

DESCRIPTION OF THE COURSE OF STUDY

Course code	0912-7LEK-A10.9-C	
Name of the course in	Polish	Coaching
	English	Coaching

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

1.1. Field of study	Medicine
1.2. Mode of study	Full-time
1.3. Level of study	Uniform Master's studies
1.4. Profile of study*	General academic
1.5. Specialization*	Lack
1.6. Unit running the course of study	The Faculty of Medicine and Health Sciences
1.7. Person/s preparing the course description	Mgr Karolina Kulikowska
1.8. Person responsible for the course of study	Mgr Karolina Kulikowska
1.9. Contact	

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Affiliation with the module	Elective
2.2. Language of instruction	English
2.3. Semesters in which the course of study is offered	II-IV
2.4. Prerequisites*	-----

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Classes- 30h	
3.2. Place of classes	Courses in the teaching rooms of UJK	
3.3. Form of assessment	Project (c) – prepare the project about area of their life, problem, plan, which the student will assess, analyze and use coaching tools and strategies to make a plan to improve or achieve it	
3.4. Teaching methods	Classes Multiple Discussion (group), Activating Learning-Case Studies, Simulation Method Project Work.	
3.5. Bibliography	Required reading	“50 Top Tools for Coaching: A Complete Toolkit for Developing and Empowering People Second Edition” G. Jones
	Further reading	“Challenging Coaching: Going Beyond Traditional Coaching to Face the FACTS Reprint Edition” J. Blakey, I. Day

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

4.1. Course objectives (*classes*)

C1-WC (*knowledge*)- Introduces the current knowledge about coaching, how the coaching process and evaluation looks like, how to make an action plan and basics of self-coaching. Also introduces tools and techniques needed to achieve best effects for accomplishing coaching goals.

C2-UC (*abilities*) - Facilitates application of coaching tools and techniques to maximize the chances of achieving self-coaching goals.

4.2. Detailed syllabus (classes)

1. Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. Theory - what coaching is and isn't.
2. Foundation tools and goal setting; problem resolution – problem mapping and positive problem solving.
3. Values and beliefs and how they help or complicate achieving goals, confidence strategies – how to help ourselves believe that we can do it; planning for the future.
4. Techniques, tools and skills for achieving self-coaching goals.
5. Demonstration and assessment of projects prepared by the students (project method)

4.3. Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of KNOWLEDGE:		
...W01	knows basic psychological mechanisms of human health and disease;	D.W7
within the scope of ABILITIES:		
...U01	applies psychological interventions and motivational support in certain situations;	D. U 10

4.4. Methods of assessment of the intended teaching 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								+			+													

*delete as appropriate

4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
classes (C)*	3	Project - Demonstrates knowledge of the basic principles and their uses, and demonstrates both enough ability and willingness to use this knowledge for a minimally passing grade 61%-68%
	3,5	Project - Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%
	4	Project - Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84%
	4,5	Project - Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%
	5	Project - Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100%

- **Thresholds are valid from 2018/ 2019 academic year**

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload
	Full-time Studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	30
<i>Participation in lectures*</i>	
<i>Participation in classes, seminars, laboratories*</i>	30
<i>Preparation in the exam/final test*</i>	
<i>Others*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	30
<i>Preparation for the lecture*</i>	
<i>Preparation for the classes, seminars, laboratories*</i>	30
<i>Preparation for the exam/test*</i>	
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
<i>TOTAL NUMBER OF HOURS</i>	60
ECTS credits for the course of study	2

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

.....