

Subject card

Subject name and code	Basics of stress physiology - lecture, PG_00132612						
Field of study	Criminology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Master's studies		Subject group		Optional subject group		
Mode of study	part-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				
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	10.0	0.0	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		0.0		15.0	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_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		
	[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		
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.						

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	discussions	51.0%	20.0%
	problem-based tasks / case studies	51.0%	50.0%
	quizzes	51.0%	30.0%
Recommended reading	Basic literature	- 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.	
	Supplementary literature	- Longstaff, Neurobiologia, PWN, Warszawa, 2002 - articles in specialist scientific journals (provided by teacher)	
	eResources addresses	Adresy na platformie eNauczanie:	
Example issues/ example questions/ tasks being completed	- 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?		
Work placement	Not applicable		

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