B.Sc. Psychology

Syllabus

AFFILIATED COLLEGES

Program Code: 26U

2020 – 2021 onwards

BHARATHIAR UNIVERSITY

(A State University, Accredited with “A” Grade by NAAC, Ranked 13th among Indian Universities by MHRD-NIRF, World Ranking: Times - 801-1000, Shanghai - 901-1000, URAP - 982)

Coimbatore - 641 046, Tamil Nadu, India
PROGRAM EDUCATIONAL OBJECTIVES (POE)

1. To provide students to gain knowledge about the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. To impart active learning principles and encourage students to pursue active learning principles in other fields (clinical, education, research, human resources, etc.).
3. To give comprehensive training to understand and apply various inquiry skills and integrate research and scholarly activities into their academic and career development.
4. To demonstrate an effective communication skill with a professional convention in psychology to facilitating optimal human functioning.
5. To support students to cultivate skills to integrating scientific principles and knowledge with professional practice to more effectively address the needs of individuals, families, groups, and society.
PROGRAMME OUTCOME (PO)

1. Able to demonstrate substantial knowledge and competence in the extensiveness in the field of psychology.
2. Able to understand psychology as an applied discipline and recognize the unique features of the methods in psychology and its place in the broader field of scientific studies.
3. Develop as an effective trainer, consultation, therapist, and a collaborator to build an advanced competence work system.
4. Exhibit the ability to appreciate the values of others’ culture, value, and background, follow the ethics, and work constructively with the team as a professional.
5. Acquire a specific skill and content, will high self-reflective, and create a meaningful professional direction for the life
PROGRAMME SPECIFIC OUTCOMES (PSOs)

1. Students will be able to understand the theories, major concepts and underpinning mechanisms, which explain human thought and behaviour pertain to specific and larger context.

2. Students will also well-versed in conceptualizing the issues, evolving an appropriate techniques/ strategy, monitoring the progress and outcomes across the different work settings (clinical, education, research, human resources, etc).

3. Students able to comprehend and apply basic research methods in psychology to conduct, adopt appropriate design, analysis data, and interpretation.

4. Students will be able to well articulate the implications of evidence-based practice to facilitate the functioning of the individual, group and the community.

5. Students will be able to locate, evaluate, and apply psychological information that strengthen the individual, group, community and build public policies.
BHARATHIAR UNIVERSITY: COIMBATORE-641046

B.Sc. PSYCHOLOGY

( For the students admitted during the academic year 2020-2021 onwards )

SCHEME OF EXAMINATION: CBCS PATTERN

<table>
<thead>
<tr>
<th>Part</th>
<th>Study Components /course title</th>
<th>Class Hours</th>
<th>University Examination</th>
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**Semester V**

| II | Core IX: Social Psychology I | 4 | 25 | 75 | 100 |
| III | Core X: Industrial/Organizational Psychology I | 6 | 25 | 75 | 100 |
| III | Core XI: Health Psychology | 4 | 25 | 75 | 100 |
| III | Core XII: Practical III-Experimental Psychology III | 4 | 40 | 60 | 100 |
| III | Elective I | 4 | 25 | 75 | 100 |
| IV | Skill Based Subject 3: Life Skill Development | 3 | 20 | 55 | 75 |

**Semester VI**

| III | Core XIII: Social Psychology II | 4 | 25 | 75 | 100 |
| III | Core XIV: Industrial/Organizational Psychology II | 4 | 25 | 75 | 100 |
| III | Core XV: Practical IV-Experimental Psychology IV | 4 | 40 | 60 | 100 |
| III | Elective II | 4 | 25 | 75 | 100 |
| III | Elective III | 4 | 25 | 75 | 100 |
| IV | Skill Based Subject 4: Personality Assessment | 3 | 20 | 55 | 75 |
| V | Extension Activities @ | - | 50 | - | 50 |
| **Total** | | | **3500** | **140** |

Includes 25/40% continuous internal assessment marks for theory and practical papers respectively

@ No University Examination. Only Continuous Internal Assessment

# No Continuous Internal Assessment (CIA). Only University Examination.
First Semester
SEMESTER – I

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**Pre-requisite**

NIL

**Syllabus**

Version 20-21

**Instructional Hours Per Week :**

CIA : 25  ESE : 75  Total Marks : 100

**Course Objectives:**

The main objectives of this course are to:

1. To understand the nature of Psychology
2. Learn the role of the nervous system, endocrine systems and consciousness
3. Understand the basic anatomy and functions of sensation and perception
4. Describe the cognition and problem-solving strategies
5. Know the fundamental principles and features of personality and motivation

**Expected Course Outcomes:**

On the successful completion of the course, student will be able to:

1. To understand different models of human behavior based on science  K2
2. To analysis major components of biological systems studied in psychology  K4
3. Evaluate the methods to improve memory and problem solving  K5
4. Design, conduct, or evaluate basic psychological techniques to improve personality  K6
5. Apply psychological principles to everyday life  K3

K1 - Remember;  K2 - Understand;  K3 - Apply;  K4 - Analyze;  K5 - Evaluate;  K6 - Create

**Unit: 1**

**Introduction to Psychology**

12 hours


**Unit: 2**

**Experimentation and Critical Thinking in Psychology**

12 hours


**Unit: 3**

**Sensation, Attention and Perception**

12 hours

### Unit: 4  
**Mind, Consciousness and Altered States**  
12 hours  


### Unit: 5  
**Learning**  
12 hours  


### Unit: 6  
**Contemporary Issues**  
2 hours  

Expert lectures, online seminars - webinars

| Total Lecture hours | 60 hours |

#### Text Book(s)


#### Reference Books


#### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1. https://www.coursera.org/learn/introduction-psych  
2. https://www.edx.org/course/introduction-to-psychology  
4.

Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low
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Instructional Hours Per Week: 4 CIA: 25 ESE: 75 Total Marks: 100

Course Objectives:
The main objectives of this course are to:
1. To explain how theories are used to understand child behavior and development
2. To learn the role of major theories of child development
3. To analyze the interdependence of the cognitive, psychosocial and physical domains of development
4. To know the current research findings as they apply to child development
5. To know the effect of biological, environmental and cultural influences on development

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. To remember the basic concepts of human lifespan under various periods
2. To analyze major components of human life transitions across different ages.
3. Evaluate the different stages of life and its impact on health and well-being
4. Understand the characteristics of each life span stage through empirical findings
5. Apply psychological principles in the developmental process

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 Introduction to Life Span Development
12 hours

Unit: 2 Prenatal Development
12 hours

Unit: 3 Physical Development
12 hours

Unit: 4 Cognitive Development
12 hours
metalinguistic awareness.

