



Chill out! - Relaxation as a tool for personal development and therapy (2nd edition in 2019/2020: 7.03, 8.03, 21.03)

1. Imprint	
Faculty name:	2nd Faculty of Medicine
Education program (<i>field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time</i>):	English Division, 2 st level studies, practical profile, full time
Academic year:	2019/2020
Module/subject name:	Chill out! - Relaxation as a tool for personal development and therapy (2 nd edition in 2019/2020: 7.03, 8.03, 21.03)
Subject code (<i>from the Pensum system</i>):	
Educational units:	Department of Medical Psychology & Medical Communication ul. Litewska 14/16 00-575 Warszawa Tel. +48 22 116 92 11
Head of the unit/s:	Professor Krzysztof Owczarek, MA, PhD
Study year (<i>the year during which the respective subject is taught</i>):	All years
Study semester (<i>the semester during which the respective subject is taught</i>):	2 nd semester
Module/subject type (<i>basic, corresponding to the field of study, optional</i>):	Optional
Teachers (<i>names and surnames and degrees of all academic teachers of respective subjects</i>):	Magdalena Łazarewicz, MA, PhD
ERASMUS YES/NO (<i>Is the subject available for students under the ERASMUS programme?</i>):	YES
A person responsible for the syllabus (<i>a person to which all comments to the syllabus should be reported</i>)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl Tel. +48 22 116 92 15
Number of ECTS credits:	2
2. Educational goals and aims	
1. To broaden students' knowledge on stress and its consequences for health and the meaning of relaxation for human wellbeing.	

2. Development of auto-relaxation skills, ability to conduct relaxation training for others, working with strains, removal of anxiety in adaptive way.		
3. Initial requirements		
<i>None</i>		
4. Learning outcomes corresponding to the subject		
A list of course learning outcomes		
Symbol of course learning outcomes	Description of course learning outcomes	The reference to programme learning outcomes (number)
W1	Summary of knowledge on stress, anxiety, tension and relaxation. Psychological and physiological basis of relaxation	-
W2	Getting knowledge on relaxation techniques for children	-
W3	Basic knowledge on mindfulness	-
W4	Knowledge on what biofeedback is and how it may be used in relaxation training	-
U1	Experiencing and ability to conduct basic breathing exercises	-
U2	Experiencing and basic ability to work with biofeedback	-
U3	Experiencing and ability to conduct Jacobson's progressive muscle relaxation	-
U4	Experiencing and ability to conduct passive muscle relaxation	-
U5	Experiencing and ability to conduct Shultz's autogenic training	-
U6	Experiencing and ability to conduct visualization and meditation exercises	-
U7	Experiencing and ability to conduct basics mindfulness exercises	-
5. Forms of classes		
<i>Form</i>	<i>Number of hours</i>	<i>Number of groups</i>
<i>Lecture</i>	-	-
<i>Seminar</i>	30	1 (max. 24 participants)
<i>Practical classes</i>	-	-
6. Subject topics and educational contents		
C1- Practical class 1 – Relaxation: the way to human mind in through his body- Psychological and physiological basis of relaxation, breathing exercises, biofeedback Jacobson's progressive muscle relaxation, passive muscle relaxation – W1, W4, U1-U4 - Magdalena Lazarewicz, MA, PhD		
C2 - Practical class 2 - Relaxation: the way to human body is through his mind - Shultz's autogenic training, visualization, meditation and basics of mindfulness. Relaxation techniques for children – W2, U5-U7 - Magdalena Lazarewicz, MA, PhD		

C3 – Practical class 3 – Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax.			
7. Methods of verification of learning outcomes			
Learning outcome corresponding to the subject (symbol)	Forms of classes (symbol)	Methods of verification of a learning outcome	Credit receiving criteria
W1-W4, U1-U7	C	Active participation in given exercises Presentation prepared for Day 3	Attending classes Minimal acceptable level of performance on the learning outcome
8. Evaluation criteria			
Form of receiving credit in a subject: CREDIT			
Grade		criteria	
2.0 (failed)		-	
3.0 (satisfactory)		-	
3.5 (rather good)		-	
4.0 (good)		-	
4.5 (more than good)		-	
5.0 (very good)		-	
9. Literature			
Obligatory literature:			
1. All obligatory reading materials will be provided by a lecturer in .pdf files			
Supplementary literature:			
1. Davis, M, Robbins-Eshelman E, McKay, M. (2006). <i>The relaxation & Stress Reduction workbook</i> . New Harbinger Publications Inc.: Oakland.			
2. Sood A. (2013). <i>The Mayo Clinic guide to Stress-Free Living</i> . Da Capo Press: Boston.			
3. Sood A. (2015). <i>The Mayo Clinic handbook for happiness</i> . Da Capo Press: Boston.			
1. The above textbooks are available for short rental from the teacher (single copies).			
10. ECTS credits calculation			
Form of activity	Number of hours	Number of ECTS credits	
Direct hours with an academic teacher:			
Lectures	-	-	
Seminars	30	1.25	

Practical classes	-	-
Student's independent work (<i>examples of the form of work</i>):		
Student's preparation for a seminar	5	.25
Student's preparation for a class	-	-
Preparation for obtaining credits	10	.50
Other (please specify)	-	-
SUM	40	2

11. Additional Information

It is a **weekend course** that takes place on:

- Saturday, March 07, 2020, 10am-5.30pm
- Sunday, October 08, 2020, 10am-5.30pm
- Saturday, November 21, 2020, 10am-5.30pm

Attendance: 90% attendance is required. Due to practical nature of the classes class latecoming is not tolerated. Preparing a practical presentation (presentation of stress management and relaxation techniques) (individually or in pairs).

The class takes place in the Department of Medical Psychology and Medical Communication
ul. Litewska 14/16 room -103 (level „-1”)

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Tel. +48 22 116 92 11

<http://zpm.wum.edu.pl/>

Contact information:

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The Department runs the Psychological Students Science Club “Psyche” (in English) (contact information: [magdalena.lazarewicz@wum.edu.pl](mailto:magdalenalazarewicz@wum.edu.pl)).

Signature of the Head of the Unit

Signature of the person responsible for the syllabus