

Subject card

Subject name and code	Master's seminar:Mental training in sport. , PG_00205960						
Field of study	Psychology						
Date of commencement of studies	October 2023		Academic year of realisation of subject		2026/2027		
Education level	uniform Master's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
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		6.0		
Learning profile	academic		Assessment form		credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Dagmara Budnik-Przybylska				
	Teachers		dr hab. Dagmara Budnik-Przybylska				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	0.0	0.0	0.0	45.0	45
	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	45		0.0		0.0	45
Subject objectives	nie dotyczy						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[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.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report
	[PSYCHJ5_U04] He/she is able to clearly, coherently and precisely express himself/herself orally and in writing in Polish and in a foreign language, he/she has the ability to construct extensive oral and written justifications on topics related to various psychological issues using various theoretical approaches, using the achievements of both psychology and other scientific disciplines.	nie dotyczy	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report
	[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 [SW2] presentation/project/paper/report
	[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	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report
	[PSYCHJ5_K05] He/she is convinced of the necessity and importance of behaving in a professional manner and adheres to the principles of professional ethics; he/she sees and formulates moral problems and ethical dilemmas related to his/her own and someone else's work; he/she seeks optimal solutions and the possibility of correcting incorrect psychological actions.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report
	[PSYCHJ5_W01] He/she knows the terminology used in psychology and its application in related disciplines at the advanced level.	nie dotyczy	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report
	[PSYCHJ5_W04] He/she has an in-depth and structured knowledge of the subject, methodological and statistical specificity of psychology (he/she knows the main strategies and methods of applied research in social sciences and humanities; he/she knows the map of positions and methodological approaches, he/she knows the basic methods of statistical analyses to conduct research in psychology).	nie dotyczy	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report
	[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.	nie dotyczy	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report
	[PSYCHJ5_W11] He/she has organized knowledge of ethical principles and norms and professional ethics; he/she knows the legal, organizational, and ethical conditions of the performed professional activity.	nie dotyczy	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report

	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_K09] He/she independently undertakes and initiates research activities.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report
	[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.	nie dotyczy	[SU1] oral statement/conversation/discussion
	[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 [SK2] presentation/project/paper/report
	[PSYCHJ5_U11] He/she is able to work in a team performing various roles; he/she knows how to accept and assign tasks, he/she has elementary organizational skills allowing to achieve goals related to designing and undertaking professional activities.	nie dotyczy	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report
	[PSYCHJ5_U06] He/she has developed research skills: he/she distinguishes between orientations in the methodology of psychological research, formulates research problems, selects adequate research methods, statistical methods and research tools, constructs research tools; develops, presents and interprets research results, draws conclusions, indicates directions for further research within the selected specialization of psychology.	nie dotyczy	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report
	[PSYCHJ5_K08] He/she is aware of the ethical dimension in scientific research.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report
	[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 [SK2] presentation/project/paper/report
	[PSYCHJ5_K06] He/she is responsible for his/her own preparation for work, decisions taken, actions taken and their effects, he/she feels responsible towards people for whom good he/she tries to act, he/she expresses such an attitude in the environment of specialists and indirectly models this approach among others.	nie dotyczy	[SK1] oral statement/conversation/discussion [SK2] presentation/project/paper/report
	[PSYCHJ5_U07] He/she has in-depth skills of observing, diagnosing, rationally assessing complex psychological situations and analysing motives and patterns of human behaviour.	nie dotyczy	[SU1] oral statement/conversation/discussion [SU2] presentation/project/paper/report
	[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.	nie dotyczy	[SW1] oral statement/conversation/discussion [SW2] presentation/project/paper/report

	Course outcome	Subject outcome	Method of verification
	[PSYCHJ5_W02] He/she has an in-depth and expanded knowledge of the sources and the place of psychology in the system of sciences and its subject and methodological connections with other disciplines.	nie dotyczy	[SW1] oral statement/ conversation/discussion [SW2] presentation/project/paper/ report
Subject contents	nie dotyczy		
Prerequisites and co-requisites	nie dotyczy		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		51.0%	50.0%
		51.0%	50.0%
Recommended reading	Basic literature	nie dotyczy	
	Supplementary literature	nie dotyczy	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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