Unit: 5  Emotional Development  12 hours

Unit: 6  Contemporary Issues  2 hours
Expert lectures, online seminars - webinars

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<th>Total Lecture hours</th>
<th>60 hours</th>
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Text Book(s)

Reference Books

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
1 https://www.coursera.org/courses?query=developmental%20psychology
2 https://www.edx.org/course/introduction-to-developmental-psychology

Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low

Course code  BIO-PSYCHOLOGY - 1

L T P C
### Course Objectives:
The main objectives of this course are to:
1. To understand the relationship between the body, mind and the brain.
2. To explain the biological foundations of behavior, including theories, history, and research methods.
3. Understand the evolution and development of the nervous system.
4. To learn the structures and functions that underlie sensation, perception, and motor control.
5. Describe the biological underpinnings of cognition and socioemotional functioning

### Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Able to evaluate basic brain structures and functional neural systems
2. To remember process of signalling between nerve cells including chemical neurotransmitters
3. To analysis the role of neurotransmitters in human functioning
4. To understand the functional organization of the sensory systems
5. To apply the bio-psycho premises to predict, enhance human emotions

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

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<tr>
<th>Unit:1</th>
<th>Introduction to Biopsychology</th>
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<tr>
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<td>Understanding human consciousness: A Physiological approach.</td>
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<tr>
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<td>Nature of Physiological approach: Goals of Research, Biological roots of Physiological Psychology.</td>
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<td>Natural selection and evolution: Functionalism and Inheritance of Traits, Evolution of human species, evolution of large brains.</td>
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<td>Ethical issues in research with animals.</td>
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<td>Careers in neuroscience.</td>
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<th>Unit:2</th>
<th>Nervous System</th>
<th>12 hours</th>
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<td>Cells of the Nervous System: Neurons, supporting cells.</td>
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<td></td>
<td>Neural Communication: Measuring electrical potentials of axons, Membrane potential, The action potential and its conduction.</td>
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<td>Communication between neurons- Non-synaptic communication.</td>
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<th>The Structure of the Nervous System</th>
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<td>Basic feature of the Nervous System.</td>
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<td>The Peripheral Nervous System: Spinal nerves, cranial nerves, the autonomic nervous system.</td>
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<th>Methods and Strategies of Research in Biopsychology</th>
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<td>Experimental ablation: Evaluating the behavioural effects of brain damage, producing brain lesions.</td>
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<td>Stereotaxic surgery, Histological methods, Tracing neural connections, Study of the living human brain.</td>
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<td>Recording and stimulating neural activity: neural activity, metabolic and synaptic activity, measuring brain’s secretions, Stimulating neural activity, behavioural effects of electrical brain</td>
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stimulation. Neurochemical methods - Genetic methods.

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<th>Unit:6</th>
<th>Contemporary Issues</th>
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**Text Book(s)**


**Reference Books**


**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

1. https://www.futurelearn.com/courses/biological-psychology
2. 
4. 

Course Designed By: Dr. B. Selvaraj

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*S*-Strong; *M*-Medium; *L*-Low
Second Semester
SEMESTER – II

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Pre-requisite | NIL |

Syllabus Version | 2020 - 2021 |

Instructional Hours Per Week | CIA : 25 | ESE : 75 | Total Marks : 100 |

Course Objectives:
The main objectives of this course are to:

1. To explain the importance of memory in everyday life.
2. To discuss the thinking, language and the processes of problem solving.
3. The ways to improve the creativity and knowledge enhancement.
4. To explain the concept of Intelligent Quotient.
5. To facilitating the students to understand the dynamics seen in the human personality.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Define the fundamental concepts of psychology (K1)
2. Identify the basic psychological processes underlying human behavior (K2)
3. Develop knowledge about various levels of consciousness (K3)
4. Apply Learning principles in influencing behavior and decision making (K3)
5. Analyze various factors associated with stigmas surrounding psychological problems (K4)

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 Memory | 12 hours


Measuring memory: Recall, recognition, relearning and integration.

Forgetting: Curve of forgetting - Reasons of forgetting: fading, interference, distortion, repression, amnesia, motivated forgetting.

Strategies for improving memory: Rehearsal, elaboration, organization, giving meaning, mnemonics, Good sleep.

Unit:2 Thinking and language | 12 hours


Reasoning: Deductive and inductive

Problem solving - Barriers to effective problem solving: Mental set, Confirmation bias, Fixation -
Strategies of problem solving: algorithms, heuristics, means to end analysis, backward search. Culture, cognitive style and problem solving.

Creativity - Convergent and divergent thinking - Stages in creativity.

Decision making: Using and misusing heuristics, Belief perseverance phenomenon, Overconfidence.

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<th>Unit:3</th>
<th>Motivation and Emotion</th>
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<th>Unit:4</th>
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<th>Unit:5</th>
<th>Personality</th>
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<tr>
<td>Definition of Personality - Self Concept of personality - Determinants of Personality. Early approaches: Brief descriptions of ancient Indian typology (Gunas), Greek typology on humours, phrenology, somatotypes, limitations. Psychodynamic approaches: Freud’s theory. Neo Freudian Approaches: Jung, Adler, Horney. Trait theories: Allport, Cattell, Eysenck - Humanistic perspective - The social-cognitive perspective.</td>
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| Total Lecture hours | 60 hours |

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Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://study.com/academy/subj/psychology/general-psychology.html

Course Designed By: Dr. B. Selvaraj

### Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low
Course code | DEVELOPMENTAL PSYCHOLOGY II | L | T | P | C
--- | --- | --- | --- | --- | ---
Core Paper - IV | 4 | 4 | 4 | 4
Pre-requisite | NIL | Syllabus Version | 2020 – 2021
Instructional Hours Per Week : 4 | CIA : 25 | ESE : 75 | Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To understand the various periods of human life span
2. To explain the characteristics of various stages of life span
3. To understand the social and emotional behavior of children
4. To explain the physiological and psychological changes
5. To understand the hazards witnessed from puberty till the old age period

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. Recognize the physiological and psychological changes occurring in the adolescent years K1
2. Express the importance of developing the life skills in the adulthood K2
3. Interpret compassionate behaviors towards fellow individuals in old age K3
4. Predict the difficulties witnessed in making decisions upon middle age K3
5. Analyze the interest seen in adolescence towards eradicating myths in psychology K4

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create

Unit:1 Childhood 12 hours
Childhood: Introduction- Characteristics of Early & Late Childhood.
Speech Improvement in Childhood.
Emotional Expression in Childhood.
Social Behavior in Childhood, Moral development in Childhood.
Hazards of Childhood.

Unit:2 Adolescence 12 hours
Development Tasks of Adolescence, Physical change in Adolescence
Social and Morality Change in Adolescence.
Sex- Role typing in Adolescence, Family Relationships in Adolescence.
Physical & Psychological Hazards of Adolescence.

Unit:3 Adulthood 12 hours
Adulthood: Introduction- Characteristics of Early & Late Adulthood
Developmental Tasks of Early & Late Adulthood, Personal & Social Hazards of Early Adulthood
Vocational & Family Adjustment in Early Adulthood, Marital Adjustment in Adulthood.
Hazards of Adulthood

Unit:4 Middle Age 12 hours
### Middle Age: Introduction - Characteristics of Middle Age.
Developmental Tasks of Middle Age.
Adjustment to Mental Changes, Adjustment to Social Changes, Vocational Adjustment in Middle Age, Family Adjustment.
Hazards of Middle Age.

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<th>Unit:5</th>
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**Total Lecture hours** | **60 hours**

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#### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

https://www.coursera.org/courses?query=developmental%20psychology

Course Designed By: Dr. B. Selvaraj

#### Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low*
Course code | BIOPSYCHOLOGY | L | T | P | C
---|---|---|---|---|---
Allied Paper II | | 4 | | 4 | 

Pre-requisite | NIL | Syllabus Version | 2020 - 2021 

Instructional Hours Per Week: 4 | CIA: 25 | ESE: 75 | Total Marks: 100 

Course Objectives:
The main objectives of this course are to:
1. To understand the importance of physiology of emotion
2. To explain the physiology basis of learning
3. To understand the physiology basis of memory
4. To explain the influence of stress, drug – intake on the brain functioning
5. To understand the concept of cerebral lateralization.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Recall the influence of brain over various physiological human motives K1
2. Identify the importance of brain damage and various disorders related to human brain K2
3. Examine the role of limbic system in managing human emotions K3
4. Illustrate the role of left cerebral hemisphere in decision making K3
5. Analyze the impact of neural degeneration in an individual K4

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 | Physiology of Emotions | 12 hours 
Physiology of Emotions – Emotion as response patterns: Fear, Anger and Aggression 
Hormonal control of aggressive behavior. 
Communication of emotions: Facial expression emotions. 
Neural basis of the communication of emotions. 
Feelings of Emotions.

Unit: 2 | Physiological basis of Learning | 12 hours 
Physiological basis of Learning: The nature of learning. 
Learning and synaptic plasticity: Induction of long-term potentiation, Role of NMDA receptors. 
Mechanisms of synaptic plasticity, Long term depression. 
Perceptual learning. 
Physiology of Classical conditioning - Physiology of instrumental conditioning.

Unit: 3 | Physiological basis of Memory | 12 hours 
Physiological basis of Memory: Relational learning. 
Human anterograde amnesia: Basic description- Spared learning abilities – Declarative and non-declarative memories. 
Anatomy of anterograde amnesia. 
Failure of relational learning – Role of hippocampal formation in spatial memory. 
Relational learning in laboratory animals.
**Unit: 4**

**Physiology of Reproductive Behaviour**

12 Hours

Physiology of Reproductive Behaviour: Hormonal control of sexual behavior: female reproductive cycles
Hormonal control of sexual behavior of laboratory animals.
Androgens and behavior: Masculinization and defeminization.
Effects of pheromones-Human sexual behavior-Sexual orientation.
Neural control of sexual behavior-Parental behaviour.

**Unit: 5**

**Neurological Disorders**

12 hours

Neurological Disorders: Tumors –Seizure disorders – Cerebrovascular accidents.
Disorders of development.
Degenerative disorders: Transmissible spongiform encephalopathies, Parkinson’s disease
Huntington’s disease, Alzheimer’s disease, Multiple sclerosis.
Disorders caused by infectious diseases.

Total Lecture hours 60 hours

**Text Book(s)**


**Reference Books**


**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**


Course Designed By: Dr. B. Selvaraj

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**Mapping with Programme Outcomes**

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*S-Strong; M-Medium; L-Low*
Third Semester
SEMESTER III

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Instructional Hours Per Week : 4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To learn the historical antecedents to modern understandings of abnormal behavior.
2. Describe the major classes and characteristics of psychological disorders
3. Understand the factors and theoretical perspectives of abnormal behavior
4. To learn current research and methodological issues in the study of abnormal behavior
5. Know the primary treatments for psychological disorders.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. Analysis the interaction of biological, cognitive and sociocultural factors in abnormal behavior K4
2. Evaluate psychological research relevant to the study of abnormal behaviour K5
3. Remember the cultural and ethical considerations in diagnosis the disorders K1
4. Design, conduct, or evaluate treatment process K6
5. Apply the contemporary theories and research related to causes and treatments of psychological disorders K3

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 Introduction and Paradigms in Abnormality 12 hours

Unit: 2 Classification and Assessment 12 hours

Unit: 3 Stress, Coping and Maladaptive Behaviour 12 hours
**Unit: 4**  
**Anxiety Disorder**  
12 hours  
Anxiety Disorders: Generalized Anxiety Disorder, Panic Disorder, Posttraumatic Stress Disorder. Interpreting and Treating Anxiety disorders.

**Unit: 5**  
**Bodily Maladaptations**  
12 hours  

**Unit: 6**  
**Contemporary Issues**  
2 hours  
Expert lectures, online seminars - webinars

| Total Lecture hours | 60 hours |

**Text Book(s)**

**Reference Books**

**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**
1. https://www.coursera.org/courses?query=clinical%20psychology

**Course Designed By:** Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Course code | EXPERIMENTAL PSYCHOLOGY - 1 | L | T | P | C
--- | --- | --- | --- | --- | ---
Core VI | | - | 3 | 3 | Syllabus Version 20-21
Pre-requisite | NIL | Instructional Hours Per Week : 4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To enable students to understand the experimental approach in scientific investigation.
2. To develop the structured report writing skill of the experiments.
3. To enable students to identify and apply appropriate experimental tests according to the requirements.
4. To familiarize the students with the procedures in conducting experiments and psychological tests.
5. To enhance the skills needed for conducting experiments and psychological tests.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To become proficient in measuring sensory dimensions of human behaviour K5
2. To become proficient in measuring personality tests K4
3. To become proficient in measuring sensory motor test in assessing human efficiency K4
4. To become proficient in measuring attention aspects of human behaviour K5
5. To become proficient in measuring tests to learning and association K3

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 | Suggestion | 12 hours
--- | --- | ---
Size Weight Illusion
Progressive Weights
Two Hand Coordination
Suggestible Questions

Unit:2 | Association | 12 hours
--- | --- | ---
Free Association (Word list method)
Free Association (Chain method)

Unit:3 | Sensory and Motor Test | 12 hours
--- | --- | ---
Colour Blindness
Finger Maze Apparatus
Finger Dexterity
Tweezers Dexterity
Minnesota Rate of Manipulation test (MRMT)

Unit:4 | Attention | 12 hours
--- | --- | ---
Division of Attention
Clerical Aptitude
Span of attention
Cutaneous Sensitivity
### Unit: 5 - Contemporary Issues

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<td><strong>Collins, and Drever, J(1968).Experimental Psychology: Ludhiana: Lyall Book Depot</strong></td>
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Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Course code: PSYCHOLOGICAL STATISTICS

Course Objectives:
The main objectives of this course are to:
1. To learn the major methods of statistics in psychology
2. Recognize the importance of the use of statistical analyses and the reporting of statistical results
3. To learn the basic assumptions of different statical methods
4. To draw a meaningful conclusion based on the assessment results and data
5. Demonstrate knowledge of ethical principles and limitations of research in psychology

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. Evaluate the primary methods of inquiry and statistical analysis in psychology
2. Understand the advantages and limitations of different statistical methods used in psychological research
3. To apply an appropriate statistical analysis for the data
4. To analysis the role of different statical techniques in psychological research
5. Remember the ethics in preparing the data for analysis

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 Introduction to statistics 12 hours

Unit: 2 Organization of Data 12 hours

Unit: 3 Measures of Central Tendency 12 hours

Unit: 4 Measures of Variability 12 hours

Unit: 5 Parametric and Non-parametric Tests 12 hours
Parametric and Non-parametric Tests: Meaning, purpose and assumptions of Analysis of...

