



## Chill out! - Relaxation as a tool for personal development and therapy (16.11, 17.11, 30.11)

<b>1. IMPRINT</b>	
<b>Academic Year</b>	2024/2025
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b>	Medical sciences
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Full time studies
<b>Type of module / course</b>	Non-compulsory
<b>Form of verification of learning outcomes</b>	Completion
<b>Educational Unit / Educational Units</b>	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa, Tel. +48 22 116 92 11
<b>Head of Educational Unit / Heads of Educational Units</b>	Professor Dorota Włodarczyk, MA, PhD
<b>Course coordinator</b>	Magdalena Łazarewicz, MA, PhD e-mail: <a href="mailto:magdalena.lazarewicz@wum.edu.pl">magdalena.lazarewicz@wum.edu.pl</a>
<b>Person responsible for syllabus</b>	Magdalena Łazarewicz, MA, PhD e-mail: <a href="mailto:magdalena.lazarewicz@wum.edu.pl">magdalena.lazarewicz@wum.edu.pl</a>
<b>Teachers</b>	Magdalena Łazarewicz, MA, PhD (e-mail: <a href="mailto:magdalena.lazarewicz@wum.edu.pl">magdalena.lazarewicz@wum.edu.pl</a> )

<b>2. BASIC INFORMATION</b>			
<b>Year and semester of studies</b>	I-VI year, 1st semester	<b>Number of ECTS credits</b>	2.00
<b>FORMS OF CLASSES</b>	<b>Number of hours</b>	<b>ECTS credits calculation</b>	
<b>Contacting hours with academic teacher</b>			

Lecture (L)		
Seminar (S)	30	1.5
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
<b>Unassisted student's work</b>		
Preparation for classes and completions	15	0.5

### 3. COURSE OBJECTIVES

O1	To broaden students' knowledge on stress and its consequences for health and the meaning of relaxation for human wellbeing.
O2	Development of auto-relaxation skills, ability to conduct relaxation training for others, working with strains, removal of anxiety in adaptive way.

### 4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

<b>Code and number of the effect of learning in accordance with standards of learning</b>	<b>Effects in the field of:</b> <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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#### Knowledge – Graduate\* knows and understands:

D.W4	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and psychiatric disorders, and mechanisms of coping with stress
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#### Skills– Graduate\* is able to:

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\* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

### 5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

<b>Number of effect of learning</b>	<b>Effects in the field of:</b>
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#### Knowledge – Graduate knows and understands:

K1	psychological and physiological basis of relaxation
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K2	what biofeedback is and how it may be used in relaxation training
K3	basics of meditation and mindfulness
K4	specificity of relaxation techniques for children

**Skills– Graduate is able to:**

S1	conduct basic breathing exercises
S2	work with biofeedback
S3	conduct Jacobson’s progressive muscle relaxation
S4	conduct passive muscle relaxation
S5	Shultz’s autogenic training
S6	conduct visualization and meditation exercises
S7	conduct basics mindfulness exercises

**Social Competencies – Graduate is ready for:**

SC1	-
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## 6. CLASSES

Form of class	Class contents	Effects of Learning
S	Class 1. Relaxation: the way to human mind is through his body- Psychological and physiological basis of relaxation, breathing exercises, biofeedback, Jacobson’s progressive muscle relaxation, passive muscle relaxation.	D.W4 K1, K2 S1-S4
S	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.	K3, K4 S5-S7
S	Class 33. Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax.	S1-S7

## 7. LITERATURE

**Obligatory**

PDF materials provided by the teacher during the course (scripts of specific relaxation techniques)

**Supplementary**

Davis, M, Robbins-Eshelman E, McKay, M. (2006). *The relaxation & Stress Reduction workbook*. New Harbinger Publications Inc.: Oakland.

Sood A. (2013). *The Mayo Clinic guide to Stress-Free Living*. Da Capo Press: Boston.

Sood A. (2015). *The Mayo Clinic handbook for happiness*. Da Capo Press: Boston.

The above textbooks are available for short rental from the teacher (single copies).

## 8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W4 K1-K4, S1-S7	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
S1, S3-S7	Providing a self-prepared recording of a chosen relaxation technique (choice of the script and background music, recording in a proper pace and tone of voice, as practiced in a class and in line with the provided instructions)	Minimal acceptable level of performance
S1-S7	Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other way to relax: presentation (theoretical/cultural background), instruction (demonstration), discussion.	Minimal acceptable level of performance

## 9. ADDITIONAL INFORMATION

It is a weekend course that takes place on:

- Saturday, November 16, 2024, 10am-5.30pm
- Sunday, November 17, 2024, 10am-5.30pm
- Saturday, November 30, 2024, 10am-5.30pm

All sessions will take place at ul. Litewska 14 room -103 (level "-1").

Attendance: 90% attendance is required. Partial absence (max. 3h teaching hours = 135min) has to be credited with additional written task. Students are expected to come to the class on time and participate actively.

To provide good learning environment for everyone, students are requested to turn off electronic devices that might disturb the class.

Maximum 22 students are accepted to the course.

Contact information to the coordinator of all ED courses run by the Department of Health Psychology:

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The Department of Health Psychology runs the Psychological Students Science Club "Psyche" (in English) (contact information: [magdalena.lazarewicz@wum.edu.pl](mailto:magdalena.lazarewicz@wum.edu.pl)).

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### ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers