

PJSC "Higher Education Institution

"INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT"



Approved:

Name of the department

Minute No. _____ dated " " _____ 2025

Head of the department

(signature)

(full name)

SYLLABUS

of the academic discipline

«Psychophysiology of professional activity»

Specialty: C4 Psychology
(code and name of specialty)

Educational level: first (bachelor's) level
(name of educational level)

Study program: Psychology
(name of educational program)

2025

General information about the academic discipline

Name of the academic discipline	Psychophysiology of professional activity
Code and name of the specialty	C4 Psychology
Level of higher education	first (bachelor) level of higher education
Status of the discipline	compulsory
Number of credits and hours	5 credits/150 hours Lectures: 20 Seminars: 32 Students' independent work: 98
Terms of studying the discipline	1
Language of instruction	Ukrainian
Type of final control	Exam

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Instructor's portfolio on the website	

Course abstract. The curriculum of the course "Psychophysiology of Professional Activity" highlights the fundamental theoretical and practical aspects of the interaction of psychophysiological processes with the specifics of professional activity. It examines the main mechanisms of the functioning of the central and peripheral nervous systems, their role in ensuring the adaptation of the body to professional loads, as well as the regularities of the formation of stress reactions, fatigue and methods of their regulation. The program focuses on methods for diagnosing psychophysiological conditions, assessing performance and preventing professional risks, taking into account the characteristics of various types of activity.

The subject of the discipline is the regularities of psychophysiological processes that ensure the adaptation and functioning of the human body under various professional loads, as well as the influence of these processes on the efficiency and safety of performing professional tasks.

The purpose of studying the discipline «Psychophysiology of professional activity»: to provide students with a comprehensive understanding of the basic psychophysiological principles of human functioning in professional activities, including an analysis of the impact of physical, mental and social factors on health, performance and safety. The course is aimed at developing theoretical knowledge and practical skills in assessing the adaptive resources of the body, determining the level of fatigue, stress and other psychophysiological states, as well as applying modern methods of monitoring and correcting the functional state in the process of professional activity. Special attention is paid to understanding the relationship between psychophysiological processes and the effectiveness of performing professional tasks, which contributes to increasing labor productivity, preventing occupational diseases and ensuring safety in the workplace.

The objectives of the academic discipline are to familiarize students with the basic concepts, principles and laws of psychophysiology in the context of professional activity, to study the influence of physical, mental and social factors on the functional state of the employee's body, to develop skills in assessing the adaptive resources of the body, the level of stress, fatigue, attention and work capacity. The course involves mastering methods for monitoring and correcting the psychophysiological state in a professional environment, analyzing the relationship between psychophysiological processes and the effectiveness of performing professional tasks, considering aspects of preventing occupational diseases and ensuring occupational safety. Special attention is paid to the formation of skills to use psychophysiological knowledge to increase labor productivity and maintain the health of employees, as well as the development of critical thinking regarding the problems of psychophysiological support of professional activity in modern production and service conditions.

Prerequisites of the academic discipline. The study of the academic discipline

"Psychophysiology of professional activity" is based on knowledge and skills in human anatomy and physiology, general psychology, the basics of labor protection and safety of life. The ability to work with scientific and educational literature, analyze and systematize information, formulate logical conclusions, as well as critical thinking skills are required. Postrequisites of the academic discipline. The acquired knowledge and skills from the course "Psychophysiology of professional activity" are the basis for further study of such disciplines as labor psychology, ergonomics, occupational pathology, as well as for practical activities related to the analysis of psychophysiological aspects of professional activity and the development of recommendations for increasing the efficiency and maintaining the health of employees.

The academic discipline ensures the formation of general and special competencies by students and the acquisition of learning outcomes defined by the educational and professional program "Psychology", namely:

Program competencies and learning outcomes:

