**description of the course of study**

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| **Course code** | **0231.8.FILA1P.A07.PW** | |
| **Name of the course in** | Polish | ***Przedmiot w zakresie wsparcia studentów w procesie uczenia się***  ***Psychobiologiczne podstawy mowy ciała*** |
| English | ***Subject in the field of supporting students in the learning process***  ***Psychobiological basis of body language*** |

1. **LOCATION OF THE course OF STUDY within the system of studies**

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| **1.1. Field of study** | English philology |
| **1.2. Mode of study** | Full-time studies, extramural studies |
| **1.3. Level of study** | Bachelor studies - first degree |
| **1.4. Profile of study\*** | Practical |
| **1.5. Person preparing the course description** | dr Małgorzata Makowska |
| **1.6. Contact** | malgorzata.makowska@ujk.edu.pl |

1. **General characteristicS of the course of study**

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| **2.1. Language of instruction** | Polish |
| **2.2. Prerequisites\*** | Basic knowledge of human body physiology, especially the brain and nervous system, and communication skills. |

1. **DETAILED CHARACTERISTICS OF THE COURSE OF STUDY**

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| * 1. **Form of classes** | | Conversation class |
| * 1. **Place of classes** | | Didactic rooms of the Branch Faculty in Sandomierz UJK in Kielce as well as platforms and tools provided by the Jan Kochanowski University |
| * 1. **Form of assessment** | | Credit with grade |
| * 1. **Teaching methods** | | Elements of the classical lecture, multimedia presentation, discussion, explanation of problems, using technical didactic means, group work, individual work, consultations |
| * 1. **Bibliography** | **Required reading** | 1. Collins A., *Mowa ciała. Co oznaczają nasze gesty?* Oficyna Wyd. RYTM, Warszawa, 2018 2. Materials provided by the teacher. 3. Wainwright G., *Mowa ciała. Praktyczne wprowadzenie.*   http://www.structum.pl/czytelnia-pdf-op/Mowa\_ciala\_Praktyczne\_wprowadzenie\_mowcia.pdf |
| **Further reading** | 1. Lieberman D.J., *Jak rozszyfrować każdego*. Dom Wydawniczy REBIS, Poznań 2017 2. Pease A., Pease B., *Mowa ciała.* Dom Wydawniczy REBIS, Poznań 2007 3. Berne E., *W co grają ludzie. Psychologia stosunków międzyludzkich.* Wyd. PWN, Warszawa, 2004 |

1. **Objectives, syllabus CONTENT and intended LEARNING outcomes**

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| * 1. **Course objectives**   Class  ***C1.*** Developing skills and competences regarding understanding the modern state of knowledge and practical tips in the field of understanding and use of body language in everyday life and at work.  ***C2***. Conveying knowledge and skills to understand the principles of human brain physiology, the principles of the mind's functioning, psychobiology of the human body and how to use it to improve the quality of interpersonal relationships, learn and take exams and function in social life and work. |
| * 1. **Detailed syllabus**   Class 30h   1. Objectives of studying body language and its application in everyday life. 2. Structure and physiology of the brain, brain functions. 3. The operation of the mind and consciousness in communication with the body. 4. The impact of the unconscious mind on the functioning of body parts responsible for non-verbal communication. 5. Elements of psychobiology of the body and mind. 6. Basics of building relationships, partner selection – infatuation, cathexis, love. 7. Relationship patterns and communication within the family triad. 8. What is body language. 9. Why body language is more important than words. 10. Hand and arm gestures, leg movements. The significance of a smile. The importance of eye contact. 11. The significance of body silhouette and posture. 12. The halo effect and the power of the first impression. 13. Practical application of knowledge of body language in everyday life and work, e.g., exams, job interviews, public speaking, etc. 14. Analysis of audiovisual materials presenting body language in various aspects. 15. Summary of classes. |

