šalies ir duomenų subjektų patirtus nuostolius;

4.7. Šalys pasilieka teisę bet kuriuo metu sudaryti atskirą rašytinį susitarimą dėl asmens duomenų tvarkymo, siekdamos užtikrinti atitiktį 2016 m. balandžio 27 d. Europos Parlamento ir Tarybos reglamentui (ES) 2016/679 dėl fizinių asmenų apsaugos tvarkant asmens duomenis ir dėl laisvo tokių duomenų judėjimo ir kuriuo panaikinama Direktyva 95/46/EB.

5. KITOS NUOSTATOS

5.1. Ši sutartis sudaryta lietuvių ir anglų kalbomis. Esant teksto neatitikimams ar skirtingam nuostatų aiškinimui, pirmenybė teikiama lietuvių kalba parengtai sutarties redakcijai.

5.2. Šalys susitaria, kad visi ginčai, kylantys dėl šios Sutarties, bus sprendžiami derybų būdu. Jei ginčas neišsprendžiamas, jis galutinai sprendžiamas teisme pagal Užsakovo buveinės vietą. Šiai Sutarčiai taikoma Lietuvos Respublikos teisė.

5.3. Nei viena Šalis negali perleisti teisių ar pareigų pagal šią Sutartį trečiajai šaliai be kitos Šalies rašytinio sutikimo.

5.4. Sutartis gali būti keičiama tik raštišku Šalių susitarimu.

5.5. Šalys įsipareigoja laikytis aplinkos apsaugos principų, susijusių su Sutarties vykdymu: visa su paslaugų teikimu susijusi dokumentacija, kiek įmanoma, teikiama elektroniniu formatu. Išimtiniais atvejais, kai to reikalauja teisės aktai arba Vykdytojas pagrįstai nurodo būtinumą, dokumentai

4.2. The Parties hereby agree that any Personal Data of the Parties' representatives (including directors, authorized persons, or employees) and/or any other Personal Data transferred under this Agreement, or otherwise becoming known to either Party in the performance of contractual obligations, shall be processed solely for the purposes of concluding and performing this Agreement, unless such Personal Data are required for the legitimate purposes of the Parties and/or for compliance with applicable legal obligations. The Parties shall not process Personal Data for any purpose other than those expressly provided for in this Agreement.

4.3. Each Party, at its own expense, shall implement and maintain appropriate organizational and technical measures to protect Personal Data against accidental or unlawful destruction, alteration, disclosure, or any other unlawful processing, in accordance with applicable legislation.

4.4. The Parties undertake to notify each other without undue delay of any Personal Data security breach and to ensure the protection of the rights of data subjects.

4.5. In the event of a Personal Data security breach, or where a Party has reasonable grounds to suspect such a breach, that Party shall notify the other Party in writing without undue delay, and in any event no later than twenty-four (24) hours after becoming aware thereof, providing information regarding the nature of the breach, the contact details of the Party's representative, a description of the potential consequences of the breach, and a list of measures taken to remedy or mitigate the breach.

4.6. Should one Party incur damages as a result of the wrongful acts and/or omissions of the other Party in connection with the processing of Personal Data, the liable Party shall indemnify and hold harmless the other Party, as well as the affected data subjects, against all such damages.

4.7. The Parties reserve the right, at any time, to enter into a separate written agreement on the processing of Personal Data, in order to ensure compliance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of Personal Data and on the free movement of such data, and repealing Directive 95/46/EC (the "GDPR").

5. OTHER PROVISIONS

5.1. This Agreement is drawn up in Lithuanian and English. In the event of any discrepancies or differences in interpretation, the Lithuanian version shall prevail.

5.2. The Parties agree that all disputes arising from this Agreement shall be settled through negotiations. If not resolved, disputes shall be finally settled in court at the Client's registered office location. This Agreement is governed by the law of the Republic of Lithuania.

5.3. Neither Party may assign rights or obligations under this Agreement to a third party without the prior written consent of the other Party.

5.4. The Agreement may be amended only in writing, by mutual consent of the Parties.

5.5. The Parties undertake to comply with environmental protection principles related to the performance of the Agreement: all documentation related to service provision shall, as far as possible, be provided in electronic format. In exceptional cases, when required by law or when the Service Provider

<p>gali būti pateikiami fiziniu formatu. Jei dokumentai spausdinami, turi būti naudojamas perdirbtas popierius.</p> <p>5.6. Ši Sutartis gali būti pasirašyta kvalifikuotu elektroniniu parašu arba apsieičiant pasirašytų ir nuskenuotų Sutarties egzempliorių kopijomis el. paštu. Tokios kopijos laikomos turinčiomis tokią pačią teisinę galią kaip ir popieriniai egzemplioriai.</p> <p>5.7. Šalys susitaria, kad Sutartis taikoma iki jos sudarymo atsiradusiems jų santykiams.</p> <p>5.8. Užsakovo atsakingas už sutarties priežiūrą asmuo nurodytas Sutarties priede Nr. 1.</p> <p>5.9. Sutartis įsigalioja ją pasirašius Sutarties šalims. Sutarties galiojimo terminas nurodytas Sutarties priede Nr. 1.</p> <p>6. PRIEDAI</p> <p>1 priedas - Paslaugų aprašymas, kaina ir atsiskaitymo sąlygos</p> <p>2 priedas – Paskaitų temos ir tvarkaraštis</p> <p>3 priedas – Paslaugų perdavimo–priėmimo aktas</p>	<p>reasonably indicates the necessity, documents may be submitted in physical format. If printed, recycled paper must be used.</p> <p>5.6. This Agreement may be signed using a qualified electronic signature or by exchanging scanned copies of signed Agreement originals by email. Such copies shall have the same legal force as paper originals.</p> <p>5.7. The Parties agree that this Agreement shall apply to their relationship arising prior to its conclusion.</p> <p>5.8. The Contracting Authority’s representative responsible for the supervision of this Agreement is specified in Annex No. 1 hereto.</p> <p>5.9. This Agreement shall enter into force upon its execution by the Parties. The term of validity of this Agreement is specified in Annex No. 1 hereto.</p> <p>6. ANNEXES</p> <p>Annex No. 1 – Description of Services, Price and Payment Terms</p> <p>Annex No. 2 – Lecture Topics and Schedule</p> <p>Annex No. 3 – Service Delivery-Acceptance Act</p>
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7. REKVIZITAI / DETAILS

<p>Klaipėdos valstybinė kolegijos Direktorius Dr. Remigijus Kinderis Telephone: +37060583155 E-mail: info@kvk.lt Bank account No.: LT 39 7300 0100 9625 8371 Name of the bank: Swedbank Bank code 73000</p> <p>_____</p> <p><i>(Parašas, data)</i></p>	<p>Anna Bartosiewicz</p> <p>_____</p> <p>Telephone: _____</p> <p>E-mail: _____</p> <p>Bank account: _____</p> <p>Bank Name: _____</p> <p>Bank Code: BIC/SWIFT: _____</p> <p>09.10.2025</p> <p>_____</p> <p><i>(Signature, Date)</i></p>
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Paslaugų aprašymas, kaina ir atsiskaitymo sąlygos

Paslaugų aprašymas	
Paslaugos tipas	Paskaitų skaitymas
Paskaitų temos	Sveikatos ugdymas; Sveikatos ugdymas ir dietetika
Paskaitų trukmė	10 mėnesių (rugsėjis – birželis)
Paskaitų valandų skaičius / mokslinių straipsnių skaičius	100 valandų
Paskaitų / mokslinių straipsnių kalba	Anglų kalba
Paskaitų skaitymo būdas	Visos paskaitos skaitomos nuotoliniu būdu
Paskaitų datos ir laikas	Paskaitų tvarkaraštis skelbiamas Klaipėdos valstybinės kolegijos tinklapyje.
Kaina/atsiskaitymas	
Kaina, atsiskaitymo tvarka	Viso paskaitų ciklo kaina 4035,00 Eur. Už paslaugas apmokama per 30 kalendorinių dienų nuo paslaugų perdavimo – priėmimo akto pasirašymo dienos.
Avansas	-
Sutarties galiojimas	Sutartis galioja iki visiško šalių išsipareigojimų įvykdymo, bet neilgiau nei iki 2026 m. rugpjūčio 30 d.
Asmuo, atsakingas už sutarties vykdymo priežiūrą	Slaugos ir socialinės gerovės katedros vedėja, docentė Akvilė Virbalienė