General competencies (GC)	<p>GC 1. Ability to apply knowledge in practical situations.</p> <p>GC 2. Knowledge and understanding of the subject area and understanding of professional activity.</p> <p>GC 3. Skills in using information and communication technologies.</p> <p>GC 4. Ability to learn and master modern knowledge.</p> <p>GC 5. Ability to be critical and self-critical.</p> <p>GC 6. Ability to make informed decisions.</p> <p>GC 7. Ability to generate new ideas (creativity).</p> <p>GC 8. Interpersonal interaction skills.</p> <p>GC 9. Ability to work in a team.</p> <p>GC 10. Ability to exercise one's rights and obligations as a member of society, to realize the values of a civil (free democratic) society and the need for its sustainable development, the rule of law, the rights and freedoms of man and citizen in Ukraine.</p> <p>GC 11. The ability to preserve and multiply moral, cultural, scientific values and achievements of society based on understanding the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology and engineering, to use various types and forms of physical activity for</p>
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	<p>active recreation and leading a healthy lifestyle.</p> <p>GC 12. The ability to make decisions and act, adhering to the principle of inadmissibility of corruption and any other manifestations of dishonesty.</p>
<p>Specific (Professional) Competencies (SC)</p>	<p>SC 1. Ability to operate with the categorical and conceptual apparatus of psychology</p> <p>SC 2. Ability to retrospectively analyze domestic and foreign experience in understanding the nature of the emergence, functioning and development of mental phenomena.</p> <p>SC 3. Ability to understand the nature of behavior, activity and actions.</p> <p>SC 4. Ability to independently collect and critically process, analyze and generalize psychological information from various sources</p> <p>SC 5. Ability to use valid and reliable psychodiagnostic tools</p> <p>SC 6. Ability to independently plan, organize and conduct psychological research</p> <p>SC 7. Ability to analyze and systematize the results obtained, formulate reasoned conclusions and recommendations</p> <p>SC 8. Ability to organize and provide psychological assistance (individual and group)</p> <p>SC 9. Ability to carry out educational and psychoprophylactic activities in accordance with the request</p> <p>SC 10. Ability to adhere to the norms of professional ethics</p> <p>SC 11. Ability to personal and professional self-improvement, learning and self-development</p> <p>SC 12. Ability to understand the social conditioning of the personality and the life path of the individual, as well as the role of the individual in the life of social organizations and communities.</p> <p>SC 13. Ability to apply socio-psychological concepts, concepts and theories to interpret socio-psychological phenomena and processes.</p> <p>SC 14. Ability to understand the patterns of interaction of individuals, social groups, communities.</p>

Program learning outcomes	
Learning outcomes	
	<p>PLO 1. Analyze and explain mental phenomena, identify psychological problems and suggest ways to solve them</p> <p>PLO 2. Understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks.</p> <p>PLO 3. Search for information from various sources, including using information and communication technologies, to solve professional tasks.</p> <p>PLO 4. Substantiate one's own position, draw independent conclusions based on the results of one's own research and analysis of literary sources.</p> <p>PLO 5. Choose and apply valid and reliable psychodiagnostic tools (tests, questionnaires, projective methods, etc.) for psychological research and psychological assistance technologies.</p> <p>PLO 6. Formulate the goal and objectives of the research, have the skills to collect primary material, follow the research procedure.</p> <p>PLO 7. Reflect and critically evaluate the reliability of the obtained results of psychological research, formulate reasoned conclusions.</p> <p>PLO 8. Present the results of one's own research orally/in writing to specialists and non-specialists.</p> <p>PLO 9. Offer one's own ways of solving psychological tasks and problems in the process of professional activity, make and argue one's own decisions regarding their solution (in particular, regarding the organization of early delivery events).</p> <p>PLO 10. Formulate an opinion logically, accessibly, discuss, defend one's own position, modify statements in accordance with the cultural characteristics of the interlocutor.</p> <p>PLO 13. Interact, enter into communication, be understandable, and be tolerant of people with other cultural or gender-age</p>

	<p>differences.</p> <p>PLO 14. Effectively perform various roles in a team in the process of solving professional tasks, including demonstrating leadership qualities.</p> <p>PLO 16. Know, understand and adhere to the ethical principles of the professional activity of a psychologist.</p> <p>PLO 17. Demonstrate socially responsible and conscious behavior, follow humanistic and democratic values in professional and public activities.</p> <p>PLO 18. Take effective measures to preserve health (one's own and those around them) and, if necessary, determine the content of a request for supervision.</p>
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Content of the academic discipline

№	Topic name	Number of hours, including			Teaching methods/ assessment methods
		Lectures	Practical classes	Independent work	
2nd semester					Teaching methods: verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational
Topic 1.	Introduction to the psychophysiology of professional activity: subject and tasks	2	3	8	
Topic 2.	Structure and functions of the nervous system in	2	3	10	method; analytical;

	professional activity					
Topic 3.	Sensory and motor processes in labor activity	2	3	10		
Topic 4.	Psychophysiological features of attention and perception of information	2	3	10		
Topic 5.	Fatigue and recovery: physiological and psychological aspects	2	3	10		
Content module 2. The influence of working conditions and methods for correcting psychophysiological states						of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative
Topic 6	The influence of environmental factors on the psychophysiological state	2	3	10		
Topic	Psychophysiological	2	4	10	teaching	

7	reactions to stress and extreme working conditions				methods (competence; project-research); case method.
Topic 8	Diagnosis of functional state and fatigue	2	4	10	Assessment methods: oral control (oral survey, assessment of participation in discussions, other interactive teaching methods);
Topic 9	Methods of correction of psychophysiological state	2	3	10	written control (control, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence); method of self-control and self-assessment; evaluation of case studies.
Topic 10	Psychophysiological foundations of labor optimization and health care	2	3	10	
Modular test work					
Total :		20	32	98	
Form of control: Exam					

Tasks for independent work (examples).