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<th>Unit:6</th>
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**Reference Books**


**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

| 1 https://www.coursera.org/courses?query=research%20methods%20in%20psychology | |
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Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Course code | COUNSELLING PSYCHOLOGY | L | T | P | C
--- | --- | --- | --- | --- | ---
Skill Based 1 | | 3 | - | 3 | 
Pre-requisite | NIL | Syllabus Version | 20-21

Instructional Hours Per Week: CIA : 25  ESE : 75  Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. Develop knowledge of the core theoretical areas, major models, and basic techniques of counseling
2. Demonstrate theories and methods of cognitive and personality related to counseling
3. Apply skills and knowledge of counselling in various settings.
4. Understand the theories of counselling
5. Familiarize the evaluation of counselling

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To apply the counselling models across all stages of development K3
2. To evaluate about need of counselling in career and work, and dealing life transition K5
3. Understand the role of counselling in Crisis intervention, disaster and trauma. K2
4. Analysis the different models of counselling psychology K4
5. Apply in relationship difficulties-including marital and family difficulties K3

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1  Counselling The Art and Science of Helping  | 9 hours
Definition, Goals of Counselling, Role of a counsellor, Ethical issues, Professional issues.

Unit:2  Counselling Process  | 10 hours

Unit:3  Counselling Skills  | 10 hours
Observing - Attentive listening, Responding, Probing, Paraphrasing, Respect, Empathy, Diagnosing, Goal setting.

Unit:4  Special areas of counselling  | 9 hours
Individual Vs Group Counselling, Career counselling, Family & Marital counselling, Addicts & anti-socials, Crisis intervention & Trauma counselling- Hospice Care.

Unit:5  Counselling Today  | 10 hours
Counselling Today: Counseling around the globe, Professional association for counseling, Modern trends, Counselling in India.

Unit:6  Contemporary Issues  | 9 hours
Expert lectures, online seminars - webinars

Total Lecture hours | 48 hours
### Text Book(s)

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<td>1</td>
<td>Jones, R.N.</td>
<td>Practical Counselling and Helping Skills</td>
<td>Sage Publication Ltd</td>
<td>London</td>
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<td>1</td>
<td>Patri, VasanthaR</td>
<td>Counselling Psychology</td>
<td>Authors Press</td>
<td>New Delhi</td>
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### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

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### Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Fourth Semester
SEMMESTER IV

Course code | Course name | L | T | P | C
---|---|---|---|---|---
Core Paper VII | ABNORMAL PSYCHOLOGY - II | 4 | 4 |  |  

Pre-requisite | NIL | Syllabus Version | 2020 - 2021

Instructional Hours Per Week : 4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:

1. To understand the maladaptive behavior in humans
2. To explain the causes and risk factors of psychiatry disorders
3. To understand the types of personality disorders
4. To explain the treatment and therapeutic approaches
5. To understand the cognitive impairment disorder.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Define the experience of anxiety and related disorders in an individual K1
2. Outline the disorders of sexual variance and cognitive impairment K2
3. Identify the spectrum disorders of schizophrenia K3
4. Identify the bipolar tendencies experienced by an individual K4
5. Examine the various forms of therapies and their effectiveness K5

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create

Unit:1 Mood Disorders 12 hours
Mood Disorders – Introduction.
Depression vulnerability factors- Depressive disorders.
Causes and treatment of depression.
Suicide and prevention of suicide.

Unit:2 Personality disorders 12 hours
Personality disorders: Classifying personality disorders.
Odd or eccentric behavior.
Dramatic, emotional or erratic behavior.
Anxious or fearful behavior.
Treatment of personality disorder.

Unit:3 Sexual disorders 12 hours
Sexual disorders: Changing views of sexual behaviour.
Sexual dysfunction types and treatment.
Gender identity disorder.
Paraphilias.
Sexual victimization.
## Unit 4: Schizophrenia and other psychotic disorders

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<td>Schizophrenia- subtypes.</td>
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<td>Positive and negative symptoms- development of schizophrenia- vulnerability.</td>
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<td>Therapeutic approaches.</td>
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<td>Other psychotic disorders.</td>
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## Unit 5: Cognitive impairment disorders

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<td>Delirium tremens- dementia - cognitive impairment disorders.</td>
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<td>Disorders of childhood and adolescence.</td>
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<td>Externalizing and internalizing disorders.</td>
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<td>Pervasive developmental disorders.</td>
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### Text Book(s)


### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

[https://www.classcentral.com/tag/abnormal-psychology](https://www.classcentral.com/tag/abnormal-psychology)

### Course Designed By: Dr. B. Selvaraj

### Mapping with Programme Outcomes

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* S-Strong; M-Medium; L-Low
Course code | EXPERIMENTAL PSYCHOLOGY- II | L | T | P | C
---|---|---|---|---|---
Core Paper VIII | | 3 | 3 | | |
Pre-requisite | NIL | | | | |
Syllabus Version | 2020 - 2021 | |
Instructional Hours Per Week : 4 | CIA : 30 | ESE : 45 | Total Marks : 75

Course Objectives:
The main objectives of this course are to:
1. To provide students with practical exposure.
2. To assess, apply and interpret various questionnaires.
3. To understand the various types of test related to perception.
4. To explain the motivation analysis test
5. To know the reaction time and habit interference of individual

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To assess and interpret the Perception of an individual. K2
2. To assess the various emotion pattern of an individual. K4
3. To analyze the need pattern of social motive K4
4. To evaluate the reaction time of an individual K5
5. To analyze the learning process of an individual K4

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 | Perceptions | 2 hours
---|---|---
Depth Perception
Size Constancy Apparatus
Kinesthetic Figural After effect
Muller Lyre Illusion

Unit:2 | Feeling and Emotion | 12 hours
---|---|---
Judging Emotions from Photographs

Unit:3 | Motivation | 12 hours
---|---|---
Motivation Analysis Test
Need Pattern Scale Social Motive Scale
Achievement Motivation Scale

Unit:4 | Reaction Time | 12 hours
---|---|---
Simple Reaction Time
Choice Reaction Time
Association Reaction Time
Discrimination Reaction Time
Unit: Learning
12 hours

Maze Learning Apparatus
Habit Interference

Total Practical hours 48 hours

Text Book(s)

Reference Books

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://swayam.gov.in/nd1_noc20_hs45/preview

Course Designed By: Dr. B. Selvaraj

Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low
## Course Objectives:

The main objectives of this course are to:

1. To make the students to understand the importance of statistics in psychology
2. To help them compute basic and descriptive level of statistics
3. To explain the different types of research design
4. To understand the process of data collection
5. To help the students to know about APA format for writing the report

## Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1. Define the various types of research in psychology  
   - K1 - Remember;
2. Outline the formation of hypothesis  
   - K2 - Understand;
3. Identify the various methods of research design  
   - K3 - Apply;
4. Identify the various methods used for testing the hypothesis  
   - K4 - Analyze;
5. Examine the statistical techniques and report writing  
   - K5 - Evaluate;

K1 - Remember;  K2 - Understand;  K3 - Apply;  K4 - Analyze;  K5 - Evaluate;  K6 - Create

### Unit:1  Introduction  12 hours

- **Introduction:** Objectives, importance, characteristics and utility of research.
- Defining research problems.
- Sources of research ideas.
- Developing good research questions.
- Ethical consideration in Psychological research.

### Unit:2  Testing of Hypothesis  12 Hours

- **Testing of Hypothesis:** Hypothesis Meaning of statistical inference.
- Population and Sample, Sampling distribution.
- Standard Errors of Mean, Degrees of freedom.
- Computation and interpretation of t-values, Level of significance.
- Type I and Type II Errors.

### Unit:3  Research Design  12 hours

- **Research Design:** Meaning, Need of good design.
- Characteristics of Good Design.
- Internal and External Validity.
- Need for sampling.
- Types and implications of sampling.
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<th>Unit:4</th>
<th>Data Collection</th>
<th>12 Hours</th>
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<td>Data Collection: Meaning and Importance of Data.</td>
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<td>Types of Data: Primary and Secondary Data.</td>
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<td>Methods of Data Collection: Observation Method, Interview Method and Questionnaire Method.</td>
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<td>Collection of Secondary data.</td>
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<th>Analysis and Report Writing</th>
<th>12 hours</th>
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<td>Analysis and Report Writing: Statistical techniques for Data Analysis.</td>
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<td>Uses of Statistical software packages.</td>
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<td>Techniques of Data presentation and interpretation.</td>
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<td>Steps involved in report writing.</td>
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<td>APA writing style.</td>
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**Text Book(s)**


**Reference Books**


**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

https://onlinecourses.swayam2.ac.in/cec20_hs17/preview

**Course Designed By:** Dr. B. Selvaraj

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**Pre-requisite:** NIL

**Syllabus Version:** 2020 - 2021

**Instructional Hours Per Week:** 3  
**CIA:** 20  
**ESE:** 55  
**Total Marks:** 75

**Course Objectives:**

The main objectives of this course are to:

1. To know the basic concepts of testing in psychology
2. To understand the importance of reliability and validity
3. To explain the process of test development
4. To know the different types of personality assessment
5. To make the student to aware of psychometric properties seen in testing

**Expected Course Outcomes:**

On the successful completion of the course, student will be able to:

1. Define the fundamental concepts of testing and assessment  
   **K1**
2. Classify the various scales of measurement and psychometric properties  
   **K2**
3. Identify the various assessment tools available under intelligence  
   **K3**
4. Identify the meaning and various assessment tools used for measuring personality  
   **K4**
5. Examine various interest, ability and aptitude scales used for career-based assessments  
   **K5**

**K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create**

**Unit:1**  
**Introduction to Assessment**  
10 hours

Introduction to Assessment – Definition – Nature and Uses of Assessment.
Process of Assessment, Ethics, Measurement, Norms, Scoring, Administration, Test Development
Groups meet, Tests, testing and norms. Norms – sampling to develop norms, types of norms, fixed
reference group scoring systems. Norm-referenced versus criterion-referenced evaluation, Inference
from Measurement – meta analysis; culture and inference.

**Unit:2**  
**Reliability and Validity**  
10 hours

Reliability and Validity: Reliability; The concept of Reliability. Reliability estimates: Test-Retest,
Parallel and Alternate Forms, Split- Half, Inter-Item Consistency – Kuder-Richardson formulas,
Cronbach’s Coefficient Alpha; Inter- Scorer Reliability. Using and interpreting a coefficient of
Reliability. Purpose and nature of the test Validity; The concept of Validity. Content Validity,
Criterion-related Validity, Construct Validity. Validity, bias and fairness.

**Unit:3**  
**Test Development**  
9 hours

Test Development: Test conceptualization: Test construction. Test try-out, Item analysis, Test
revision. Types of scores. Types of scales: Nominal, ordinal. Interval and ratio scales of
measurement.
### Unit: 4

**Personality Assessment**

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### Unit: 5

**Clinical and Counseling Assessment**

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### Text Book(s)

| 4 | Theory and Practice of Psychological Testing, by Freeman. |

### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

https://www.classcentral.com/course/psychodiagnostics-8619

Course Designed By: Dr. B. Selvaraj

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SEMESTER V

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Pre-requisite: NIL

Syllabus Version: 20-21

Instructional Hours Per Week: CIA : 25 ESE : 75 Total Marks: 100

Course Objectives:
The main objectives of this course are to:
1. To understand the theories, concepts, perspectives in social psychology.
2. To explain how theories used to describe human attitude and behaviour.
3. Analysis the nature of human diversity and attitudes toward diversity
4. Recognize the factors that influence the individuals in patterns of social behavior
5. Understand the dynamics of intergroup relationships, conflict, and cooperation

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To understand the key substantive content of the field of social psychology K2
2. Use existing knowledge and concepts to identify the causes of the social behavior K3
3. Develop the abilities to analysis regarding the principles of social behaviour K4
4. Able to evaluate empirical findings to explain, predict, and influence behavior. K5
5. Remember the ethics in social psychology research K1

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 Introduction to Social Psychology 12 hours

Unit: 2 Perceiving And Understanding Others 12 hours

Unit: 3 Prejudice, Discrimination and Stereotypes 12 hours

Unit: 4 The Self and Attitude 12 hours
### Unit: 5  
**Interpersonal Attraction: Close Relationships**  
12 hours


### Unit: 6  
**Contemporary Issues**  
2 hours

Expert lectures, online seminars - webinars

**Total Lecture hours**  
60 hours

**Text Book(s)**

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**Reference Books**

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**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

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Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Course code | INDUSTRIAL / ORGANIZATIONAL PSYCHOLOGY – I | L | T | P | C
--- | --- | --- | --- | --- | ---
Core X | 4 | - | 4
Pre-requisite | NIL | Syllabus Version | 20-21

Instructional Hours Per Week :4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To understand the nature of organizational behaviour
2. To explain the individual behaviour related to motivation and rewards through models
3. To identify the processes used in developing communication and resolving conflicts
4. To explain group dynamics and demonstrate skills required for working in groups
5. To discuss the implementation of organizational change

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To analyze the psychological principles influence behavior in the workplace. K4
2. Evaluate individual behavior in the workplace as influenced by personality, values, perceptions, and motivations.K5
3. Understand the management style as it relates to influencing and managing behavior in work settings K2
4. Create modules to enhance group dynamics, communication, leadership K6
5. Apply relevant contemporary theories, concepts and models to analyze real life management situations. K3

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 Introduction to Organizational Behaviour 12 hours

Unit:2 Job Analysis And Job Evaluation 12 hours

Unit:3 Employee Selection Principles And Techniques 12 hours

Unit:4 Training and Development 12 hours
### Unit: 5  
**Performance Appraisal**  
12 hours

- The need for Performance Appraisal
- Performance Appraisal for Managers
- Bias in Performance Appraisal
- Improving Performance Appraisals – The Post appraisal Interview

### Unit: 6  
**Contemporary Issues**  
12 hours

- Expert lectures, online seminars - webinars

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### Text Book(s)

3. 

### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1. [https://swayam.gov.in/nd2_cec20_mg03/preview](https://swayam.gov.in/nd2_cec20_mg03/preview)
2. [https://www.coursera.org/learn/organisational-behaviour-know-your-people](https://www.coursera.org/learn/organisational-behaviour-know-your-people)
3. 

### Course Designed By:

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*S-Strong; M-Medium; L-Low*
Course code | HEALTH PSYCHOLOGY | L | T | P | C
--- | --- | --- | --- | --- | ---
Core XI | HE | 4 | - | 4
Pre-requisite | NIL | Syllabus Version | 20-21

Instructional Hours Per Week :4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To learn the biological, behavioural, cognitive and social determinants of health
2. Understanding of basic human biology such as the functioning of the endocrine, immune and nervous systems
3. Learn the role of individual, group and community-based approaches to the prevention and management of health.
4. To critically evaluate research in health psychology
5. Understanding of the ethics and principles in professional practices

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To understand the effects of bio, psycho and social factors on a person’s health K2
2. Knowledge about research in health psychology and critically evaluate the key studies K5
3. Apply health psychology theories and research findings to address health-related issues K3
4. Analysis the effects of health status and changes in health based on a person’s emotions, thinking, and behaviour K4
5. Create the healthy relationship and to understand health compromising behaviors K6

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 | Foundation of Health Psychology | 12 hours
--- | --- | ---

Unit:2 | Stress, Pain and Coping: | 12 hours
--- | --- | ---

Unit:3 | Behaviour and Chronic Disease | 12 hours
--- | --- | ---
Behavioural Factors in Cardiovascular disease.Behavioural Factors in Cancer.Living with Chronic illness.

Unit:4 | Behavioural Health | 12 hours
--- | --- | ---

Unit:5 | Looking Toward the Future | 12 hours
Future Challenges.

Unit:6   Contemporary Issues   12 hours
Expert lectures, online seminars - webinars

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Reference Books

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Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

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*S-Strong; M-Medium; L-Low
Course code | EXPERIMENTAL PSYCHOLOGY- III | L | T | P | C
---|---|---|---|---|---
Core XII | - | 4 | 4 |
Pre-requisite | NIL | Syllabus Version | 20-21 |

Instructional Hours Per Week : 4 CIA : 25 ESE : 75 Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To enable students to understand the experimental approach in scientific investigation.
2. To develop the structured report writing skill of the experiments.
3. To enable students to identify and apply appropriate experimental tests according to the requirements.
4. To familiarize the students with the procedures in conducting experiments and psychological tests.
5. To enhance the skills needed for conducting experiments and psychological tests.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To become proficient in measuring social dimensions of human behaviour K5
2. To become proficient in measuring personality tests K4
3. To become proficient in measuring memory and learning aspects of human behaviour K4
4. To become proficient in measuring individual’s aspiration K5
5. To become proficient in measuring tests related to imagination K3

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 Imagination 12 hours
Vividness of Imagery.

Unit:2 Personality 12 hours
Eysenck Personality Inventory
Rotter’s I-E Locus of Control
Myers-Briggs Type Indicator (MBTI)
Big Five Personality Factor

Unit:3 Memory 12 hours
Short Term Memory Test (Asthana) Long Term Memory Test (Asthana)
Span of Immediate Memory (Rakhi Bhargava)
P. G. I. Memory Scale (D. Pershad and N. N. Wig)

Unit:4 Aspiration 12 hours
Level of Aspiration Measure (Mahesh Bhargava and M.A. Shah)
Target Dart Test (Rajamanickam)
Occupational Aspiration Scale (J. S. Grewal)
Educational Aspiration Inventory (T. Pradeep Kumar)
### Unit: 5
**Adjustment**
- Bells Adjustment Inventory
- Youth Problem Inventory (M. Verma)

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#### Text Book(s)
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#### Reference Books

#### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
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2. 
4. 

Course Designed By:

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Pre-requisite: NIL  
Syllabus Version: 20-21

Instructional Hours Per Week: 2  
CIA: 25  
ESE: 75  
Total Marks: 100

Course Objectives:
The main objectives of this course are to:
1. Develop and exhibit an accurate sense of self
2. Develop and nurture a deep understanding of personal motivation
3. Develop and exhibit an accurate sense of self
4. Demonstrate knowledge of personal beliefs and values and a commitment
5. Assert strengthened personal character and further, an enhanced ethical sense

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. To Identify, understand, and apply contemporary theories of leadership  
2. Understand the communication process, its benefits and challenges  
3. Create strategies to work with others to achieve specific goals  
4. Explore, understand, and lead, guided by the values of self-awareness  
5. Evaluate and improve upon presentation skills strengths and weaknesses

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1  
Introduction to Life skills  
10 hours

Introduction to Life skills – Definition – communication and action skills: verbal and vocal communication skills. Body language. Mind skills, rules skill. self-talk skills, explanation skills. Expectation skills, time management skills, self-awareness.

Unit:2  
Presentation Skills  
9 hours


Unit:3  
Relationship Skills  
9 hours


Unit:4  
Critical Thinking Skills  
10 hours

### Unit: 5  
**Leadership Skills**  
10 hours


### Unit: 6  
**Contemporary Issues**  
2 hours

Expert lectures, online seminars - webinars

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### Text Book(s)


### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1. [https://www.mooc4dev.org/lifeskills](https://www.mooc4dev.org/lifeskills)
2. [4](#)
3. [4](#)

Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
Sixth Semester
**SEMESTER VI**

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**Pre-requisite**
NIL

**Syllabus Version**
2020 - 2021

**Instructional Hours Per Week :**
- CIA : 25
- ESE : 75
- Total Marks : 100

**Course Objectives:**
The main objectives of this course are to:

1. To know about social behavior of people in the society
2. To explain the prosocial behavior of an individual
3. To know about the causes of human aggression
4. To understand the influence of attitude, stereotypes upon social behavior
5. To explain the interpersonal attractions and close relationship

**Expected Course Outcomes:**
On the successful completion of the course, student will be able to:

1. Define the basic concepts under social influence
2. Outline various factors associated with aggressive tendencies of a person
3. Identify the dynamics of close relationships in an individual
4. Identify the extent of individual contribution towards the group success
5. Examine the effectiveness of various leadership styles

**K1** - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

**Unit:1**
**Prosocial Behavior**

- 12 hours

Motives for prosocial behavior.
Responding to an emergency.
External and internal influence on helping behavior.
Long term commitment to prosocial acts.

