

Course title:	Psychology				Code:
Field of study:	Tourism and recreation				Year/Semester: 3/6
Specialization:	all				Modes: F/E
Number of hours / semester 30					ECTS credits: 4
Lectures: 30	Classes:	Laboratories:	Projects:	Seminars:	

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Course position in the study programme:

- basic course

Objectives:

- to present variety of tasks concerning contemporary psychology
- to indicate possibilities of psychological discovery usage in life and professional practice

Learning outcomes:

- to be able to construct and use simple psychological tools
- to understand psychical mechanisms of human activities

Course contents:

Within the confines of the course the student will learn:

1. What is a psychological reflection concerning causes of taking decisions by a human.
2. Understanding the structure of experience and opinions.
3. The ability to explain social behaviours.
4. Acquainting with motives and types of personalities what enables to understand our own conduct and behaviour of others.

5. The ability to recognize and use psychological discoveries in private life and work.

Issues:

- research on psyche and behaviour – definitions, aims and basic terms in psychology
- psychological research – research methods and ethical problems in psychological research
- biopsychology and the study on the nervous system
- psyche and consciousness – the nature of consciousness
- development of a human – the beginning of the life cycle, learning a language, social and emotional development, growing up, adulthood, the old age
- sensations – a sensory image of reality, the optic system, hearing and other senses
- learning and behaviour analysis
- remembering and forgetting
- cognitive processes – the analysis of thinking, understanding and problem solving, making opinions, decision taking
- motivation – sexual motivation as well as achievement and work incentives
- emotions and stress
- understanding of human personality – definitions and personality theories
- individual differences
- social psychology – social reality construction
- group processes

Teaching methods: lecture

Assessment methods: oral examination, paper

Recommended reading:

P. G. Zimbardo, Psychologia i życie, Warszawa 1999.

Psychologia, Podręcznik akademicki, red. naukowy J. Strelau, Gdańsk 2000.

T. Aronson, Psychologia społeczna, Warszawa 1998.

B. Wojciszke, Człowiek wśród ludzi - zarys psychologii społecznej, Scholar, Warszawa 2005.

R. B. Cialdini, Wywieranie wpływu na ludzi, Gdańsk 1994.

H. Eysenck, M. Eysenck, Podpatrywanie umysłu, Gdańsk 2000.

C.S. Hall, G. Lindzey, Teorie osobowości, Warszawa 1990.

T. Tyszka, Psychologiczne pułapki, Gdańsk 1999.

M. Leary, Wywieranie wrażenia na innych, Gdańsk 2000.

W. G. Stephan, C. W. Stephan, Wywieranie wpływu przez grupy, Gdańsk 1999.

P. Oleś, Wprowadzenie do psychologii osobowości, Scholar, 2003.