Independent work 1.

1. Essay: "Psychological competence of a specialist"

Write a 1–2 page essay on which psychological competencies are essential in the professional activity of your chosen field. Provide personal examples of situations where these competencies are necessary.

Independent work 2.

Analysis of a professional case

Find or create a description of a real or hypothetical professional situation (conflict, misunderstanding, stress, a team mistake, etc.).

Tasks:

analyze the psychological causes of the situation,
propose 2–3 possible strategies for resolving it,
justify the choice of the most effective strategy.

Independent work 3.

Self-analysis of professional qualities

Create a table with three columns:

My professionally important qualities

Level of development (low/medium/high)

Ways to improve them (specific actions)

Write a short conclusion about your strengths and areas for growth.

Independent work 4.

Study of communication styles

Conduct a mini-survey (at least 5 people) about communication styles in professional activity (assertive, passive, aggressive style).

Present the results as:

a chart or table,

a brief analysis of which style is most effective and why.

Independent work 5.

Presentation: “Psychology of stress management in professional activity”

Prepare an 8–10 slide presentation on techniques for coping with professional stress.

The presentation should include:

definition of stress and professional burnout,

main methods of stress management,

recommendations for professionals in a specific field.

The content of the student's independent work in the academic discipline "Psychophysiology of Professional Activity" involves preparation for classroom lessons by mastering lecture materials, studying basic and additional literature, periodicals, Internet sources, performing practical tasks (writing abstracts, reports, preparing the results of one's own research for presentation at conferences, participating in scientific paper competitions, preparing and publishing scientific articles, theses, etc.) during the semester; independent

study of individual topics of the academic discipline; preparation of reports and presentations on the topic of practical classes; translation of foreign texts of established volumes; performance of individual tasks; preparation for all types of control, including modular control works and final certification; other types of activities used in the Academy, Institute and Department.

The content of the student's independent work is determined by the work program of the academic discipline of a specific academic discipline, methodological recommendations for tasks and recommendations of the teacher.

Technical equipment and/or software. The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lecture and seminar classes with presentation elements. The study of individual topics and the performance of practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.

Technical equipment and/or software – official website of MAUP:

<http://maup.com.ua> The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to information from the Internet, which is provided by a free Wi-Fi network.

Forms and methods of control.

Control of the success of students is divided into ongoing and final (semester).

Ongoing control is carried out during practical (seminar) classes, the purpose of which is to systematically check the understanding and assimilation of theoretical educational material, the ability to use theoretical knowledge when performing practical tasks, etc. The possibilities of ongoing control are extremely wide: motivation for learning, stimulation of educational and cognitive activity, a differentiated approach to learning, individualization of learning, etc.

Forms of student participation in the educational process that are subject to ongoing control:

- oral report;
- additions, questions to the person answering;
- systematic work in seminar classes, activity during the discussion of issues;
- participation in discussions, interactive forms of organizing classes;
- analysis of legislation and monographic literature;
- written tasks (tests, tests, creative works, essays, etc.);
- preparation of theses, summaries of educational or scientific texts;
- independent study of topics;
- Control of the success of students is divided into ongoing and final.

Methods of ongoing control: oral control (survey, conversation, report, message, etc.); written control (test work, essay, presentation of material on a given topic in writing, etc.); combined control; presentation of independent work; observation as a control method; test control; problem situations.

Grading system and requirements.

Table of distribution of points received by students

	Current knowledge control										Modular test	Exam	Total points
Topics	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic			
Work in a practical session	2	2	3	2	2	3	3	3	3	2			
Independent work	1	1	2	1	1	2	2	2	2	1			

The table contains information about the maximum points for each type of academic work of a student.

When assessing the mastery of each topic for the current educational activity, the student is given marks taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the assessment of academic achievements of students at PJSC "HEI "MAUP".

Modular control. Modular control work on the academic discipline "Psychophysiology of professional activity" is carried out in written form, in the form of testing, namely, closed-form tests: test-alternative, test-correspondence.

