



COURSE SPECIFICATION

Course code	full-time studies	Z-ZB-E-108a
	part-time studies	-
Course title in English	Basis of psychology	
Course title in Polish	Podstawy psychologii	
Valid from academic year	2025/2026	

PLACEMENT IN THE TEACHING PROGRAM

Programme of study	BUSINESS MANAGMENT
Level of education	1st degree
Studies profile	academic
Form and mode of study	full-time programme
Scope	all
Academic unit responsible for the course	Department of Management and Organization
Course coordinator	mgr Katarzyna Jarząbek
Approved by	dr hab. inż. Dariusz Bojczuk, prof. uczelni

GENERAL CHARACTERISTIC OF THE COURSE

Teaching block	Subject of general education	
Course status	Elective	
Language of instruction	English	
Semester of delivery	full-time studies	Semester I
	part-time-studies	-
Prerequisites	NO	
Exam (YES/NO)	NO	
ECTS	2	

Method of conducting classes		lecture	classes	laboratory	project	other
Number of hours per semester	full-time	15	15			
	part-time					



LEARNING OUTCOMES

Category	Outcome code	Course learning outcomes	Reference to the directional learning effect
Knowledge	W01	The student has knowledge of human behaviour in society.	ZB1_W05
	W02	The student has knowledge of cognitive processes and theories of motivation, emotion, self-regulation, decision-making and stress.	ZB1_W05
Skills	U01	The student understands the psychological mechanisms influencing human behaviour.	ZB1_U08 ZB1_U10
	U02	The student understands the importance of cognitive processes influencing human behaviour.	ZB1_U08 ZB1_U10
Social competences	K01	The student is able to cooperate and work in a group and take on various social roles.	ZB1_K03
	K02	The student is able to correctly present own views and opinions with respect for other people.	ZB1_K07

COURSE CONTENT

Method of conducting classes	Course content
lecture	The development of psychology as a science. Basic theories and trends in modern psychology. Psychology as an empirical field of science. Cognitive processes and their importance in human functioning. Theories explaining psychological mechanisms influencing human behaviour, including theories of motivation, emotions, self-regulation, decision-making (including risk) or stress. The place and role of psychology in business management. Individual differences and personality especially in the context of business management. Psychological competencies relevant in contemporary business management.
classes	Cognitive processes and their importance in human functioning. Psychological mechanisms affecting human behaviour. Psychological competencies relevant in contemporary business management.

METHODS FOR VERIFYING LEARNING OUTCOMES

Outcome code	Learning outcomes verification methods					
	Oral examination	Written examination	Test	Project	Report	Other
W01			X			
W02			X			
U01			X			
U02			X			
K01						X
K02						X



FORM AND CONDITIONS OF ASSESSMENT

Form of classes	Assessment type	Assessment Criteria
lecture	Credit with grade	Semester colloquium.
classes	Credit with grade	Semester colloquium.

STUDENT WORKLOAD

ECTS Balance							
No.	Activity type	Student workload					Unit
		full-time					
1.	Scheduled contact hours	W	C	L	P	S	h
		15	15				
2.	Other (consultations, exams)	2	2				h
3.	Total number of contact hours	34					h
4.	Number of ECTS credits for contact hours	1,4					ECTS
5.	Number of hours of independent student work	16					h
6.	Number of ECTS points that a student obtains through independent work	0,6					ECTS
7.	Workload related to practical classes	25					h
8.	Number of ECTS credit points which a student receives for practical classes	1,0					ECTS
9.	Total number of hours of a student's work	50					
10.	ECTS credits for the course <i>1 1 ECTS credit =25 student learning hours</i>	2					ECTS

W - LECTURE C - CLASSES L - LABORATORY P - PROJECT S - SEMINAR

READING LIST

- Gerrig, R. J., Zimbardo, P. (2013), Psychology and Life, Pearson New International Edition.
- Gilberth L.M. (2022), The Psychology of Management, Legare Street PR.
- Eysenck M.W., Mark T. Keane (2020), Cognitive Psychology: A Student's Handbook, Taylor & Francis Ltd.