

**Subject card**

<b>Subject name and code</b>	Psychophysiology of sex, PG_00151983						
<b>Field of study</b>	Psychology						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2027/2028		
<b>Education level</b>	uniform Master's studies	<b>Subject group</b>			Obligatory subject group in the field of study		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	2	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	4	<b>ECTS credits</b>			3.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>	Faculty of Biology -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Ziemowit Ciepielewski				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	30.0	0.0	0.0	0.0	0.0	30
	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>	30		10.0		50.0	90
<b>Subject objectives</b>	1 To learn about the relationship between emotional state and human sexual functions and responses. 2. to learn about the role of the neurohormonal and cardiovascular systems in the regulation of sexual behaviour. 3.To understand the importance of integrating the motor-emotional (limbic), endocrine and somatic systems in sexual responses. 4.To understand the relationship between human sexual health and psychological and emotional well-being. 5.To know the role of biological and environmental factors influencing human sexual behaviour and preferences						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_K07] He/she is sensitive to social and psychological problems, he/she is ready to communicate and cooperate with the environment, including people who are not specialists in a given field, and to actively participate in groups and organizations implementing psychological activities.	he student is sensitive to social and psychological problems in the field of psychosexology in the broadest sense, ready to communicate and cooperate with non-specialists in the field, and to actively participate in groups and organisations carrying out psychological activities in the field of psychosexology	[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written
	[PSYCHJ5_W03] He/she has an in-depth and structured knowledge of contemporary trends in the development of psychology, its currents, and systems, understands their historical and cultural conditions.	The student knows the terminology used in psychosexology and its application in related disciplines at an extended level. He/she has in-depth and structured knowledge of contemporary developments in psychosexology and psychophysiology, its currents and systems, understands their historical and cultural conditions.	[SW4] test/exam - oral or written [SW1] oral statement/conversation/discussion
	[PSYCHJ5_W06] He/she has in-depth knowledge of human development in the life cycle, in biological, psychological and social aspects.	Has an in-depth knowledge of the specifics of interpersonal and social relations, social phenomena and the regularities governing them from the point of view of psychosexology. Has in-depth and expanded knowledge of the psychophysiological basis of human functioning, including knowledge of the functioning of the reproductive system, and the limitations related to it.	[SW4] test/exam - oral or written
	[PSYCHJ5_W08] He/she has in-depth and expanded knowledge of the psychological foundations of human functioning.	Student has in-depth and expanded knowledge of psychophysiological basis of human functioning, He knows the principles of functioning of the neurohormonal system in the field of sexuality as well as in the field of layers of sexual life. Has in-depth and expanded knowledge of the biological, environmental, social and philosophical basis of human development and psychosexual functioning; understands the essence of functionality and dysfunctionality in the field of sexuality, and defines the occurrence of norm and pathology in this area.	[SW4] test/exam - oral or written
	[PSYCHJ5_U03] He/she is able to communicate efficiently using various channels and communication techniques with specialists in the field of psychology, as well as with recipients outside the group of specialists, using modern technological solutions.	Students will be able to use reliable sources of information on psychosexology, as well as to move efficiently in the environment of specialists in this field and to communicate with non-specialists using the latest technological developments.	[SU1] oral statement/conversation/discussion [SU8] observation of student's independent or team work
	[PSYCHJ5_U02] He/she is able to use and integrate theoretical knowledge in the field of psychology and related disciplines in order to analyse complex psychological, educational, aid or therapeutic problems, as well as diagnose and design practical activities.	Student has in-depth skills in observing, searching for and processing information on social phenomena of a varied nature, using a variety of sources and interpret them from the point of view of psychological and health problems. Student is able to use and integrate theoretical knowledge from the field of psychophysiology and related disciplines to analyse complex psychological, sexual educational, supportive or therapeutic problems.	[SU1] oral statement/conversation/discussion [SU4] test/exam - oral or written [SU8] observation of student's independent or team work