Criteria for evaluating the modular test work in the academic discipline "Psychophysiology of professional activity":

When evaluating the modular test work, the volume and correctness of the completed tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
- the grade "good" (B) is given for the completion of 80% of all tasks;
- the grade "good" (C) is given for the completion of 70% of all tasks;
- the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;
- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
- the grade "unsatisfactory" (FX) is given if less than 50% of the tasks are completed.

Absence from the modular test work - 0 points.

The above grades are transformed into rating points as follows:

- "A" - 18-20 points;
- "B" - 16-17 points;
- "C" - 14-15 points;
- "D" - 12-13 points.
- "E" - 10-11 points;
- "FX" - less than 10 points.

The final semester control in the academic discipline «Psychophysiology of professional activity» is a mandatory form of assessing the learning outcomes of a student. It is carried out within the time limits established by the educational process schedule and in the volume of educational material determined by the syllabus of the academic discipline.

The final control is carried out in the form of an exam. The student is admitted to the final control provided that he/she performed all types of work outlined in the syllabus.

The final (semester) grade of the discipline for which the exam is provided is formed from two components: the results (grade) of the ongoing control; exam grade.

The maximum number of points for the ongoing control is 60, for the examination is 40.

The minimum amount by which the exam is considered as passed is 25 points.

The grade for the ongoing control is formed as the sum of rating points received by the student during the seminars/practical classes and incentive (if provided) points.

After evaluating the student's answers on the exam, the professor summarizes the points received for the ongoing control measures and points for the exam to obtain the final grade for the course.

Scale for the assessment of exam tasks

Scale	Total points	Criteria
Excellent level	30–40	The task is completed with high quality; the student has achieved the maximum score in the assessment of theoretical knowledge.
Good level	20–29	The task is completed with high quality and a sufficiently high proportion of correct answers.
Satisfactory level	10–19	The task is completed with an average number of correct answers; the student has demonstrated theoretical knowledge with significant errors.
Unsatisfactory level	0–9	The task is not completed; the student has demonstrated theoretical knowledge with major errors.

Assessment of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in

scientific conferences, scientific societies and problem groups, preparation of publications, etc. in excess of the tasks established by the relevant syllabus of the academic discipline.

By decision of the department, applicants who participated in scientific research work and performed certain types of additional (individual) types of educational activities may be awarded incentive (bonus) points for a certain educational component.

Incentive points are not normative and are not included in the table of distribution of points received by students and the main scale of the assessment system.

One event can be the basis for setting incentive points only for one most relevant educational component.

The total number of points scored by students for completing tasks for independent work is one of the components of the academic performance in the academic discipline. Independent work on each topic according to the work program of the academic discipline is evaluated in the range from 0 to 3 points using standardized generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)

The maximum possible assessment of independent work (individual tasks)	Execution level			
	Excellent	Good	Satisfactory	Unsatisfactory
2	2	1,5	1	0

Forms of control: ongoing control based on the performance of practical work; ongoing control of knowledge acquisition based on the assessment of oral answers to questions, messages, reports, etc. (in practical (seminar) classes); individual or collective project that requires the formation of practical skills and abilities of students (selective form); solving situational tasks; a summary made on the topic studied independently; testing, performing a written test; draft articles, speech abstracts and other publications, other forms that contribute to the full assimilation of the educational program and the consistent development of skills for effective independent professional (practical and scientific and theoretical) activity at a high level.

To assess the learning outcomes of a student during the semester, a 100-point, national and ECTS assessment scale is used.

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), practice	
		National scale assessment for exam, course project (work), practice	For pass/fail (credit)
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		
68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	fail unsatisfactory with the possibility of
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	fail unsatisfactory with mandatory re-study of the discipline

Course Policy.

- regularly attend lectures and practical classes;
- work systematically and actively in lectures and practical classes;
- catch-up on missed classes;
- perform the tasks required by the syllabus in full and with appropriate quality;
- perform control and other independent work;
- adhere to the norms of academic behaviour and ethics.

The course "Psychophysiology of professional activity" involves mastering and adhering to the principles of ethics and academic integrity, in particular, orientation on preventing plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and author's, not overloaded with quotes, which must be accompanied by references to primary sources. Violations of academic integrity are considered: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, biased evaluation.

The assessment of the student is focused on receiving points for activity in seminar classes, completing tasks for independent work, as well as completing tasks that can develop practical skills and abilities, for which additional (bonus) points can be awarded (participation in round tables, scientific conferences, scientific competitions among students).