**4.3 Intended learning outcomes**

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| **Code** | **A student, who passed the course** | **Relation to learning outcomes** |
| within the scope of **knowledge:** | | |
| W01 | has a basic knowledge of occupational health and safety in institutions related to the professional activities of an English philologist, including knowledge covering key issues in the field of human brain, mind and body and body language | FILA1P\_W10 |
| within the scope of **ABILITIES:** | | |
| U01 | independently plans and implements her own lifelong learning and can apply knowledge about body language and the psychobiological principles of the human body and principles of behaviour in various life situations. | FILA1P\_U15 |
| U02 | raises his personal competences and can use the knowledge of body language in everyday life and work, for example during a job interview, public speaking, etc. | FILA1P\_U16 |
| within the scope of **Social COMPETENCE:** | | |
| K01 | participates in cultural life in its various forms; can consciously choose appropriate body language attributes to use them to achieve success in private life and work | FILA1P \_K05 |

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| * 1. **Methods of assessment of the intended learning outcomes** | | | | | | | | | | | | | | | | | | | | | |
| **Teaching**  **outcomes**  ***(code)*** | **Method of assessment (+/-)** | | | | | | | | | | | | | | | | | | | | |
| **Exam oral/written\*** | | | **Test\*** | | | **Project\*** | | | **Effort**  **in class\*** | | | **Self-study\*** | | | **Group work\*** | | | **Others\*** | | |
| ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | | ***Form of classes*** | | |
| *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* | *L* | *C* | *...* |
| W01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |
| U01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |
| U02 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |
| K01 |  |  |  |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  | ***+*** |  |  |  |  |

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| * 1. **Criteria of assessment of the intended learning outcomes** | | |
| **Form of classes** | **Grade** | **Criterion of assessment** |
| **classes (C)\*** | **3** | Knows basic terms related to the structure and functioning of the brain, mind, and body language. Understands the principles of body language. Knows basic rules for using body language in daily life and work. Passing with a grade: project work  *Low effort in class (below 60% of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 50-59%* |
| **3,5** | Is familiar with selected terms related to the structure and functioning of the brain, mind, and body language. Understands the principles of body language. Knows basic rules for using body language in daily life and work. Capable of consciously analyzing and interpreting body language elements. Able to use basic knowledge of body language in various life situations, e.g. job interview, customer service. Passing with a grade: project  *Low effort in class (below 60% of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 60-69%* |
| **4** | Knows most terms related to the structure and functioning of the brain, mind, and body language. Understands the principles of body language. Knows basic rules for using body language in daily life and work. Capable of consciously analyzing and interpreting body language elements. Able to use basic knowledge of body language in various life situations, e.g. job interview, customer service. Familiar with basic psychological biology behind body language. Passing with a grade: project work  *Medium effort in class ( 60% - 89 % of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 70-79%* |
| **4,5** | Familiar with almost all terms related to the structure and functioning of the brain, mind, and body language. Understands the principles of body language. Knows basic rules for using body language in daily life and work. Capable of consciously analyzing and interpreting body language elements. Able to use basic knowledge of body language in various life situations, e.g. job interview, customer service. Familiar with basic psychological and cultural aspects of the biology behind body language.  Passing with a grade: project work  *Medium effort in class ( 60% - 89 % of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 80-89%* |
| **5** | Knows all terms related to the structure and functioning of the brain, mind, and body language. Understands the principles of body language. Knows basic rules for using body language in daily life and work. Capable of consciously analyzing and interpreting body language elements. Able to use basic knowledge of body language in various life situations, e.g. job interview, customer service. Familiar with psychological and cultural aspects of the biology behind body language and consciously recognizes and interprets them. Passing with a grade: project work  *High effort in class ( over 90 % of the classes)*  *The assignments the student was expected to complete in order to pass (receive graded credit for) the class were assessed and the result fell within the percentage range of 90-100%* |

1. **BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT**

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| **Category** | **Student's workload** | |
| **Full-time**  **studies** | **Extramural studies** |
| *NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/* | ***30*** | ***30*** |
| *Participation in classes and the final test* | 30 | 30 |
| *INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/* | ***20*** | ***20*** |
| *Preparation for the classes* | 10 | 10 |
| *Gathering materials for the project/Internet query* | 10 | 10 |
| *TOTAL NUMBER OF HOURS* | ***50*** | ***50*** |
| ECTS credits for the course of study | **2** | **2** |

***Accepted for execution*** *(date and legible signatures of the teachers running the course in the given academic year)*

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