

**Subject card**

<b>Subject name and code</b>	Basics of stress physiology - lecture, PG_00132612						
<b>Field of study</b>	Criminology						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2026/2027		
<b>Education level</b>	Master's studies	<b>Subject group</b>			Optional subject group		
<b>Mode of study</b>	part-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	1	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	2	<b>ECTS credits</b>			1.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>	Laboratory of Neurobiology -> Department of Animal and Human Physiology -> Faculty of Biology -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Wojciech Glac				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	10.0	0.0	0.0	0.0	0.0	10
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	10		0.0		15.0	25
<b>Subject objectives</b>	<ul style="list-style-type: none"> <li>• Understanding of the physiological mechanisms of stress.</li> <li>• Understanding of the interindividual variability in stress vulnerability.</li> <li>• Knowledge and understanding of disorders resulting from maladaptive stress responses.</li> <li>• Understanding of the relationship between stress, individual variability in stress vulnerability, and the biological basis of criminal behavior.</li> </ul>						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>		<b>Method of verification</b>		
	[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_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		
	[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		
<b>Subject contents</b>	<ul style="list-style-type: none"> <li>• Physiological mechanisms of the stress response.</li> <li>• Stress as a pathological response.</li> <li>• Chronic stress and its consequences.</li> <li>• Interindividual differences in stress sensitivity.</li> <li>• Diagnostics of the stress response and stress vulnerability.</li> <li>• Stress and vulnerability to antisocial and criminal behavior.</li> </ul>						

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	quizzes	51.0%	30.0%
	problem-based tasks / case studies	51.0%	50.0%
	discussions	51.0%	20.0%
Recommended reading	Basic literature	<ul style="list-style-type: none"> <li>Górska T., Grabowska A., Zagrodzka J. (red.) 1997. Mózg a zachowanie. Wydawnictwo Naukowe PWN, Warszawa.</li> <li>Sadowski B. 2005. Biologiczne mechanizmy zachowania się ludzi i zwierząt. PWN.</li> </ul>	
	Supplementary literature	<ul style="list-style-type: none"> <li>Longstaff, Neurobiologia, PWN, Warszawa, 2002</li> <li>articles in specialist scientific journals (provided by teacher)</li> </ul>	
	eResources addresses		
Example issues/ example questions/ tasks being completed	<ul style="list-style-type: none"> <li>Test Indicate the brain structures involved in the inhibition of the stress response (select all correct answers).</li> <li>Problem-based task Develop a synthetic theory of addiction based on an integration of existing theoretical models.</li> <li>Case study Based on the provided case description, identify and justify a possible link between stress and criminal behavior.</li> <li>Discussion Topic: Do all types of stress influence susceptibility to antisocial behavior to the same extent?</li> </ul>		
Work placement	Not applicable		

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