Written preparation

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

Topic: Organizing individual capabilities for coping with various modes of load and stress in solving various situations.

Educational goal:

To create conditions for objective feedback to students concerning the level of disposition qualities for coping with demanding, limit and extreme situations.

Contents:

1. Complex psychological and psychophysical performance and personality diagnostics.
2. Continual monitoring of pulse frequency variability.
3. Performance under load and load adaptation.

Individual assignments: