**PSY-321 COURSE NAME**

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| Resource Person: | Amarah Qureshi |
| Email:  | amarah.qureshi@umt.edu.pk |
| Consultation Hours | Monday 9:00-4:00; Friday 9:00-12:30 |
| Degree Program: | BS Psychology |
| Section: | A, A2 |
| Semester: | S2023 |
| Course Pre-requisite(s): | No |
| Credit Hours: | 3 |
| Course Type: (Theory/Lab) | Theory |
| Venue/Day/Time: | Room CB1-302 |
| Course URL (if any): | No |

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| 1. **Faculty Profile / Introduction**
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| I am working as Lecturer in this prestigious institute since from October, 2020. I have almost 9 years’ experience of teaching in different institutes as lecturer and as research assistant. I have supervised almost 40 thesis in my whole career. Moreover, currently I am also supervising Mphil students. I done my Mphil from University of the Punjab, Quaid-e-Azam Campus, Lahore. My area of specializations are Educational Psychology, Experimental Psychology, Research, statistics and SPSS. Psychology, School of Professional Psychology, UMT. |

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| 1. **Course Description:**
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| Biology of behavior (biopsychology) is often stigmatized as tedious and taxing here’s the big secret:It is neither. As a matter of fact, it happens to be one of the most intriguing fields. We are going to explore the biological underpinnings of behavior, navigating all the way from the core blueprints of our neurology to the realms of disorder. |

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| 1. **Course Teaching Methodology:**
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| Following learning methodologies will be employed to teach this course:* Power Point Lectures
* Class Discussions
* Class Activities
* Presentations
* Projects
* Response Papers
* Practical and Creative Assignments
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| 1. **Program Educational Objectives (PEOs):**
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| PEO-1 | Graduate will be able to describe and apply concepts and theories relevant to the disciplines of psychology. |
| PEO-2 | Graduate will demonstrate effective written and oral skills in various formats. |
| PEO-3 | Graduate will be able to conduct and evaluate research addressing psychology related issues. |
| PEO-4 | Graduate will demonstrate ethical behavior in all aspects of psychology. |
| PEO-5 | Graduates will exhibit a life-long learning approach towards life with psychological science |

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| 1. **Program Learning Outcomes (PLOs):**

**After completing this degree program, students shall be able to:** |
|  | **Mapping the PLOs with PEOs** |
| PLO-1 | **Psychology Knowledge:** The students will have a good knowledge and understanding of the subject and its implication in different areas and to apply knowledge of Psychology to both theoretical and practical social problems | PEO1 |
| PLO-2 | **Communication:** The students will demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc. | PEO2 |
| PLO-3 | **Research:** An ability to identify, formulate, search literature, and analyze complex social and psychological problems reaching substantiated conclusions using ethical principles related to its sub-fields. | PEO3 |
| PLO-4 | **Ethics:** Apply ethical principles to practice psychology in the community. Understanding about ethical practice and best practices as psychologists. | PEO4 |
| PLO-5 | **Life-Long Learning:** Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its implacability in their personal and professional lives. | PEO5 |

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| 1. **Course Learning Objectives (CLOs)**
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| CO-1 | Students will have understanding about the key features in biopsychology, its history and how it emerged as a science.  |
| CO-2 | Students will learn major structures and functions of brain; identify how these parts work and maintain human behavior.  |
| CO-3 | Students will be able to conducted research by using qualitative and quantitative approaches to sort out behavioral patterns of patients with neurological issues. |
| CO-4 | Students will be able to follow ethical guidelines especially when they will be in field while administrating different neurological assessment tools. |
| CO-5 | Students will be to apply and use theoretical and practical knowledge when they will work as \psychologist. |

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| 1. **Course Learning Outcomes (CLOs):**

**After completing this course, students shall be able to:** |
|  | **Mapping the CLOs with PLOs** |
| CLO-1 | Have complete understanding about the key features of this course.  | PLO1 |
| CLO-2 | Have complete knowledge about contribution of brain parts, endocrine glands, neurons and neurotransmitters in maintain our behavior.  | PLO2 |
| CLO-3 | Have complete command regarding how to use neuropsychological assessments. | PLO3 |
| CLO-4 | Comprehensive knowledge about ethical principles and practice them in their field. | PLO4 |
| CLO-5 | Apply all theoretical and practical knowledge while practicing in the field f \psychology. | PLO5 |

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| 1. **Assurance of Learning and Assessment Items:**

*Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* |
| **Assessment Item** | **Application/ Objectives****PLO / CLO** |
| Quiz 01 | PLO1 |
| Quiz 02 | PLO1, PLO2, PLO5 |
| Quiz 03 | PLO1, PLO2, PLO4, PLO5 |
| Quiz 04 | PLO1, PLO2, PLO5 |
| Class activity | PLO1, PLO5 |
| Neurological assessment report | PLO3, PLO4, PLO5 |