Methodological support of the academic discipline

Teaching and methodological materials that provide support for the discipline: lecture notes, methodological recommendations for conducting practical (seminar) classes and methodological recommendations for independent work of higher education students in the academic discipline "Psychophysiology of professional activity".

1. Bidzyura I. P., Melkov Yu. O., Grabovenko N. V. Methodological recommendations for performing control work for higher education applicants in the specialties and educational programs "Psychology", "Social Work", "Public Management and Administration", "Tourism", "International Relations, Public Communications and Regional Studies", "Management", "Philology", "Sociology", "Political Science". Kyiv: MAUP, 2018. 38 p.

2. Bidzyura I. P., Melkov Yu. O., Grabovenko N. V. Methodological recommendations for the preparation, writing and defense of coursework for applicants for higher education in the specialties "Psychology", "Social Work", "Public Management and Administration", "Tourism", "International Relations, Public Communications and Regional Studies", "Philology". Kyiv: MAUP, 2019. 38 p.

3. Raevska Ya.M., Turinina O.L., Klymenko I.S. Methodological recommendations for the preparation, writing and defense of scientific works (coursework, qualification works for obtaining the level of higher education bachelor and master) specialty 053 Psychology. Kyiv: NNIPSN MAUP, 2023. 148 p.

Recommended literature

Basic:

1. Constitution of Ukraine dated 28.06.1996 No. 254k/96-BP. URL: <https://zakon.rada.gov.ua/laws/show/254%D0%BA/96-%D0%B2%D1%80#Text>

2. Bilash S. M., Koptev M. M., Pronina O. M., Belyaeva O. M. and others. Human Anatomy: Textbook / S. M. Bilash, M. M. Koptev, O. M. Pronina, O. M. Belyaeva and others. Kyiv: All-Ukrainian Specialized Publishing House "Medicine", 2023. 279 p.

3. Vlasov G. V. Psychophysiology: Educational and Methodological Manual / G. V. Vlasov. Mykolaiv: Ilion, 2016. 357 p.

4. Havrylkevych V. K., Kabashnyuk V. O. Psychophysiology: a textbook. Part 1–4. – Lviv: Novyy svit-2000, 2023. – 200 p.

5. Hall D. E., Hall M. E. Medical physiology according to Guyton and Hall: 14th edition: in 2 volumes. Volume 1 / D. E. Hall, M. E. Hall. Kyiv: All-Ukrainian specialized publishing house "Medicine", 2022. 648 p.

6. Myasoyid P. Course of general psychology: in 2 volumes. Volume 1: textbook. Kyiv: Alerta, 2019. 496 p.

7. Fedyk O. V. Psychophysiology: materials for self-preparation for seminar classes for students of the specialty "Psychology" / ed. and compiled. O. V. Fedyk. Ivano-Frankivsk,

2019. 123 p.

8. Filimonov V. I. Human physiology: textbook / V. I. Filimonov. 4th ed. Kyiv: All-Ukrainian specialized publishing house “Medicine”, 2021. 488 p.

9. Shepelev S., Grusha M., Plyska O. Human biology: textbook. Kyiv: Condor, 2018. 272 p.

Additional:

1. Variy M. Y. Psychology: textbook. / M. Y. Variy. 2nd ed. Kyiv: Center for Educational Literature, 2021. 288 p.

2. Zakalyk G., Legendzevych G. Comparative psychology and psychophysiology / G. Zakalyk, G. Legendzevych. Lviv: Lviv Polytechnic, 2021. 220 p.

3. Ilyina N., Mysnyk S. General Psychology: Theory and Practice: Textbook. Sumy: University Book, 2017. 352 p.

4. Clark D. Anxiety and Fears. How to Overcome Them / D. Clark. Kyiv: Svarog, 2023. 174 p.

5. Korolchuk M. Psychophysiology of Activity / M. Korolchuk. Kyiv: Nika-Center, 2019. 400 p.

6. Leach J. Survival Psychology / John Leach. Kharkiv: Rostyslav Burlaka Publishing House, 2024. 296 p.

7. Selye G. Anatomy of Stress. Hans Selye and Followers. G. Selye. K.: Medknyga, 2024. 148 p.

8. Titov I. Introduction to psychophysiology. Ivan Titov. Kyiv: Academy, 2021. 296 p.

Information resources:

1. V. I. Vernadsky National Library of Ukraine – <https://www.nbuu.gov.ua/>

2. Google Scholar – <https://scholar.google.com/>

3. JSTOR – <https://www.jstor.org/> (partially free)

4. ScienceDirect – <https://www.sciencedirect.com/>

5. SpringerLink – <https://link.springer.com/>

6. ResearchGate – <https://www.researchgate.net/>