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_W02] Has an in-depth knowledge of the nature of natural sciences related to the studied major, their place in the system of sciences and their mutual relations	Has in-depth knowledge of the impact of stress on individual functioning and of stress-related disorders that may influence susceptibility to antisocial behaviour and occur in victims of crime.	[SW4] test/exam - oral or written [SW5] implementation of a problem task
[KRYMMU2_W06] Has an in-depth knowledge and is familiar with the terminology of psychology, sociology and related sciences applied in criminology, and understands the fundamental dilemmas of contemporary civilization related to them.	Has in-depth knowledge of the physiology of stress and stress-related disorders, useful in criminology, and understands the societal challenges related to stress, associated mental disorders, and possible impairments in behavioural control.	[SW4] test/exam - oral or written [SW3] text preparation/written work
[KRYMMU2_W01] Has an in-depth knowledge of the nature of legal and penal sciences, their place within the system of sciences, their interrelationships, and main development trends.	Has in-depth knowledge of the biological and physiological basis of stress and understands the relevance of this knowledge to criminology, penal sciences and legal sciences, particularly in explaining human behaviour under strain, assessing the consequences of victimisation, preventing antisocial behaviour, and developing interdisciplinary research on stress and behavioural control.	[SW1] oral statement/ conversation/discussion [SW5] implementation of a problem task
[KRYMMU2_K01] Is aware of the level of their knowledge and skills, critically evaluates them, 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

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
quizzes	51.0%	30.0%
problem-based tasks / case studies	51.0%	50.0%
discussions	51.0%	20.0%

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	

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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