**Unit:2**
**Aggression**

- 12 hours

Aggression: Perspectives on aggression.
Causes of human aggression: Social, culture, personal, and Situational
Aggression in ongoing relationship: bullying and aggression at work.
The prevention and control of aggression: some useful techniques.

**Unit:3**
**Groups And Individuals**

- 12 hours

Groups And Individuals: Benefits of joining : Effects of the presence of others : From task performance to Behavior in Crowds.
Social loafing : Letting others do the work
Coordination in groups.
Perceived fairness in groups: Its nature and effects.
Decision making by groups.
Unit: 4
Conformity, Compliance And Obedience 12 hours

Conformity, Compliance And Obedience: Conformity: Factors affecting Conformity - The bases of Conformity
The That's-Not-All Technique - The Lowballing Technique - On-the-Job Influence
Obedience: Obedience to Authority - Milgram Studies - Defying Social Pressure.

Unit: 5
Applying Social Psychology 12 hours

Applying Social Psychology: Applying Social Psychology to the interpersonal aspects of the legal System.
The Testimony of Eyewitnesses - Problems and solutions.
Processing Health Related Information

| Total Lecture hours | 60 hours |

Text Book(s)

Reference Books

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://www.mooc-list.com/course/social-psychology-coursera-0

Course Designed By: Dr. B. Selvaraj

Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low
Course code | Core Paper XIV | INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY – II | L | T | P | C
---|---|---|---|---|---|---
Pre-requisite | Syllabus Version | 2020 - 2021

Instructional Hours Per Week: |
CIA : 25 | ESE : 75 | Total Marks : 100

Course Objectives:
The main objectives of this course are to:
1. To comprehend motivation in the industry and job satisfaction
2. To know the accident and prevention techniques
3. To learn the stressors in the work place
4. To explain the engineering psychology
5. To understand the Industrial clinical psychology

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. Define the motivation and job satisfaction. K1
2. Outline the various components of job involvement K2
3. Identify the stress in the workplace. K3
4. Identify the various aspects of engineering psychology K4
5. Examine the effectiveness of Industrial Clinical Psychology K5

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit: 1 | Motivation, Job Satisfaction and Job Involvement | 12 hours
Motivation, Job Satisfaction And Job Involvement – Motivation: - Content Theories of Motivation.
Process Theories of Motivation.
Job Satisfaction:- Impact of Personal Characteristics.
Job Satisfaction and On the Job Behaviour.
Job Involvement and Organisational Commitment.

Unit: 2 | Accident and Safety | 12 hours
Accident And Safety: Accident Statistics
Causes of Accidents.
Accident Proneness.
Accident Prevention.

Unit: 3 | Stress in The Workplace | 12 hours
Stress In The Workplace: Occupational Health Psychology – Physiological Effects of Stress
Individual Differences in Stress Responses – Work Family Conflicts
Causes of Stress in the Workplace
Effects of Stress in the Workplace.
Treating Stress in the Workplace.
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<th>Unit:4</th>
<th>Engineering Psychology</th>
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<td>Engineering Psychology: History and Scope of Engineering Psychology.</td>
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<td>Individual Causes of Failure – Group Causes of Failure.</td>
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**Text Book(s)**


**Reference Books**


**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

https://www.coursera.org/courses?query=organizational%20psychology

**Course Designed By:** Dr. B. Selvaraj

**Mapping with Programme Outcomes**

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**Pre-requisite**

NIL

**Syllabus Version**

2020 - 2021

**Instructional Hours Per Week :** 4  
**CIA :** 40  
**ESE :** 60  
**Total Marks :** 100

**Course Objectives:**

The main objectives of this course are to:

1. To provide students with practical exposure.
2. To assess, apply and interpret various questionnaires.
3. To understand the various types of test related to thinking.
4. To explain the social psychology test
5. To know the testing and assessment

**Expected Course Outcomes:**

On the successful completion of the course, student will be able to:

1. To assess and interpret the thinking of an individual.  
   K2
2. To assess the various social skills of an individual.  
   K4
3. To analyze the level of aspiration  
   K4
4. To evaluate the intelligence of an individual  
   K5
5. To analyze the ability of an individual  
   K4

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

**Unit:1**  
Thinking  
4 hours

- Concept formation
- Creativity test

**Unit:2**  
Social Psychology  
4 hours

- Aggression Scale
- Altruism Scale
- Social Skills Problem Behaviour Checklist (Madhu Mathur and Saroj Aurora)
- Marital Adjustment Inventory (H. M. Singh)
- Global Adjustment Scale (Sanjay Vohra)

**Unit:3**  
Aspiration  
4 hours

- Level of Aspiration Measure (Mahesh Bhargava and M.A. Shah)
- Target Dart Test (Rajamanickam)
- Occupational Aspiration Scale (J. S. Grewal)
- Educational Aspiration Inventory (T. Pradeep Kumar)

**Unit:4**  
Testing and Assessment  
4 Hours

- Alexander Pass-along Test
- Raven’s Progressive Matrices
- Bhatia’s Battery
- Binet Kamath Test of Intelligence Reasoning Ability Test (ShailajaBhagawat)

**Total Practical hours**  
16 hours
### Text Book(s)

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### Reference Books

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### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

https://swayam.gov.in/nd1_noc20_hs45/preview

### Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low*
Course code | PERSONALITY ASSESSMENT | L | T | P | C
--- | --- | --- | --- | --- | ---
SKILL BASED SUBJECT 4 | 3 | | | 3 | |

Pre-requisite | NIL | Syllabus Version | 2020 - 2021 |
Instructional Hours Per Week : 3 | CIA : 20 | ESE : 55 | Total Marks : 75

Course Objectives:
The main objectives of this course are to:

6. To know the basic concepts of personality assessment
7. To understand the importance of self-report inventories
8. To explain the Minnesota Multiphasic Personality Inventory
9. To know the different types of personality assessment
10. To make the student to aware of performance based measure

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Define the fundamental concepts of personality assessment K1
2. Classify the various scales of self-report. K2
3. Identify the various assessment tools available under clinical disorders K3
4. Identify the various performance based measures. K4
5. Examine various interest, ability and aptitude scales used for career based assessments K5

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create

Unit:1 Basic Considerations 10 hours
Basic Considerations – History of Personality Assessment – Emergence of personality Psychology-world War II and the expansion of clinical psychology.
Trends over time : Shrinkage and Growth- The Personality Assessment.
Purpose of personality Assessment-Preparing of Personality Assessment.
Conducting Personality Assessments-Interpreting Personality Assessment Data.
Reporting Personality Assessment Findings.

Unit:2 Self - Report Inventories 9 hours

Unit:3 Self - Report Inventories 10 hours
Self - Report Inventories: Minnesota Multiphasic Personality Inventory-history-administration Scoring- Assessing Validity-Psychometric Foundations.
Million Clinical Multi-axial Inventory III- history-administration.

