

# University of Primorska **Faculty of Health Sciences**



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# Mission

Knowledge for Health. The mission of the Faculty of Health Sciences, University of Primorska (UP FHS) is to educate and research – our aim is to be a centre of creation and transfer of knowledge in the fields of health, nutrition and human movement, on a national and international level.

# Vision

UP FHS aims to become the most prestigious educational and scientific research institution in the field of human health, nutrition and movement at the national level. For these efforts, we would like to achieve international recognition and integration into the network of the finest educational institutions in the field of health care. When fostering creative knowledge and new educational and research contents, we wish to follow current needs and initiatives. The Faculty aims to excel in transferring our knowledge to all social environments in order to maintain and improve the health of the population.

Since its foundation in 2002, UP FHS has developed 1<sup>st</sup> and 2<sup>nd</sup> cycle study programmes Nursing, Nutritional Counselling – Dietetics and Applied Kinesiology, and one 3<sup>rd</sup> cycle study programme in Applied Kinesiology. We have close ties and cooperation established with numerous institutions in the field of clinical and practical training, to ensure the exchange of knowledge across the broader community to which we belong.

VALUES:  
expertise  
quality  
innovation  
openness  
interdisciplinary  
teamwork



# Studying at UP FHS

Study programme	1 <sup>st</sup> cycle: Professional study programme, 180 ECTS	2 <sup>nd</sup> cycle: Master's study programme, 120 ECTS	3 <sup>rd</sup> cycle: Doctoral study programme, 180 ECTS
Nursing	✓	✓	
Nutritional Counselling - Dietetics	✓	✓	
Applied Kinesiology	✓	✓	✓





# Nursing

This study programme complies with the EU Directive on the Recognition of Professional Qualifications 2005/36/ES and 2013/55/EU, as well as with the guidelines of the Bologna Declaration. Both systems provide a solid framework for the study programme Nursing, which maintains a fixed ratio between theory and practice and between natural science, social science and specific nursing care courses.

Students connect the theoretical contents from natural sciences, social sciences, and nursing care with the clinical training (2300 hours) in working environments, and through case-based and practice-based learning. With elective courses, students gain additional knowledge and become qualified to carry out highly diverse tasks in nursing care. The study programme is adapted to the needs brought on by the demographic changes of a developed society.

The **Master's study programme Nursing** is the upgrade of the Professional study programme Nursing and is intended to train graduate nurses and selected graduate health care workers for demanding professional health care tasks. Students will be able to search for new knowledge resources in professional and scientific areas, take on the responsibility to manage advanced systems in health care and nursing, and develop critical reflection and social and communication skills that are necessary to manage teamwork. Apart from the compulsory courses, this study programme also includes elective modules.





# Nutritional Counselling – Dietetics

The study programme is prepared in accordance with the European Academic and Practitioner Standards for Dietetics adopted by the European Federation of Associations of Dietitians (EFAD) in order to ensure the mobility of these professionals.

The study programme develops qualified professionals who can raise awareness among the public and certain target population groups about the importance of appropriate nutrition and food safety for health, health promotion and education, and improvement in general. Likewise, dietitians are the ones who can aid with patients' faster recuperation and better condition, both during and after disease.

The **Master's study programme Dietetics** obtains all the competences determined in the document European Academic and Practitioner

Standards for Dietetics, issued by EFAD. The fundamental objective of the study programme is to deepen and upgrade the knowledge gained by the undergraduate/1<sup>st</sup> cycle Professional study programme. The purpose of the study programme is to educate practitioners of dietetics, who will work as clinical or public health dietitian consultants for healthy or ill individuals and groups.

A graduate of the Master's study programme Dietetics obtains basic knowledge of nutrition, supported by the contents of clinical subjects (diet therapy, nutraceuticals, nutrigenomics etc.). The study also includes social sciences (psychology of nutrition, knowledge of foreign languages etc.) and research methods. The education is completed with compulsory training in the working environment, which enables the students to transfer scientific knowledge into practice.



# Applied Kinesiology

In today's modern society, human health is seriously threatened by the negative consequences of an inactive lifestyle which often result in movement insufficiency, related diseases, and an overall lower quality of life. Kinesiology is broadly defined as the science of human movement (i.e. physical activity and exercise), where humans are observed as integrated and complex bio-psycho-social beings. Indeed, Kinesiology is becoming an increasingly influential scientific discipline, especially over the past 50 years.

Based on a modern, interdisciplinary approach, the Applied Kinesiology study programme at the University of Primorska offers a variety of course options for students. The curriculum includes courses in natural sciences, medicine, social sciences and humanities, presenting students a wide spectrum of knowledge and providing them an excellent basis for continuing education at the postgraduate level (e.g. the 2<sup>nd</sup> or 3<sup>rd</sup> cycle of the Bologna study programmes).

The aim of the **Master's study programme Applied Kinesiology** is to provide a more in-depth

education in the field of human movement, emphasising its importance in optimising human development and health. The 1<sup>st</sup> module of the Master's cycle focuses on a comprehensive understanding of the human response to exercise and environment, with the intention of improving physical fitness and health protection, while the 2<sup>nd</sup> module builds on kinesiology in ergonomics, studying human working ability and safety in interactions in both, occupational and free-living environments.

The main objectives of the **Doctoral study programme Applied Kinesiology** are to train candidates to 1) develop independent scientific research work and 2) foster an in-depth understanding of human movement, with special emphasis on developing preventative health programmes, and encouraging optimal occupational safety and efficiency. Thus, the Doctoral programme in Applied Kinesiology aims to contribute to preserving and improving human health in all its possible facets, including social structure and society-at-large (education, training, permanent training, requalification).







# Research

UP FHS is a representative centre of creation and transfer of knowledge in the field of health. Its mission is to simultaneously implement undergraduate and postgraduate education in health sciences and to carry out health related research. UP FHS has well-equipped laboratories and a simulation centre, which offers plenty of opportunities to create realistic testing scenarios in the field of health. UP FHS is a registered research organisation at the Slovenian Research Agency, and is currently involved in several national and international research projects. Current research work includes: activities supporting positive health and preventing diseases with health promotion, a combination of health prevention, health pro-

tection, education for health and health education, and multicomponent interventions with positive impact on humans and their surroundings. Aiming at promoting and facilitating knowledge transfer to the global market, UP FHS plays an important role in the area of biomedical applications of electroporation, the development of diagnostic tests to determine infections in orthopaedic prostheses, and establishing predictive factors for obesity at the biochemical and genetic levels. Furthermore, UP FHS's activities also encompass information technology in health care and nursing, use of information and communications technology, and simulations for learning and teaching in nursing, including e-learning.



# International Cooperation

UP FHS strives to be amongst the best educational institutions for health sciences in Slovenia, and pays special attention to international cooperation with higher education and research institutions, thematic and interested networks. The Mediterranean climate of the Primorska region is a pleasant study environment for Erasmus+ students, and offers a wide range of leisure activities. Thanks to its relatively small size (approx. 1000 students), UP FHS is able to devote time and attention to every student.

The tuition language at the Faculty of Health Sciences is Slovenian, nevertheless, individual tutoring and the final exam is conducted in English for all Erasmus+ students.

UP FHS is a place where students can acquire knowledge and make discoveries, whilst developing life-long friendships, especially during the various extracurricular activities organised by the UP FHS Student Council, the University of Primorska Student Organisation, and different societies and clubs.

The University of Primorska Student Organisation organises various sports and social activities. The Erasmus Students Network also takes care of incoming students and helps them to integrate into their new environment. For more details visit [www.esn.org](http://www.esn.org).







# Exchange Students about UP FHS



**Linda Grossi, University of Verona, Italy  
(Nursing) – E+ experience**

Erasmus at University of Primorska was an amazing experience, I met great people at the university/faculty and really nice, kind but also strict nurses. I learned a lot during practical training in Valdoltra and General Hospital of Izola, saw differences from my Italian university and Italian hospitals. I improved my English (informal at home and scientific at hospital) and tried to learn Slovenian to speak a little bit with patients. I was near my home (Italy) but I felt far enough to be independent, in a new place with new people. Slovenia is a beautiful small country, with amazing landscape, that changes from sea to mountains. With lots of sports to do and places to see in your free time.



**Irena Živković, Srbija**

Slovenia is a great country for living and studying; to its citizens and visitors it offers almost everything, spiritually and naturally - from beautiful landscapes like mountains and seashores, to possibilities for personal development in many ways.

I moved from Serbia to Slovenia mainly because of so many opportunities offered and started my studies at the University of Primorska. The faculty gave me proper education and skills, and has also supported me in many ways.

The teachers are always ready to give you a hand, promote your efforts and works, as well as making your studies easier and even more enjoyable. I am also thankful for my Erasmus exchange program in Granada (Spain). One year on Erasmus+ exchange was one of the best experiences, really helpful in professional and social education and it definitely can open many doors for the student's future and development.



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