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| 1. **Assessment Structure and Grading Policy\***
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| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quiz  | 15% |  |
| Presentation | 10% |  |
| Assignment | 5% |  |
| Class Activity/ Report writing | 5% |  |
| Mid-term exam | 25% | One-time assessment |
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| Final exam | 40% | One-time assessment |
| **Total**  | **100** |  |
| **Notes – Norms and Important Class Policies:** *(such as submission guidelines, academic honesty, make-up policy, code of conduct)** Attendance below 80% will result in Short-Attendance grade. The participant will not be allowed to sit in the final examination.
* All assignment submission is subject to plagiarism check. Plagiarism score above 19% will render the submission void.
* There is no provision for make-up exam, mid-term exam, quizzes and assignments for any reason whatsoever.
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*\*Rubrics for all assessments (including mid and final exams) will be provided separately to the students.*

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| 1. **Weekly Sessions Plan:**
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| **Week** | **Topics / Contents** | **Activity** | **Application/Objectives****PLO / CLO** |
| 1 | **Introduction*** Biopsychology
* Neuro-psychology
* Chemistry of Brain
* Physiology of Brain
* Homeostasis
* Neuroplasticity
* Neuro-degeneration

**Origins of Neuropsychology*** Historical roots of Physiological Psychology
* Brief introduction of Biological basis of Behavior
 |  | PLO1 |
| 2 | **Homeostasis*** Homeostasis Meaning and Etymology
* Regulation of Homeostasis
* Homeostasis Breakdown
 | Brain storming(life examples) | PLO1, PL5 |
| 3 | **Physiology of Nervous System & Glands*** Basic features of nervous system
* Central Nervous system
* Peripheral nervous system
 |  | PLO1, PLO2 |
| 4 | **Physiology of Nervous System & Glands*** Structure and functions of Nervous system
* Endocrine Glands
 | Quiz -1 | PLO1, PLO2 |
| 5 | **Physiology of Neural Cells*** Neurons
* Types of neurons
* Nerve impulse
 |  | PLO1, PLO2 |
| 6 | **Functions of Neuron** * Communication within a neuron
* Communication between neurons
* Neurotransmitters and Neuromodulators
 | Quiz 02 | PLO1, PLO2 |
| 7 | **Psychopharmacology*** Principles and Mechanisms
* Sites of Drug Action
* Major classification of drugs
 | Assignment-1 | PLO1, PLO2, PLO3, PLO4, PLO5 |
| 8 |  MID TERM EXAMINATION |  |  |
| 9 | **Neurological Assessment*** BGT
* BVRT
* STROOP test
 |  | PLO1, PLO3, PLO4, PLO5 |
| 10 | **Sleep and Biological Rhythms*** Stages of Sleep
* Function and Mechanism of Sleep
* Disorders of sleep
* Circadian Rhythms

**Ingestive Behavior*** Mechanism
* Psychology of Hunger and Thirst
* Function and Disorders
 | Quiz 03 | PLO1, PLO4, PLO5 |
| 11 | **Emotional Behaviors*** Neural control of emotional response patterns
* Role of orbit frontal cortex in social judgment and emotions
* Neural basis of the communication of emotions
* Endocrine system and emotions
 | Presentation | PLO1, PLO2, PLO5 |
| 12 | **Learning and Neuroscience*** Brain Areas Involved in Learning
* Synaptic Plasticity
* Perceptual and Conceptual Learning
 |  | PLO1, PLO2, PLO5 |
| 13 | **Neurological disorders** * Alzheimer’s disorder
* Stroke
* Parkinson’s
* Huntington
 |  | PLO1, PLO4, PLO5 |
| 14 | **Neurological disorders** * Tumors
* Epilepsy
* Meningitis
* Migraine
 | Quiz 04 | PLO1, PLO4, PLO5 |
| 15 | **Psychological disorders** * Schizophrenia
* Depression
* Anxiety
* Stress
 |  | PLO1, PLO4, PLO5 |
| 16 | **Psychological Disorders** * Affective Disorders
* Autism
* ADHD
 |  | PLO1, PLO4, PLO5 |
| 17 | Final Term Examination |  |  |

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| 1. **Primary Text Book (s):**
 |
|  Carlson, N. R. (2007). *Foundations of physiological psychology (6th ed.*). Boston: Allyn & Bacon |

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| 1. **Reference / Supplementary Reading (s):**
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| * Corr, P.J. (2006). *Understanding biological psychology.* Australia: Blackwell Publishing
* Feldman, R. (2019). *Understanding psychology (13th ed.).* USA: McGraw & Hill
* Groth-Marnat, G. (2003). *Handbook of psychological assessment (4th ed.).* Canada: John Wiley  & Sons, Inc.
* Kalat, J. W. (1998). *Biological psychology (6th ed.).* California: Brooks/Cole Publishing  Company.
* Pinel, J.P. & Barnes, S.J. (2014). *Introduction to biopsychology (9th ed.).* USA: Pearson  Publications
* Weiten, W. (2016). *Psychology: Themes and variations (10th ed.).* USA: Allyn & Bacon
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| 1. **Useful Online / Web Resources:**
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| * <https://www.youtube.com/watch?v=cZwb8zqAPXc>
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