Written preparation

Course name: Leadership II
Instructor: PhDr. Ing. Vratislav Pokorný
Prepared by: PhDr. Ing. Vratislav Pokorný

Topic: Concept of useful change and load, psychophysical and mental load.

Educational goal:
To become familiar with load manifestations and practically verify the possibilities of identification, adaptation and regulation methods.

Contents:

1. Concept of useful load.
2. Methods of identification, principles of coping and regulation.
3. Methods of relaxation, regeneration, preventive and prophylactic methods, CISM.

Individual assignments:

- Study support for LEA II - topics 4/5 – Change and load, selected aspects for coping with load and task fulfillment in demanding, limit and extreme conditions, situations and missions for supporting military-professional preparation (load and change, stress, stressors, ARS and PTSD).