**SYLLABUS**

**regarding the qualification cycle FROM 2024TO 2025**

1. Basic Course/Module Information

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| --- | --- |
| Course/Module title | Adaptation of man to work environment |
| Course/Module code \* |  |
| Faculty (name of the unit offering the field of study) | College of Social Sciences at the University of Rzeszów |
| Name of the unit running the course | Institute of Pedagogy |
| Field of study | pedagogy |
| Qualification level | BASIC/FIRST |
| Profile |  |
| Study mode | FULL |
| Year and semester of studies | 2024/2025 SECOND |
| Course type | LECTURE |
| Language of instruction | ENGLISH |
| Coordinator | ZBIGNIEW CHODKOWSKI |
| Course instructor | ZBIGNIEW CHODKOWSKI |

\* - as agreed at the faculty

1.1. Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits** |
| 2 | 15 |  |  |  |  |  |  |  | 2 |

1.2. Course delivery methods

x conducted in a traditional way

x involving distance education methods and techniques

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

2. Prerequisites

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| Basic knowledge of pedagogy, developmental psychology and social pedagogical diagnosis |

3. Objectives, Learning Outcomes, Course Content, and Instructional Methods

3.1. Course/Module objectives

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| O1 | Students characterize the basic concepts of adapting a man to the work environment; |
| O2 | Students will discuss the specificity of adapting people to the work environment; |
| O3 | Students characterize contemporary theories, methods and forms of human adaptation to the work environment; |
| O4 | Students recognize the need to adapt to the work environment; |
| O5 | Students will plan the content of human adaptation to the work environment after being diagnosed according to their needs; |
| O6 | Students will carry out classes using appropriate methods and forms of work;  Students are aware of the importance of activity in adapting; |

3.2. Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome  defined for the course/module | Relation to the degree programme outcomes |
| LO\_01 | Preparing students for interpretation and understanding of the adaptation of man to the environment of work |  |
| LO\_02 | Factors of adaptation - communication skills, professional aspirations, motivation |  |
| LO\_03 | Physical factors in the work environment |  |
| LO\_04 | Satisfaction of work |  |
| LO\_05 | The risk of maladjustment in the work |  |
| LO\_06 | Lifelong education for professional adaptation |  |

**3.3. Course content (to be completed by the coordinator)**

1. Lectures

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| Content outline |
| 1.The environment of human work. |
| 2. The subjective factors of adaptation to the work environment (communication skills, professional aspirations, motivation). |
| 3. Physical factors in the work environment (light, noise, temperature, dustiness). |
| 4. Professional satisfaction. Factors determining the achievement of professional satisfaction. |
| 5. Psychosocial factors increase the risk of maladjustment in the work environment (stress and frustration, conflict, aggression and violence, mobbing, burnout, workaholism). |
| 6. Lifelong education for professional adaptation (orientation, career guidance, counselling). |

1. Classes, tutorials/seminars, colloquia, laboratories, practical classes

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| Content outline |
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3.4. Methods of Instruction

e.g.

*Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation/ distance learning*

*Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games/ distance learning*

*Laboratory classes: designing and conducting experiments*

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

|  |  |  |
| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| LO-01 | observation during classes | lectures |
| LO-o2 | observation during classes | lectures |
| LO-o3 | observation during classes | lectures |
| LO-o4 | observation during classes | lectures |
| LO-o5 | observation during classes | lectures |
| LO-o6 | observation during classes | lectures |

4.2 Course assessment criteria

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| Attendance and participation in lectures |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

|  |  |
| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 15 |
| Other contact hours involving the teacher (consultation hours, examinations) | 5 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 10 |
| Total number of hours | 30 |
| Total number of ECTS credits | 2 |

\* One ECTS point corresponds to 25-30 hours of total student workload

6. Internships related to the course/module

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| --- | --- |
| Number of hours |  |
| Internship regulations and procedures |  |

7. Instructional materials

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| Compulsory literature:  1.Hall D.T., 2002, Careers in and out of Organization, SAGE, Thousand Oaks  2.Hofmann D.A., Tetrick L.E., 2003, Health and Safety in Organization. A multilevel perspective, Jossey-Bass, San Francisco  3.Spector P.E., 1997, Job Satisfaction, SAGE Publications, Thousand Oaks  4.Odiorno G.W., 1989, Managing, Human Resoursec. Productivity, Quality of Work Life, Profits, Mc-Graw Hill, New York  5. Warr P.B., 1987, Work Unemployment and Mental Health, Oxford University Press, Oxford |
| Complementary literature:   * + - 1. Gerring R., Zimbardo Ph., 2001, Psychology and Life (16th Edition), Allyn & Bacon   2.Vroom V.H. 1964, Work and Motivation, Wiley, New York |

Approved by the Head of the Department or an authorised person