

**Department of Public Health
Institute of Social & Cultural Studies
Faculty of Behavioral & Social Sciences
University of the Punjab, Lahore**

Course Outline

Programme	BS Workplace Health & Safety Promotion	Course Code	WHSP 306	Credit Hours	3
Course Title	Interdisciplinary III- Principles of Psychology				
	Provided by University				

WHSP 306- Principles of Psychology

Course Description

- This course focuses on the basic concepts of psychology.
- This course surveys the basic concepts of psychology.
- This course covers the scientific study of behavior, behavioral research methods and analysis, and theoretical interpretations.
- This course includes topics that cover physiological mechanisms, sensation/perception, motivation, learning, personality, psychopathology, therapy, and social psychology.

Course Objectives

After studying this course, students should be able to:

1. Identify the major parts of the nervous system including the brain and explain how they reciprocally influence emotion, behavior, and mental processes.
2. Explain how people change physically, mentally, emotionally, and socially over the course of the life span using the major concepts of development
3. Differentiate between sensation and perception; articulate the major sensory pathways and how/where perceptual modifications can/does occur.
4. Explain how organisms learn through classical conditioning, operant conditioning, and observational learning.
5. Explain how people think using concepts, solving problems, and making judgments;
6. Identify the major theoretical perspectives of personality and articulate their similarities and differences

7. Differentiate between abnormal and normal behavior; identify the symptoms of major psychological disorders and explain what roles biological, psychological, and sociocultural factors play in causing these disorders.

Course Contents

1. Introduction

- The Scope of Psychology
- The Functions of the Brain
- On Some General Conditions of Brain-Activity.

2. Theory

- The Automaton-Theory
- The Mind-Stuff Theory

3. Methods

- The Methods and Snares of Psychology
- The Relations of Minds to Other Things.

4. The Stream of Thought.

- The Consciousness of Self.
- Attention.
- Conception.
- Discrimination and Comparison.
- Association.

5. The Perception of Time.

- Memory.
- Sensation.

Teaching-Learning Strategies

Teaching will be a combination of class lectures, class discussions, and group work.

Short videos/films will be shown on occasion.

Assignments

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings

1. James, W. (2018). The Principles of Psychology Volume-I 2018 published by Creative Media Partners, LLC.
2. Taylor. (2005) - Health Psychology – 5th Edition – McGraw-Hill
3. Balim, A. Tracy A. Revenson. (2001) – Handbook of Health Psychology
4. Jess, F., & Brannon, L. – Introduction to Behavior and Health 5. Flexner, W. (2005). Principles of Psychology 1st Edition.