**description of the course of study**

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| **Course code** | **0912.4.LEK.A.Co** | |
| **Name of the course in** | Polish | **Coaching** |
| English | **Coaching** |

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

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| **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. Person preparing the course description** | Mgr Laura Osęka |
| **1.6. Contact** | laura.oseka@ujk.edu.pl |

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

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| **2.1. Language of instruction** | **English** |
| **2.2. Prerequisites\*** | **----------------** |

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

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| * 1. **Form of classes** | | **Classes- 30h (including e-learning-10h)** |
| * 1. **Place of classes** | | **Courses in the teaching rooms of UJK** |
| * 1. **Form of assessment** | | Short tests + 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 |
| * 1. **Teaching methods** | | Classes  Multiple Discussion (group),  Activating Learning-Case Studies,  Simulation Method  Project Work. |
| * 1. **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** |

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

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| * 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. |
| * 1. **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**

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| **Code** | **A student, who passed the course** | **Relation to teaching**  **outcomes** |
| within the scope of **knowledge**, the graduate knows and understands: | | |
| W01 | The psycho-physical development of a person from birth to death, including the specifics of physical, emotional, cognitive, and social development; | D.W1. |
| W02 | Human behaviors that promote health and the principles of motivating patients towards health-promoting behaviors (Prochaska and DiClemente's change model, motivational interviewing); | D.W3. |
| within the scope of **ABILITIES**, the graduate knows how to: | | |
| U01 | Develop and refine self-awareness, the ability for self-reflection, and self-care, and contemplate with others one's own communication and behavior; | D. U7. |

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|  | within the scope of **SOCIAL COMPETENCE**, the graduate is able to: | |
| K01 | recognize his/her own limitations and self-evaluate educational deficiencies and needs; | K.S5. |
| K02 | use reliable information sources; | K.S7. |
| K03 | take responsibility for own decisions made during professional activities including own safety and safety of other people; | K.S11. |

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| * 1. **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\***  **Observation** | | |
| ***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 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| W02 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| U01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| K01-K03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ***+*** |  |

***\*delete as appropriate***

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| * 1. **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**](https://pl.bab.la/slownik/angielski-polski/thresholds) **are valid from 2018/ 2019 academic year**

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

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| **Category** | **Student's workload** |
| **Full-time**  **Studies** |
| *NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/* | **30** |
| *Participation in lectures\** |  |
| *Participation in classes, seminars, laboratories\** | **30** |
| *Preparation in the exam/ final test\** |  |
| *Others\** |  |
| *INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/* | **20** |
| *Preparation for the lecture\** |  |
| *Preparation for the classes, seminars, laboratories\** | **20** |
| *Preparation for the exam/test\** |  |
| *Gathering materials for the project/Internet query\** |  |
| *Preparation of multimedia presentation* |  |
| *Others\** |  |
| *TOTAL NUMBER OF HOURS* | **50** |
| ECTS credits for the course of study | **2** |

***\*delete as appropriate***

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

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