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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Psychology** |
| Study Module (if applicable) | Elective course for all modules.  |
| Course title | Psychology of Stress |
| Level of study | ☐Bachelor X Master’s ☐ Doctoral |
| Type of course |  ☐ Obligatory XElective |
| Semester  | XAutumn ☐Spring |
| Year of study  | First year of study |
| Number of ECTS allocated | 4 (Four) |
| Name of lecturer/lecturers | Miodrag Milenović, Ph.D. |
| Teaching mode | XLectures ☐Group tutorials ☐ Individual tutorials☐Laboratory work X Project work ☐ Seminar☐Distance learning ☐ Blended learning X Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| The purpose of this course to introduce students to the psychophysiological basis of stress, as much as mental as physical, also to introduce students to possibilities of practical application of knowledge in prevention and control of stress and its consequences.At the end of this course, expectations from students are to be able to approach to stress-related problems from the critical point of view and to learn and master methods and techniques for control of stress and its consequences. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| ***Theoretical Study:***1. Definition of Stress. History of concept. 2. Stressors. Types of Stress. 3. Neural Basis of Stress; 4. Reaction to Stress; 5. Hans Selly’s Stress Theory; 6. Psychological models of Stress; 7. Stress as a result of an activity functional system; 8. Professional Stress. Burnout syndrome. 9. Stress and psychosomatic disorders. A, B and C types. 10. Post traumatic Stress Disorder (PTSD); 11. Measuring Stress. 12. Protection mechanisms from Stress. 13. Psychopharmacology of Stress; 14. Psychotherapy of Stress; 15. Relaxation techniques to Reduce Stress. |
| **LANGUAGE OF INSTRUCTION** |
| XSerbian (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **10** | **Written examination** | **20** |
| **Practical teaching** | **/** | **Oral examination** | **50** |
| **Teaching colloquia** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |