

**DESCRIPTION OF THE COURSE OF STUDY
FOR EXCHANGE STUDENTS**

Name of the course in	English	Positive psychology of health
	Polish	Pozytywna psychologia zdrowia

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1 Field of study	Psychology
1.2 Level of study	Full time-studies

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1 Language of instruction	Polish/English
2.2 Semesters in which the course of study is offered	summer
2.3 ECTS credits	4

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture
3.2. Form of assessment	Graded credit

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

<p>4.1. Course objectives Lecture</p> <p>C1 - Providing knowledge about the specificity of positive psychology, its theory and possibilities of using it in health promotion;</p> <p>C2 - Developing skills in the use of theoretical knowledge in understanding and analyzing psychological phenomena related to health;</p> <p>C3- Shaping correct attitudes towards health-related issues;</p>
<p>4.2. Detailed syllabus <i>Lecture</i></p> <ol style="list-style-type: none"> 1. Health – definitions and conditions 2. Positive psychology – basic theories 3. Positive health – Martin Seligman; 4. Factors that lead to resilience and immunity to diseases 5. Behavioral and cognitive factors lead to health 6. The Health Believe Models (e.g. TPB, HAPA) 7. Positive emotions for health 8. Positive personal resources (gratitude, hope, forgiveness, social support, optimism, self-efficacy) for health 9. Psychological interventions in positive psychology and health promotion.