

**CLASS CARD****PSYCHOLOGY**

Basic classes	Code in the study plan	ECTS
Psychology	WFI_21	2

<b>Education profile</b>	
<b>Faculty and field of study</b>	Faculty of Physical Education
<b>Studies program in which the subject is realized</b>	Physical Education
<b>Professor's name</b>	Wiktor Wiluś wiktor.wilus@awf.edu.pl
<b>Level of studies (eg. bachelor, master)</b>	Bachelor
<b>Study year and semester</b>	I/I
<b>Language</b>	English
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Lectures/classes hours</b>	30
<b>Form of passing classes</b>	Presentation, Frequency, Test
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Prerequisites</b>	none

**DETAILED INFORMATION****Course aims and objectives.**

<b>A1</b>	Gaining knowledge about human psychological processes.
<b>A2</b>	Gaining basic knowledge about human development
<b>A3</b>	Using knowledge in your later professional career.

**LEARNING OUTCOMES IN KNOWLEDGE, SKILLS, AND SOCIAL COMPETENCES FOR CLASSES**

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
K_W01	<b>P_W01</b> Student knows and understands basic psychological concepts: cognitive processes, perception, processing of information, speech and language, thinking and reasoning, learning and memory, the role of attention, emotions and motivations in the processes of regulating behavior.

K_W03	<b>P_W02</b> Student has knowledge of selected issues of social psychology (theories of social perception, communication). Social behavior and its determinants, interpersonal situation, empathy, assertive, aggressive and submissive behavior, attitudes, stereotypes, prejudices, stress and coping with it, communication between people barriers in communication, media and their educational influence, communication styles of students and teachers, barriers in communication in the classroom, active listening, effective broadcasting, non-verbal communication.
<b>SKILLS</b>	
K_U04	<b>P_U01</b> Student can use knowledge of personality to recognize individual predispositions. Observe the development processes of recognize the barriers and difficulties of in the learning process identify the needs of students in developing their talents and interests" "cope with stress and apply strategies for coping with difficulties.
K_U07	<b>P_U02</b> Student can observe social behavior, communicate effectively, and communicate in a conflict situation: observe social behavior and its determinants, communicate effectively and consciously, communicate in a conflict situation"
<b>SOCIAL COMPETENCES</b>	
K_K01	<b>P_K01</b> Student is aware of the importance of developing own competences: self-education, self-reflection, and own professional development."

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
Class I	Integration activities	<b>P_W01</b>
Class II	Psychology as a system of knowledge and as an applied science. Methods and techniques of psychological research. Introduction to sports psychology.	<b>P_W01, P_U01</b>
Class III	Perception. Visual stimulus as the basis of perception, attention, and perception. Sensory adaptation	<b>P_W02</b>
Class IV	Communication process - styles and barriers. Interactive exercises.	<b>P_W01, P_W02, P_U02</b>

Class V	Memory - types and organization. Ways to increase memory efficiency.	P_U01
Class VI	Emotions. Defining emotions, components of the emotional process. Emotions and cognitive processes	P_W01, P_U02
Class VII	Motivation. Motivational process, motivational equation. Motivation and efficiency of action. Intrinsic and extrinsic motivation.	P_W01, P_K01
Class VIII	The Problem of Individual Differences in Education. Personality. Functions and tasks of personality from a cognitive perspective.	P_U01, P_U02
Class IX	Stress - concepts, strategies, methods, and styles of coping	P_W01, P_U02
Class X	Coping with stress - relaxation training - workshop classes.	P_W01, P_U02
Class XI	Developmental Psychology. Characteristics of physical and mental development - part I	P_W01, P_K01
Class XII	Developmental Psychology. Characteristics of physical and mental development - part II	P_W01, P_K01
Class XIII	Intellectual Diversity. Intelligence Measurement. J.C. Raven's Progressive Matrices Test	P_U01, P_U02
Class XIV	Teacher Resources - Workshop Activities	P_W01, P_W02, P_K01
Class XV	Summary classes	P_W01, P_U01

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lectures	Lecture with multimedia presentation, studying materials
<b>Teaching resources:</b> computer, multimedia projector, thematic presentations, psychological tests, educational films	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, P_W02, P_W03, P_W04, P_W05, P_U01, P_U02, P_U03	Test

## CONDITIONS FOR PASSING CLASSES:

Attendance at lectures and exercises. Passing the test (60%).

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Characteristics of human cognitive processes.
2. Characteristics of a person's regulatory processes.
3. Individual differences and the functioning of an individual in a social environment.
4. Stress and frustration. Coping with stress.
5. Principles and regularities of human psychological development.

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	<ol style="list-style-type: none"> <li>1. Rathus, S., A. 2022. Psych. 7<sup>th</sup> edition. Cengage. ISBN: 9780357530238.</li> <li>2. Developmental Psychology: A Life-Span Approach. Hurlock, E., B. 1980. McGraw-Hill College. ISBN:978007014504</li> </ol>
<b>Additional</b>	none

## SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	2	Activities requiring direct participation of academic teachers
20		Other forms of classes/education to achieve the intended learning outcomes: Familiarization with the indicated literature, Preparation for a test/exam

**Number of ECTS points that a student obtains in classes developing practical skills: .....**

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