

Subject card

Subject name and code	Relaxation and calming techniques, PG_00185281						
Field of study	Pedagogy						
Date of commencement of studies	October 2026		Academic year of realisation of subject		2028/2029		
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	3		Language of instruction		Polish		
Semester of study	6		ECTS credits		1.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Division of Theory of Education and Pedagogy of Care -> Institute of Education -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		prof. dr hab. Lucyna Kopciewicz				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	20.0	0.0	0.0	0.0	20
	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	20		0.0		5.0	25
Subject objectives	The aim of the course is to prepare students for the practical use of various relaxation and calming techniques in the work of an educator, supporting the educational, preventive and therapeutic process						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[PEDL3_U06] Graduates are able to create educational and teaching situations that motivate students to learn, work on themselves and undertake activities conducive to development, and to modify educational, teaching and developmental activities in order to achieve the desired results in the areas of education, upbringing and stimulation of development		Graduates are able to create teaching and educational situations using relaxation and calming techniques that support student motivation, development, and self-regulation, and are able to modify pedagogical activities in this area.		[SU6] demonstration of practical skills		
	[PEDL3_U27] Graduates are able to design and conduct classes and evaluate them in accordance with the selected field of pedagogy		Graduates are able to design, conduct, and evaluate classes based on relaxation and calming techniques in care, educational, and teaching work.		[SU6] demonstration of practical skills		
Subject contents	The importance of relaxation and calmness in education and upbringing. Principles of mental hygiene. Breathing and relaxation exercises (Jacobson, Schulz, 4-7-8 method, diaphragmatic breathing). Autogenic and progressive training. The role of breathing in regulating emotions. Practice and self-reflection of the educator. Building your own relaxation programme by students.						
Prerequisites and co-requisites							

Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		51.0%	70.0%
		80.0%	30.0%
Recommended reading	Basic literature	nie dotyczy	
	Supplementary literature	nie dotyczy	
	eResources addresses		
Example issues/ example questions/ tasks being completed	nie dotyczy		
Work placement	Not applicable		

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