University of Gdańsk

Subject card

Subject name and code	Basics of stress physiology - lecture, PG_00132770		
Field of study	Criminology		
Date of commencement of studies	October 2026	Academic year of realisation of subject	2026/2027
Education level	Master's studies	Subject group	Optional subject group
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	1	Language of instruction	Polish
Semester of study	2	ECTS credits	1.0
Learning profile	academic	Assessment form	credit
Conducting unit	Laboratory of Neurobiology -> Department of Animal and Human Physiology -> Faculty of Biology -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	dr Wojciech Glac	
	Teachers		

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	20.0	0.0	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

- Understanding of the physiological mechanisms of stress.
- Understanding of the interindividual variability in stress vulnerability.
- Knowledge and understanding of disorders resulting from maladaptive stress responses.
- Understanding of the relationship between stress, individual variability in stress vulnerability, and the biological basis of criminal behavior.

Learning outcomes

Course outcome	Subject outcome	Method of verification
[KRYMMU2_WG01] Has an in-depth knowledge of the nature of legal and related penal sciences, their place in the system of sciences and their interrelationships	Demonstrates advanced knowledge of stress and its biological basis, as part of a broader understanding of human nature and the biological foundations of behavior, including antisocial behavior.	[SW4] test/exam - oral or written [SW5] implementation of a problem task
[KRYMMU2_KK01] Is aware of the level of his knowledge and skills, and understands the need for lifelong learning	Is able to assess their own knowledge of the physiology of stress and stress-related disorders based on feedback and to identify directions for further development.	[SK1] oral statement/conversation/ discussion [SK5] implementation of a problem task
[KRYMMU2_WG05] Has an in-depth knowledge of methods and tools, including data and information extraction techniques, specific to criminology and forensic science	Demonstrates knowledge of tools and techniques for acquiring knowledge and analyzing data related to the effects of stress on human behavior, including in the context of criminology.	[SW4] test/exam - oral or written [SW5] implementation of a problem task

Subject contents

- Physiological mechanisms of the stress response.
- Stress as a pathological response.
- Chronic stress and its consequences.
- Interindividual differences in stress sensitivity.
- Diagnostics of the stress response and stress vulnerability.
- Stress and vulnerability to antisocial and criminal behavior.

<table>
<tr><td>Prerequisites and co-requisites</td><td></td></tr>
<tr><td>Assessment methods and criteria</td><td>
<table>
<tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr>
<tr><td>discussions</td><td>51.0%</td><td>20.0%</td></tr>
<tr><td>problem-based tasks / case studies</td><td>51.0%</td><td>50.0%</td></tr>
<tr><td>quizzes</td><td>51.0%</td><td>30.0%</td></tr>
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<tr><td>Recommended reading</td><td>
<table>
<tr><td>Basic literature</td><td>• Górska T., Grabowska A., Zagrodzka J. (red.) 1997. Mózg a zachowanie. Wydawnictwo Naukowe PWN, Warszawa.
• Sadowski B. 2005. Biologiczne mechanizmy zachowania się ludzi i zwierząt. PWN.</td></tr>
<tr><td>Supplementary literature</td><td>• Longstaff, Neurobiologia, PWN, Warszawa, 2002
• articles in specialist scientific journals (provided by teacher)</td></tr>
<tr><td>eResources addresses</td><td></td></tr>
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<tr><td>Example issues/ example questions/ tasks being completed</td><td>• Test Indicate the brain structures involved in the inhibition of the stress response (select all correct answers).
• Problem-based task Develop a synthetic theory of addiction based on an integration of existing theoretical models.
• Case study Based on the provided case description, identify and justify a possible link between stress and criminal behavior.
• Discussion Topic: Do all types of stress influence susceptibility to antisocial behavior to the same extent?</td></tr>
<tr><td>Work placement</td><td>Not applicable</td></tr>
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