

Subject card

Subject name and code	Far Eastern Religions. Buddhism - exercises, PG_00179439						
Field of study	Religious Studies						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish poland		
Semester of study	1		ECTS credits		1.0		
Learning profile	academic		Assessment form		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Wojciech Gajewski				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	15.0	0.0	0.0	0.0	15
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	15		1.0		10.0	26
Subject objectives	The theoretical content discussed during the lecture will be deepened and discussed during the exercises, where various meditation techniques will be presented within the framework of the Buddhist trends presented during the lecture. During the exercises, students will learn about and experience various forms of meditation and meditation techniques.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[RELL3_W04] Has advanced, structured knowledge of the history of various religions, understands the historical conditions of their development	The student demonstrates a comprehensive knowledge of Buddhism and knows the place of Buddhism among the world's religions. Understands the historical conditions for the development of Buddhism in the world.	[SW1] oral statement/conversation/discussion
	[RELL3_U02] Be able to recognise different types of ancient and contemporary cultural artefacts and to critically analyse and interpret them in order to determine their meanings, social impact and place in the historical-cultural process	The student understands contemporary processes taking place in regions where Buddhism dominates.	[SU1] oral statement/conversation/discussion
	[RELL3_W03] Has advanced, structured detailed knowledge of cultural and religious studies	Has knowledge about Buddhism and its place among the world's religions.	[SW2] presentation/project/paper/report
	[RELL3_W08] He knows the dangers of religious conflicts, understands the importance of consensus-oriented action and the search for solutions based on mutual respect and the rejection of all forms of discrimination	The student is ready to recognize and respect different points of view determined by different religious, national and cultural backgrounds.	[SW1] oral statement/conversation/discussion
	[RELL3_K03] Is willing to acknowledge and respect different points of view determined by different religious, national and cultural backgrounds	The student demonstrates openness and tolerance towards cultural and religious differences.	[SK1] oral statement/conversation/discussion
	Subject contents		
	1. Exercises of sample meditation techniques. 2. Films illustrating the cultural reality of Buddhists in Asia. 3. Contemporary Western therapies based on Eastern Buddhist philosophy. 4. Mindfulness and mindfulness therapies based on meditation techniques		
	Prerequisites and co-requisites		
	not applicable		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	project or report	51.0%	70.0%
	active participation in classes	51.0%	30.0%
Recommended reading	Basic literature	Teasdale, J., Williams, M., Segal, Z. (2016). <i>Praktyka uważności</i> . Kraków: Wyd. Uniwersytetu Jagiellońskiego	

	Supplementary literature	B. Literatura uzupełniająca Ricard, M., Trinh Xuan Thuan, (2004). <i>Nieskończoność w jednej dłoni. Od Wielkiego Wybuchu do Oświecenia</i>. Katowice: KOS. Tolle, E. (2006). <i>Potęga teraźniejszości</i>. Kraków: Wydawnictwo A. Ch. Trungpa, (1984). <i>Szambala święta ścieżka wojownika</i>. Warszawa: Santorski & co Oldenberg, H. (1994). <i>Życie i nauczanie i wspólnota Buddy</i>, Kraków: Oficyna Literacka. Mejor, M. (2001). <i>Buddyzm. Zarys historii buddyzmu w Indiach</i>, Warszawa: Prószyński i S-ka. Kozyra, A., (2004). <i>Filozofia zen</i>. Warszawa: Wydawnictwo Naukowe PWN. Zotz, V. (2007). <i>Historia filozofii buddyjskiej</i>. Kraków: Wydawnictwo WAM Michniewicz, T. (2010). <i>Samsara</i>. Kraków: Wydawnictwo: Otwarte
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Example issues/ example questions/ tasks being completed	brak	
Work placement	Not applicable	

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