

Stress, physical activity, recreation (3ECTS)

Oktatás célja

Aim of the subject

The subject presents a stress reaction based approach to recreation. It describes the evolutionary role of the stress reaction, its physiological (hormonal and neural) and psychological (behavioral and emotional) components, as well as its short term and long term positive and negative consequences. From an evolutionary and human etological point of view, it also describes the physical and social environment the human species adapted to; summarizes the differences between this original and the current environment, and their contribution to everyday stress. Finally, it explains the term recreation, and the key role of physical activity in both physical and psychological recreation.

Acquired competencies

Knowledge:

- Students acquire detailed knowledge on the physiology of the stress reaction
- Students acquire knowledge on the psychology of the stress reaction
- Knowledge of the pros and cons of various stress reducing techniques

Attitude:

- Emphasizing the importance of physical activity in the handling of stress
- Emphasizing the importance of psychological factors in the maintenance of recreational physical activity

Abilities:

- Ability to approach recreation from a stress based point of view

Tantárgy tartalma

Major topics

1. Physiology of stress in the light of evolution
2. Psychology of stress in the light of evolution
3. Negative consequences of stress
4. Physical activity and stress
5. Modern lifestyle and physical activity

Planned teaching methods

frontal lecture

Számonkérési és értékelési rendszere

Requirements and evaluation

Requirements:

- written examination

Evaluation: 1-5

Irodalom

Mandatory literature

- Sapolsky, R.M. (2004): Why zebras don't get ulcers? St. Martin's Griffin, New York
- Bárdos, Gy. (2003): Pszichovegetatív kölcsönhatások. Scolar, 2003
- Lovallo, V. R (2015): Stress and Health: Biological and Psychological Interactions. Sage, London