Annex No. 1 to the Agreement

Service description, price, and payment terms

Description of services	
Type of Service (lecturing, scientific article writing and/or other)	Lecture delivery
Lecture Topics	Health Education Science (KT) Health Education and Dietetics (SL)
Duration of lectures	10 months (September – June)
Number of lecture hours	100 hours
Language of lectures	English
Mode of lecture delivery	All lectures are delivered remotely
Dates and times of lectures	The lecture schedule is published on the Klaipėdos valstybinė kolegija Higher Education Institution website.
Price/ Payment	
Price and Payment	The total cost of the lecture cycle is EUR 4035,00. The payment for services is due within 30 calendar days from the date of delivery – the date of signing the acceptance certificate.
Advance payment	-
Validity of the Agreement	The Agreement shall remain in force until the full performance of the Parties' obligations, but no later than 30 August 2026.
Person Responsible for Contract Oversight	Head of the Department of Nursing and Social Welfare, Dr. Akvilė Virbalienė

KLAIPĖDOS VALSTYBINĖ KOLEGIJA/HIGHER EDUCATION INSTITUTION

STUDY PROGRAMME: GENERAL PRACTICE NURSING
SUBJECT TITLE: HEALTH EDUCATION AND DIETETICS
SUBJECT CODE:

Subject group	Subject type**	Mode of study	Structure***				Total hours	Number of credits
			T	P	K	S		
KS	P	Full time (FT)	30	22	5	73	130	5

*Subject group: KS – subjects of the field.

** Subject type: P – compulsory subject; A – elective (alternative), FE – free elective.

***Structure: T – theory; P – seminars, practice, lab work; K – consultation; S – independent work.

Subject purpose

Provide the students with the latest theoretical and practical knowledge on health education and dietetics

Annotation

The subject of health education and dietetics is necessary to learn methods of defining and substantiating health education needs, develop health education tasks and goals, selecting and applying education methods and forms, selecting and using learning measures and resources in planning individual, family, and community health education. Also, to provide knowledge on rational human nutrition, the body's nutrient and energy needs and ways of adjusting them with special diets in the treatment of specific diseases.

Compliance of the study methods and results of the subject, also student achievement evaluation methods with the results of the study programme

Study programme results	Subject results	Study methods	Student achievement evaluation methods
1. Integration of the knowledge of nursing, social and other sciences while providing research and practice-based individual, family and community nursing services.	1.1. Defining the process of health education and its structural elements.	Lecture, group work, demonstration, individual literature studies.	Multiple choice test, group work presentation.
	1.2. Defining the functions of education in practical nursing situations.	Lecture, group work, individual literature studies.	Group work presentation
	1.3. Analysing rational human nutrition and the body's nutritional and energy needs.	Lecture, group work, individual literature studies.	Group work presentation
7. Demonstrating critical thinking and a holistic approach in teaching individuals, families, and groups about preserving health, and preventing diseases and injuries.	7.1. The ability to identify differences between forms and methods of health education while working with individuals, families and communities.	Lecture, group work, individual literature studies.	Oral survey, group work presentation.
	7.2. Establishing motivation factors and strengthening methods in developing people's individual approaches to their health and lifestyle.	Lecture, group work, case analysis, individual literature studies.	Group work presentation, case analysis presentation.
	7.3. Preparation of a health education project for individuals, families, groups or communities in order to promote health.	Lecture, group work, case analysis, individual literature studies.	Presentation of an individual health education project.
	7.4. Selecting methods to adjust nutrition habits.	Lecture, group work, case analysis, individual literature studies.	Group work presentation, case analysis presentation.
8. Emphasizing the value of lifelong personal and professional growth in the development of nursing practice.	8.1. Establishing educational needs at work while solving nursing issues.	Lecture, group work, individual literature studies.	Case evaluation, group work presentation.

Subject content and scope

Topic title and content	Number of contact hours			S	Total hours
	T	P	K		
The concept of health education. The purpose of health education. Key concepts of health education. <i>Practice:</i> Education theories. Application of elements of education theories in nursing. <i>Individual assignment:</i> Functions of education in nursing practice.	4	4	-	8	16

The process of health education. Structure of the education process: education tasks and goals, education forms and methods, characteristics of the learner and the educator, communication in education situations, factors that impact education. <i>Practice:</i> Formulation of tasks and goals. <i>Individual assignments:</i> Application of education forms and methods.	8	5	1	8	22
Health education and learning. Major areas of national health education. Health education methods in nursing. The principles of teaching and learning. <i>Practice:</i> Methods of learning motivation. <i>Individual assignment:</i> Methods of strengthening learning motivation.	4	3	-	8	15
Planning health education. Project criteria. <i>Practice:</i> Planning health education <i>Individual assignments:</i> Development and presentation of a health education project	4	4	2	12	22
Rational human nutrition. Balanced and complete food, which provides the body with a sufficient amount of carbohydrates, proteins, fats, vitamins and minerals. <i>Practice:</i> Nutrient and energy needs of the body and methods of their adjustment. <i>Individual assignment:</i> Special diet in treating specific diseases.	4	4	1	14	23
The impact of food and nutrition on the human body. A diet as the total amount of food consumed by the person. Healthy eating. <i>Practice:</i> The impact of healthy eating on the human health. <i>Individual assignment:</i> Examples of healthy eating.	6	2	1	15	24
Preparation for the exam	-	-	-	8	8
Total number of hours	30	22	5	73	130

Subject result evaluation criteria

Subject result No.	Subject result evaluation criteria
1.1.	Providing a detailed description of the concept, process and structural elements of health education. Explains the purposes and importance of health education. Pinpointing health education needs of individuals, families or groups based on specific cases. Using research results to establish the need for health education.
1.2.	Providing a detailed list of functions of education in nursing practice and explaining their interaction in the process of health education.
1.3.	Defining rational human nutrition and the body needs for nutrients and energy. Explaining the concept of healthy eating.
7.1.	Providing a detailed description of health education forms and methods. Making an independent choice and justification of the selected forms and methods of education, based on a given person, family or group. Indicating advantages and disadvantages of educational methods. Defining groups of educational measures, used in the teaching process.
7.2.	Indicating motivation factors. Selecting motivation promotion methods to develop people's approaches to their health and lifestyle. Selecting the most appropriate measures to motivate individuals, families and group members to take care of their health.
7.3.	Creating an individual health education project, indicating its time, place and length. Establishing health education tasks and goals, selects health education content, forms and methods, learning measures and resources, and evaluation methods. The health education project is based on research results. Models actions to address a specific health issue.
7.4.	Explaining the concept of healthy eating. Selecting methods to adjust nutrition habits.
8.1.	Establishing and defining learning needs at work in solving nursing issues based on given situations.

Cumulative evaluation of the study achievements

The cumulative evaluation (final grade) of the practical training achievements consists of the sum of interim evaluations, multiplied from the appropriate weighting factors:

$$CE = 0.3 P + 0.2 T + 0.5 E$$

CE – cumulative evaluation;

P – health education project for an individual, family, group or community with the aim to take care of their health;
T – multiple choice test on 'the purpose, process, and structural elements of health education, and the functions of a nurse in the process';

E – exam evaluation.

STUDY PROGRAMME: PHYSIOTHERAPY, 6531GX006

SUBJECT TITLE: HEALTH EDUCOLOGY

Subject group*	Subject type**	Mode of study	Structure***				Total hours	Number of credits
			T	P	K	I		

MS	C	Full time (FT)	20	18	0	43	81	3
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*Subject group: CC – core curriculum; MS – major subjects.

**Subject type: C – compulsory subject; A – elective (alternative), FE – free elective.

***Structure: T – theory; P – practical sessions (practical assignments), laboratory work; K – consultations; I – individual assignments.

Subject purpose

To provide knowledge of health education, developing the ability to apply the principles of health education to patients (clients) of various age groups in the preparation and implementation of health education programs.

Annotation

The purpose of the subject is to develop the ability to independently design health education for groups and individuals. Students are introduced to the concept of health education, health education methods, goals, means, conditions, factors that impact personal motivation, motivation methods, developing individual attitudes towards their health and lifestyle.

