Appendix number 1.5 to The Rector UR Resolution No. *12/2019*

SYLLABUS

**concerning the cycle of education**  ………2018-2024……………………………………. (date range)

Academic year …2019/2020……………………………

1. BASIC INFORMATION CONCERNING THIS SUBJECT

|  |  |
| --- | --- |
| Subject | Relaxing and Breathing Techniques in Coping with Stress |
| Course code \* | RaBTiCwS |
| Faculty of (name of the leading direction) | College of Medical Sciences, University of Rzeszów |
| Department Name |  |
| Field of study | Medical direction |
| level of education | Uniform master studies |
| Profile | General academic |
| Form of study | stationary |
| Year and semester | 2nd, 4th |
| Type of course | Facultative |
| Language | English |
| Coordinator | Agata Błaż, MA |
| First and Last Name of the Teachers | Agata Błaż, MA |

\* *-* According to the resolutions of Educational Unit

1.1. Forms of classes, number of hours and ECTS

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester No. | Lecture | Exercise | Conversation | Laboratory | Seminar | ZP | Praktical | Other | **Number of points ECTS** |
| 4 |  |  |  |  | 30 |  |  |  | 1 |

1.2. The form of class activities

☐ classes are in the traditional form

X classes are implemented using methods and techniques of distance learning

1.3 Examination Forms (exam, credit with grade or credit without grade)

2.BASIC REQUIREMENTS

|  |
| --- |
| none |

3. OBJECTIVES, OUTCOMES, AND PROGRAM CONTENT USED IN TEACHING METHODS

3.1 Objectives of this course

|  |  |
| --- | --- |
| C1 | Learning and practicing strategies of coping with stress. |
| C2 | Reviewing the latest research on stress management. |
| C3 | Training mindful communication strategies. |
| C4 | Developing resilience to care for others. |

**3.2 OUTCOMES FOR THE COURSE**

|  |  |  |
| --- | --- | --- |
| EK (the effect of education) | The content of learning outcomes defined for the class (module) | Reference to directional effects [[1]](#footnote-1) |
| EK\_01 | the role of stress in disease etiopathogenesis; stress management strategies | D.W12. |
| EK\_02 | verbal and non-verbal communication with patients based on empathy and trust | D.W5./D.W6./D.U5. |
| EK\_03 | healthy life-style and well-being | D.W14. |

**3.3 CONTENT CURRICULUM**

1. **Problems of the lecture**
2. **Problems of auditorium, seminar, laboratory and practical classes**

|  |  |
| --- | --- |
| Course contents | Hours |
| 1. Neuroscience of stress and well-being. | 8 |
| 1. Self-regulation in the biological domain. | 6 |
| 1. Dealing with thoughts. | 4 |
| 1. Taking care of emotions. | 4 |
| 1. Empathic communication with patients. | 4 |
| 1. Empathy and compassion. | 4 |

3.4 Didactic methods

Ex .:

Lecture: ~~problem lecture~~, lecture with multimedia presentation, distance learning methods

Exercises: ~~text analysis with discussion, project method (research, implementation, practical project)~~, ~~group work (task solving, discussion), didactic games,~~ distance learning methods

~~Laboratory: performing experiments, designing experiments.~~

4. METHODS AND EVALUATION CRITERIA

4.1 Methods of verification of learning outcomes

|  |  |  |
| --- | --- | --- |
| Symbol of effect | Methods of assessment of learning outcomes (Eg.: tests, oral exams, written exams, project reports, observations during classes) | Form of classes |
| ek\_ 01 | MULTIPLE CHOICE TEST | seminar |
| Ek\_ 02 |
| EK\_03 |

4.2 Conditions for completing the course (evaluation criteria)

|  |
| --- |
| 90% attendance  a passing grade (60%) in the multiple choice test |

**5. Total student workload required to achieve the desired result in hours and ECTS credits**

|  |  |
| --- | --- |
| Activity | **The average number of hours to complete the activity** |
| Contact hours (with the teacher) resulting from the study schedule of classes | 30 |
| Contact hours (with the teacher) participation in the consultations, exams |  |
| Non-contact hours - student's own work  (preparation for classes, exam, writing a paper, etc.) |  |
| SUM OF HOURS |  |
| TOTAL NUMBER OF ECTS | 1 |

*\** *It should be taken into account that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. TRAINING PRACTICES IN THE SUBJECT

|  |  |
| --- | --- |
| Number of hours |  |
| Rules and forms of apprenticeship |  |

7. LITERATURE

|  |
| --- |
| Basic literature:   1. Attending. Medicine, Mindfulness and Humanity. R. Epstein, M.D. Scribner, 2017. 2. The Body Keeps the Score. Mind, Brain and Body in the Transformation of Trauma. B. van der Kolk. Penguin Random House, 2014. 3. The Emotional Life of Your Brain. R. J. Davidson, Ph.D. Hudson Street Press, 2012. 4. Mindfulness for Carers. C.Rezek. Psy.D. J.Kingsley Publishers, 2015. 5. Mindfulness for Health. V. Burch, D. Penman. Piatkus, 2013. 6. Heal Thy Self. Lessons on Mindfulness in Medicine. S. Santorelli. Three Rivers Press, 1999 |
| Additional literature   1. Mindfulness-Based Cognitive Therapy. Rebecca Crane. Routledge, 2009 2. The Mindful Brain. D. Siegel. M.D. W. W. Norton & Company, 2007 3. The Compassionate Mind. P. Gilbert. Robinson, 2015 |

Acceptance Unit Manager or authorized person

1. In the case of a path of education leading to obtaining teaching qualifications, also take into account the learning outcomes of the standards of education preparing for the teaching profession. [↑](#footnote-ref-1)