

Subject card

Subject name and code	Techniques of coping with stress, PG_00148618						
Field of study	Psychology						
Date of commencement of studies	October 2026	Academic year of realisation of subject			2029/2030		
Education level	uniform Master's studies	Subject group			Obligatory subject group in the field of study 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	4	Language of instruction			Polish		
Semester of study	7	ECTS credits			1.0		
Learning profile	academic	Assessment form			credit		
Conducting unit	Division of Sport Psychology -> Institute of Psychology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Dagmara Budnik-Przybylska				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	10.0	0.0	0.0	0.0	10
	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	10		5.0		10.0	25
Subject objectives	nie dotyczy						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[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.	nie dotyczy	[SU2] presentation/project/paper/report [SU6] demonstration of practical skills
	[PSYCHJ5_K02] He/she is ready to take on professional and personal challenges; he/she is active, takes the trouble and is persistent in undertaking individual and team professional activities in the field of psychology; he/she is committed to cooperation.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
	[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.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
	[PSYCHJ5_U10] He/she is able to choose and apply the appropriate method of conduct for a given psychological activity, select means and methods of work in order to effectively perform emerging professional tasks.	nie dotyczy	[SU6] demonstration of practical skills
	[PSYCHJ5_K03] He/she appreciates the importance of psychological sciences for the development of an individual and proper social ties, he/she has a positive attitude to acquiring knowledge in the field of the studied scientific discipline and building a psychologist's workshop.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK8] observation of student's independent or team work
	[PSYCHJ5_U05] He/she has in-depth skills to present his/her own ideas, doubts, and suggestions, to support them with extensive argumentation in the context of selected theoretical perspectives, views of various authors, while being guided by ethical principles.	nie dotyczy	[SU2] presentation/project/paper/report [SU6] demonstration of practical skills
[PSYCHJ5_W05] Has a structured and in-depth knowledge of the specialization of psychology, including terminology, theory, and methodology.	nie dotyczy	[SW1] oral statement/conversation/discussion	
Subject contents	nie dotyczy		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	nie dotyczy	51.0%	100.0%
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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