



## COURSE CARD

### 1. Basic information

Course name in English:	Introduction to performance psychology	
Course name in Polish:	Wprowadzenie do psychologii osiągnięć	
Number of hours:	15	
Type of course:	Elective course	
Form of course:	seminar	
Code of course:		
Course leader:	Jolanta Babiak, PhD	
Faculty of the course leader:	W8 Faculty of Management	
Email address of the course leader:	Jolanta.babiak@pwr.edu.pl	
Scientific discipline(s) assigned to the course (doctoral students representing the marked disciplines can participate in the course):	Architecture and urban planning	<input type="checkbox"/>
	Automation, electronic, electrical engineering and space technologies	<input type="checkbox"/>
	Information and communication technology	<input type="checkbox"/>
	Biomedical engineering	<input type="checkbox"/>
	Chemical engineering	<input type="checkbox"/>
	Civil engineering, geodesy and transport	<input type="checkbox"/>
	Materials engineering	<input type="checkbox"/>
	Mechanical engineering	<input type="checkbox"/>
	Environmental engineering, mining, and energy	<input type="checkbox"/>
	Mathematics	<input type="checkbox"/>
	Chemical sciences	<input type="checkbox"/>
	Physical sciences	<input type="checkbox"/>
	Management and quality studies	<input checked="" type="checkbox"/>

### 2. Objectives

This course focuses on the psychological factors that influence high level performance. Topics related to decision making, coping and controlling stress, healthy lifestyle, deep learning processes are discussed through the lens of variety of psychological areas such as cognition, perception, emotions, motivated behavior, etc. Students will learn about the factors significant to performance of individuals and groups and strategies that can be applied to counter the common limitations of performance. The course helps gaining knowledge about practical protocols to make wiser choices, changing mindset and behavior, and to flexibly adapt to dynamic environments. Ultimately, students should be able to create personalized plans to meet their own performance goals for the benefit of their own, the society, and environment.



### 3. Content

*Detailed information about the course content, including topics and form of classes.*

No.	Topic	Number of hours	Form of classes
1	Introduction to performance psychology	1	seminar
2	Cognition, perception, regulating behavior and performance	2	seminar
3	Decision making under pressure	2	seminar
4	Psychology of performance anxiety	2	seminar
5	Emotions (stress: coping and control) and performance	2	seminar
6	Nutrition, health, lifestyle, and performance	2	seminar
7	Deep learning and deep work	2	seminar
8	Resilience and confidence. Summary. Report grading	2	seminar
9			Select form
10			Select form
11			Select form
12			Select form
13			Select form
14			Select form
15			Select form

### 4. Prerequisites

*List of prerequisites relating to knowledge, skills and other competences for course participants.*

Good command of English

### 5. Learning outcomes

*List of learning outcomes at level 8 of the Polish Qualifications Framework assigned to the course (mark the learning outcomes in the last column).*

Symbol	Learning outcome	
	<b>KNOWLEDGE. Doctoral student knows and understands:</b>	
SzD_W3	the main trends in the development of the scientific or artistic disciplines covered in the curricula;	<input checked="" type="checkbox"/>
SzD_W4	research methodology;	<input checked="" type="checkbox"/>
SzD_W5	the rules for the dissemination of scientific results, including in open access mode;	<input type="checkbox"/>
SzD_W6	the fundamental dilemmas of modern civilization;	<input type="checkbox"/>
SzD_W7	the legal and ethical conditions of scientific activity;	<input type="checkbox"/>
SzD_W8	the economic and other relevant conditions of scientific activity;	<input type="checkbox"/>
SzD_W9	basic principles of knowledge transfer to the economic and social spheres and commercialisation of results of scientific activity and know-how related to these results.	<input checked="" type="checkbox"/>



	<i>SKILLS. Doctoral student is able to:</i>	
SzD_U2	use knowledge from different fields of science or art to creatively identify, formulate and innovatively solve complex problems or perform research tasks, in particular: - define the purpose and subject of scientific research, formulate a research hypothesis, - develop research methods, techniques and tools, and use them creatively, - draw conclusions on the basis of scientific research; critically analyse and evaluate the results of scientific research, expertise and other creative work and their contribution to knowledge development; transfer the results of scientific activities to the economic and social spheres;	<input checked="" type="checkbox"/>
SzD_U3	communicate on specialised topics to the extent that they enable an active participation in the international scientific community;	<input checked="" type="checkbox"/>
SzD_U4	disseminate research results, including in popular forms;	<input checked="" type="checkbox"/>
SzD_U5	initiate debates and participate in a scientific discourse;	<input type="checkbox"/>
SzD_U6	be able to speak a foreign language at B2 level of the Common European Framework of Reference for Languages to a level that enables them to participate in the international scientific and professional environment;	<input checked="" type="checkbox"/>
SzD_U7	plan and implement an individual or collective research or creative activity, including in an international environment;	<input type="checkbox"/>
SzD_U8	independently plan and act for one's own development and inspire and organize the development of others;	<input checked="" type="checkbox"/>
SzD_U9	plan classes or groups of classes and implement them using modern methods and tools.	<input type="checkbox"/>
	<i>SOCIAL COMPETENCES. Doctoral student is ready to:</i>	
SzD_K3	fulfilling the social obligations of researchers and creators, initiate public interest activities, thinking and acting in an entrepreneurial way;	<input checked="" type="checkbox"/>
SzD_K4	maintaining and developing the ethos of research and creative environments, including: - carrying out scientific activities in an independent manner, - respecting the principle of public ownership of research results, taking into account the principles of intellectual property protection.	<input type="checkbox"/>

## 6. Evaluation

*Short description of the method(s) used to evaluate the learning outcomes assigned to the course, e.g., exam, test, report, presentation, etc.*

3 to 5 page report on assigned topics

## 7. Teaching methods

*Short description of the teaching methods used during the course, e.g., multimedia presentation, discussion, literature studies, developing written documents, own work, etc.*

wide range of interactive content, video lectures, podcasts, infographics, discussions, directed reading



## 8. Literature

*List of primary and secondary literature used to prepare the course and including additional knowledge for participants, e.g., books, textbooks, research papers, standards, web pages, etc.*

Good Energy. The Surprising Connection between Metabolism and Limitless Health. Casey Means and Calley Means, Avery, 2024; ISBN-13 978-0593712641

Performance Psychology: Perception, Action, Cognition, and Emotion 1<sup>st</sup> edition Markus Raab, Babett Lobinger, Sven Hoffmann, Alexandra Pizzera, and Sylvain Laborde, Academic Press, 2015; ISBN-13: 9780128033913

Outlive: The Science and Art of Longevity Peter Attia MD, Bill Gifford - contributor, et al.; Harmony, 2023; ISBN-13: 978-0593236598

## 9. Other remarks

*Additional remarks, comments, (e.g., language of the course)*

Language of the course: English