Compliance of the study methods and results of the subject, also student achievement evaluation methods with the results of the study programme

Results of the study programme	Results of the subject	Study methods	Student achievement evaluation methods
5. Collaborates with personal health care professionals and others involved in the treatment process to address health issues	5.1. Knows the principles of a healthy lifestyle	Engaging lecture, discussion, group work, question and answer method, motivational interview, simulation situations, observation	Case analysis, exam.
	5.2. Analyses the patient's (client's) health motivation and opportunities to strengthen it		
7. Can apply leadership and management skills in planning and providing high-quality physiotherapy services	7.1. Plans health education of the patient (client), their family members or caregivers	Engaging lecture, discussion, motivational interview, group work, individual work, creative modelling	Educational project, exam
	7.2. Knows the principles of cooperation with the patient (client), groups, communities, and colleagues.		
	7.3. Presents ideas, recommendations, and innovative wellness methods based on science and in a creative way		

Subject content and scope

Topic title and content definition	Number of contact hours FT			I	Total
	T	P	K		
1. Holistic health care from health to illness. Disease prevention. Health promotion. Preventive programmes in Lithuania. Healthy lifestyle and its impact on health. The role of a physiotherapist in health education. <i>Practical and individual work:</i> The concept of health and disease. Holistic health. Duties and functions of a physiotherapist in the context of health education.	4	2	-	4	10
2. Health education and learning. The concept and types of health education and learning. Motivation and process of health education and learning. Methods and topics of health education and learning. <i>Practical and individual work:</i> Health education methods. Health motivation.	4	4	-	6	14
3. The process of changing behaviour. The model of changing behaviour. Stages of changing behaviour. Motivational conversation and principles. Formulation of the patient's (client's) physiological and mental lifestyle issues. <i>Practical and individual work:</i> Principles of motivating conversation and their application.	4	4	-	6	14
4. Aspects of personal development. The beginning. Childhood. Adolescence. Youth. Adulthood. Relations of aspects of personal development and holistic health. Healthy ageing. The concept of life-long health education and learning. <i>Practical and individual work:</i> Relations of aspects of personal development and the process of health education.	4	4	-	6	14
5. The process of conveying health knowledge. Aspects of the work of a physiotherapist and the patient (client) needs. Relation of health education of the patient (client), their family members or caregivers, and stages of changing behaviour. The importance of creativity in motivating health education and learning. <i>Practical and individual work:</i> Creativity and science-based wellness process.	4	4	-	6	14
Preparation for the exam	-	-	-	15	15
Total number of hours	20	18	0	43	81

Subject result evaluation criteria

Subject result No.	Subject result evaluation criteria
5.1.	Highlights personal and/or group lifestyle and behaviour issues
5.2.	Establishes the stage of changing behaviour of a person and/or group and motivation for making a lifestyle change
7.1.	Selects forms and methods of health education, innovative resources and educational measures for individual and/or group health education
7.2.	Applies teamwork actions and immersive education activities
7.3.	Develops health education activities for individuals and/or groups with application of a creative and evidence-based practice

Cumulative evaluation of the study achievements

A ten-point criterion-referenced evaluation system and cumulative evaluation.

$$CE = 0.2X_1 + 0.3X_2 + 0.5X_3$$

CE – cumulative evaluation;

X₁ – case analysis evaluation

X₂ – health education project evaluation

X₃ – exam evaluation.

PASLAUGŲ PERDAVIMO–PRIĖMIMO AKTAS NR. ____	SERVICE DELIVERY–ACCEPTANCE ACT NO.
Klaipėda, ____ m. ____ mėn. ____ d.	Klaipėda, ____ [day] ____ [month] ____ [year]
Klaipėdos valstybinė kolegija (Užsakovas) ir Anna Bartosiewicz (Vykdytojas), sudarę Sutartį Nr. ____ dėl paskaitų skaitymo paslaugų teikimo, patvirtina, kad Paslaugos suteiktos tinkamai, Užsakovas pretenzijų Vykdytojui neturi.	Klaipėdos valstybinė kolegija Higher Education Institution (the Client) and Anna Bartosiewicz (the Service Provider), having concluded Agreement No. ____ for the provision of lecturing services, confirm that the Services have been properly provided and the Client has no claims against the Service Provider.
Už suteiktas paslaugas mokėtina suma _____ Eur	The amount payable for the provided services is _____ EUR

Šalių parašai / Signatures of the Parties:

Užsakovas: Už sutarties vykdymą atsakinga Slaugos ir socialinės gerovės katedros vedėja, docentė Akvilė Virbalienė	Service Provider: Anna Bartosiewicz
_____ <i>(parašas, data)</i>	_____ <i>(Signature, Date)</i>