

CODE BSPH-307 PRINCIPLES OF PSYCHOLOGY

Course Objectives:

Surveys the basic concepts of psychology. Covers the scientific study of behavior, behavioral research methods and analysis, and theoretical interpretations. Includes topics that cover physiological mechanisms, sensation/perception, motivation, learning, personality, psychopathology, therapy, and social psychology.

After studying this course, you should be able to:

- i. Identify the major fields of study and theoretical perspectives within psychology and articulate their similarities and differences
- ii. Differentiate between the major observational, correlational, and experimental designs used by psychologists; critically evaluate real world information sources.
- iii. Identify the major parts of the nervous system including the brain and explain how they reciprocally influence emotion, behavior, and mental processes.
- iv. Explain how people change physically, mentally, emotionally, and socially over the course of the life span using the major concepts of development
- v. Define consciousness and describe altered states of consciousness including sleep
- vi. Differentiate between sensation and perception; articulate the major sensory pathways and how/where perceptual modifications can/does occur.
- vii. Understand and describe major theories of motivation and be able to apply them to their own behavior
- viii. Explain how organisms learn through classical conditioning, operant conditioning, and observational learning.
- ix. Identify processes involved in the encoding, storage, and retrieval of information and how these processes impact the student's memory.
- x. Explain how people think using concepts, solving problems, and making judgments;
- xi. Identify the major theoretical perspectives of personality and articulate their similarities and differences
- xii. 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:

- i. The Scope of Psychology
- ii. The Functions of the Brain
- iii. On Some General Conditions of Brain-Activity.
- iv. Habit
- v. The Automaton-Theory
- vi. The Mind-Stuff Theory
- vii. The Methods and Snares of Psychology
- viii. The Relations of Minds To Other Things.
- ix. The Stream of Thought.
- x. The Consciousness of Self.
- xi. Attention.
- xii. Conception.
- xiii. Discrimination and Comparison.
- xiv. Association.
- xv. The Perception of Time.
- xvi. Memory.
- xvii. Sensation.
- xviii. Imagination.
- xix. The Perception of 'Things'
- xx. The Perception of Space.
- xxi. The Perception of Reality.
- xxii. "Reasoning."
- xxiii. The Production of Movement.
- xxiv. Instinct
- xxv. The Emotions.
- xxvi. Will.
- xxvii. Hypnotism.

Recommended Books:

1. James, W. (2018). The Principles of Psychology Volume-I 2018 published by Creative Media Partners, LLC.
2. Taylor - Health Psychology – 5th Edition – McGraw-Hill

3. Andrew Balim, Tracy A. Revenson – Handbook of Health Psychology 4.
Jess, F., & Brannon, L. – Introduction to Behavior and Health 5. Flexner, W.
(2005). Principles of Psychology 1st Edition.