

**Subject: PSYCHOLOGY**

## **GENERAL INFORMATION**

<b>Organization unit</b>	Faculty of: Faculty of Physical Education Chair of: Departament of pedagogy and psychology of physical culture Chairman:
<b>Course name</b>	PSYCHOLOGY
<b>Subject code</b>	WFI_21
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Bachelor
<b>Study year</b>	I
<b>Semester</b>	I
<b>ECTS points</b>	2
<b>Professor</b>	Wiktor Wilus <a href="mailto:Wiktor.wilus@awf.edu.pl">Wiktor.wilus@awf.edu.pl</a>
<b>Studies program in which the subject is realized</b>	Physical education
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	none

## **DETAILED INFORMATION**

### **Course aims and objectives**

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

### **Main topics**

<b>No</b>	<b>Topic</b>
<b>Lectures/classes</b>	
1.	Integration activities



2.	Psychology as a system of knowledge and as an applied science. Methods and techniques of psychological research. Introduction to sports psychology.
3.	Perception. Visual stimulus as the basis of perception, attention, and perception. Sensory adaptation
4.	Communication process - styles and barriers. Interactive exercises.
5.	Memory - types and organization. Ways to increase memory efficiency.
6.	Emotions. Defining emotions, components of the emotional process. Emotions and cognitive processes
7.	Motivation. Motivational process, motivational equation. Motivation and efficiency of action. Intrinsic and extrinsic motivation.
8.	The Problem of Individual Differences in Education. Personality. Functions and tasks of personality from a cognitive perspective.
9.	Stress - concepts, strategies, methods, and styles of coping
10.	Coping with stress - relaxation training - workshop classes.
11.	Developmental Psychology. Characteristics of physical and mental development - part I
12.	Developmental Psychology. Characteristics of physical and mental development - part II
13.	Intellectual Diversity. Intelligence Measurement. J.C. Raven's Progressive Matrices Test
14.	Teacher Resources - Workshop Activities
15.	Summary classes

**CONDITIONS FOR PASSING CLASSES:**

**Test (60%)**



**1 ECTS point = 25 hours students work (contact + self study)**

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
1. Contact classes	30
2. Students' preparations of the presentations	
3. Self study as preparation to the written exam	20
4. Self study as reading text prepared by the teacher	
<b>Total = 50 hours- ECTS points 2</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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