	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_W01] He/she knows the terminology used in psychology and its application in related disciplines at the advanced level.	The student is familiar with extended and professional terminology in neuroendocrinology, behavioural sciences and psychophysiology and can relate it to related disciplines at a level beyond the basic level.	[SW4] test/exam - oral or written
	[PSYCHJ5_U01] He/she has in-depth skills of observing, searching, and processing information on social phenomena of various nature, using various sources and interpreting them from the point of view of psychological and health problems.	The student has the ability to search for and interpret information on psychophysiology and psychosexuality and to distinguish false data from true data using reliable data sources, and has the ability to interpret biomedical facts in psychological terms	[SU1] oral statement/conversation/discussion [SU8] observation of student's independent or team work
	[PSYCHJ5_W10] Has an in-depth and expanded knowledge of the biological, pedagogical, social and philosophical bases of human mental functioning; understands the nature of functionality and dysfunctionality, harmony and disharmony, norm and pathology.	Students will have knowledge of the basics of human sexual functioning, including neurohormonal, psychosocial, biomedical and environmental aspects. He/she will be able to distinguish normality from dysfunctionality and pathology in terms of the layers of human sexual life	[SW4] test/exam - oral or written
	[PSYCHJ5_U14] He/she knows the basic psychosocial concepts and mechanisms related to health and its protection to the extent necessary for the fields of science and scientific disciplines relevant to the studied field of study.	Student uses and applies in practice the body of concepts relating to neuroendocrinology and the psychophysiology of human sexual development and life, also in the field of sexual well-being and human health.	[SU1] oral statement/conversation/discussion
	[PSYCHJ5_K04] He/she identifies himself/herself with the values, goals and tasks implemented in psychological practice, he/she is characterized by caution, maturity and commitment to designing, planning and implementing psychological activities.	The student is characterised by empathy in the area of sexual psychophysiology, is sensitive to social and psychological problems in the field of human sexuality. The student is ready to communicate and co-operate with the environment, including non-specialists in the field of psycho-sexology, and to actively participate in groups and organisations carrying out activities related to the broadly understood area of human sexuality.	[SK8] observation of student's independent or team work
	[PSYCHJ5_W07] He/she has in-depth knowledge of the specificity of social relations, social phenomena and the regularities that govern them from the point of view of psychology.	The student has knowledge related to the specificity of human sexual interaction and is able to relate it to current social phenomena and the regularities governing them.	[SW4] test/exam - oral or written
	[PSYCHJ5_U07] He/she has in-depth skills of observing, diagnosing, rationally assessing complex psychological situations and analysing motives and patterns of human behaviour.	Students will be able to interpret and recognise the most frequent disease entities related to sexuality in the broadest sense, as well as analyse areas of human sexual behaviour.	[SU1] oral statement/conversation/discussion [SU4] test/exam - oral or written
	[PSYCHJ5_K01] He/she has deeper awareness of the level of his/her knowledge and skills, he/she understands the need for continuous personal and professional development.	Students have an in-depth awareness of their knowledge and skills in psychophysiology and understand the need for continuous personal and professional development.	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
Subject contents	The psychophysiological basis of sexual responses. The genetic basis of sexuality. Sexuality and the process of reproduction. Physiology of reproduction. Pregnancy. Sexual psychophysiology - somatic and psychological changes. Psychophysiological basis of sexuality - sexual response hormones and their peripheral effects. Somatic sexual changes in facial expression and articulation, genitalia, cardiovascular and musculoskeletal systems. What is sexual potency, sexual excitability, sexual arousal. The rate of progression of sexual excitement. Layers of erotic life. Psychophysiology of orgasm-gender differences. Methods of studying sexual behaviour: - observation (facial expression, sexual blush, perspiration, measurement of circulatory parameters, electromyography- EMG, electroencephalography EEG, phallopneumographic method. Influence of emotional states on sexual behaviour. Contraception and sexual behaviour. Sexual response and sexual reactions in states of homeostatic disorders (cardiovascular disorders, obesity, diabetes mellitus, chronic stress, hyperprolactinaemia, thyroid disorders, pharmacological addictions). Pathology of sexual behaviour.		

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	test	51.0%	100.0%
Recommended reading	Basic literature	Biological mechanisms of human and animal behaviour, Warsaw PWN, 2017 Konturek S. J. Human physiology. Handbook for medical students. Elsevier Urban & Partner, Wrocław, 2007. Williams textbook of Endocrinology 13th Edition, Elsevier, 2016 Imieliński Kazimierz Sekiatria, Volume I: Sexual psychophysiology, Warsaw PWN, 1990.  Literature provided by the lecturer.	
	Supplementary literature	Ader R.. Psychoneuroimmunology. Fourth edition. Elsevier Academic Press, 2007. Fink G. Stress Science: neuroendocrinology, Elsevier Academic Press, 2010 Pfaff D.W. Hormones, Brain and Behavior. Third Edition. Elsevier Academic Press, 2016.	
	eResources addresses		
Example issues/ example questions/ tasks being completed	1) Kisspeptin, GnRH, oestrogens, testosterone 2) Oxytocin and vasopressin as major social hormones (pairing, fidelity, monogamy) 3) Neurohormonal basis of meno- and andropause-hormonal profiles and behaviour 4) Layers of erotic life with particular reference to the role of hormones (a) -sexual identity (b) -psychosexual orientation (c) -sexual preference (sex role) (d) -sexual realisation including main dysfunctions 5) Orgasm-phases, physiology and psychophysiology, hormones of orgasm 6) Neurohormonal basis of erection and ejaculation (role of nitric oxide and testosterone) 7) Premenstrual syndrome 8) Involvement of hormones in mate choice preferences 9) Modulatory effects of sex hormones on sexual response in women and men 10) Hormonal contraception and changes in libido and body effects 11) Hormone replacement therapy 12) Sex determination (true hermaphroditism, male pseudohermaphroditism, female pseudohermaphroditism) 13) Anatomical and physiological differences between male and female brains.		
Work placement	Not applicable		

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