Unit:4 Performance Based Measures 10 hours
Interpretation: Structural, Behavioural and Thematic Variables - Psychometric foundations.
Thematic Apperception Test - history - administration - coding
Interpretation: card pull, story meaning - Psychometric foundations

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**Text Book(s)**

**Reference Books**

**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**
https://psyasia.com/psychometrics-mooc/

**Course Designed By:** Dr. B. Selvaraj

**Mapping with Programme Outcomes**

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*S-Strong; M-Medium; L-Low
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**Instructional Hours Per Week : 4 CIA : 25 ESE : 75 Total Marks : 100**

**Course Objectives:**

The main objectives of this course are to:
1. Demonstrate how knowledge of consumer behaviour can be applied to marketing
2. To learn about factors which influence consumer behaviour
3. Relate psychological aspects such as personality, perception, and attitude to the choice's consumers make.
4. Understand the impact of marketing on consumer behavior
5. Demonstrate methods to improve customer satisfaction

**Expected Course Outcomes:**

On the successful completion of the course, student will be able to:

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<tr>
<td>1</td>
<td>To understand consumer behaviour in an informed and systematic way K2</td>
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<td>2</td>
<td>To analyses personal, socio-cultural, and environmental dimensions related to consumer behaviour K4</td>
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<td>3</td>
<td>To enable students in designing and evaluating the marketing strategies K5</td>
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<td>4</td>
<td>Application of market research in framing effective marketing strategies K3</td>
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<tr>
<td>5</td>
<td>Analyze the major stages which consumers usually go through when making a consumption K4</td>
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</table>

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

**Unit:1 Introduction to Consumer Behaviour 12 hours**

The marketing concept. The role of technology in exchange between consumers and markets. Consumer values, satisfaction and retention. Consumer decision making.

**Unit:2 Segmentation, Targeting and Positioning 12 hours**


**Unit:3 Consumer Motivation and Personality 12 hours**


**Unit:4 Consumer Perception 12 hours**

### Unit: 5  
**Consumer Learning**  
12 hours


### Unit: 6  
**Contemporary Issues**  
2 hours

Expert lectures, online seminars - webinars

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**Text Book(s)**


**Reference Books**

1. Kurder, K. Consumer Behaviour, PHI/Pearson, 2002
2. 

**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**

1. [https://www.coursera.org/courses?query=consumer%20behavior](https://www.coursera.org/courses?query=consumer%20behavior)
2. 
3. 

Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low*
### Course Objectives:

The main objectives of this course are to:

1. To understand the theoretical foundation of the psychological processes related to sports
2. To learn foundations and philosophical questions related to the development of sport program
3. Describe biomechanical foundations of human movement and sports performance
4. Identify motor control processes and mechanisms underlying the learning sports skills
5. Integrate psycho-sociocultural perspectives on sport

### Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1. To apply psychological techniques and strategies to enhance performance in sport
2. Evaluate research in sport psychology and psychological factors related to performance
3. Apply sport psychology theories and research that best fit different performance
4. Evaluate the effectiveness of their work with individuals in sport, exercise, and performance psychology
5. Create a methods to work with clients in sport, exercise, and performance psychology

**K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create**

### Unit:1 The Field of Sport Psychology 12 hours

Introduction to Sport Psychology: Meaning and scope, Importance, Sport Psychology in India. Factors influencing the mental demands of a given sport, Sport and exercise psychology as an academic discipline. History of sport and exercise psychology. Orientation in sport psychology: Psychophysiological, Cognitive-behavioral, Social Psychological. Research methods in sport and exercise psychology, what do sport psychologist do?

### Unit:2 Exercise and Psychological Well-being 12 hours


### Unit:3 Personality and Motivation in Sport psychology 12 hours

## Unit: 4

**Psychological skill training**

- Psychological skill training: Importance of Psychological skill training.
- Effectiveness of Phases of Psychological skill training.
- Goal of Psychological skill training - Self regulation, Increasing self-awareness, Coping with adversity.
- Imagery in sport: Factors affecting the effect of imagery in sports, How imagery works?

## Unit: 5

**Social Psychology of Sport**

- Social Psychology of Sport: Group definition, Understanding group structure, Creating effective teams, Maximizing individual performance in groups.
- Group cohesion: Relationship between group cohesion and performance, Factors affecting group cohesion, Strategies to enhance cohesion.
- Social learning theory, Frustration aggression hypothesis.
- Individual differences in aggression: gender, Identification with team.
- Situational factors affecting aggression: Physical environment, Game circumstances, Reducing aggression in sports.

## Unit: 6

**Contemporary Issues**

- Expert lectures, online seminars, webinars

| Total Lecture hours | 60 hours |

### Text Book(s)


### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

1. [https://www.coursera.org/learn/youth-sports](https://www.coursera.org/learn/youth-sports)

Course Designed By: Dr. B. Selvaraj

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-Strong; M-Medium; L-Low
## Course Objectives:

The main objectives of this course are to:

1. To understand the importance of human resources and their effective management in organizations
2. Demonstrate a basic understanding of different tools used in forecasting and planning human resource needs
3. Learn current theory and practice of recruitment and selection
4. To interpret the role of resistance and commitment in relation to change, propose change strategies for enhancing organizational development
5. Understand the nature and sources of conflict and the different strategies and approaches used in the resolution of conflict.

## Expected Course Outcomes:

On the successful completion of the course, student will be able to:

1. To understand the current theory and practice of recruitment, selection, performance appraisal and training.  

2. Evaluate the role of recruitment and selection in relation to the organization’s business  

3. Analyze the key issues related to administering the human elements  

4. Apply advanced training strategies and specifications for the delivery of training programs  

5. To create a unique selection strategy for a specific job  

**K1** - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyze; **K5** - Evaluate; **K6** - Create

### Unit:1 Introduction to Human Resource Management

12 hours


### Unit:2 Human Resource Planning

12 hours


### Unit:3 Human Resource Motivation

12 hours

Unit:4  Job Design and Motivation  12 hours

Unit:5  Job Evaluation and Performance Appraisal  12 hours

Unit:6  Contemporary Issues  2 hours
Expert lectures, online seminars - webinars

Total Lecture hours  60 hours

Text Book(s)

Reference Books

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
2.

Course Designed By: Dr. B. Selvaraj

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*S-Strong; M-Medium; L-Low
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Pre-requisite: NIL

Instructional Hours Per Week: CIA : 25  ESE : 75  Total Marks : 100

Course Objectives:
The main objectives of this course are to:

6. To understand the principles of Guidance.
7. To know the historical context of Guidance service.
8. To understand the essential features of a Guidance.
9. To explain the Vocational Guidance.
10. To know the Agencies of Guidance in India.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Define the meaning and types of guidance  K1
2. Outline the various testing and non-testing devices  K2
3. Identify the need and principles of personal guidance  K3
4. Identify the importance of guidance services  K4
5. Examine the general issues and current trends  K5

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

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<td>12 Hours</td>
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<td>Guidance Services: Adolescence and Guidance</td>
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<td>Guiding Students Solving Educational Problems.</td>
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<td>Guiding slow learners and gifted children.</td>
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Text Book(s)


Reference Books


Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

https://onlinecourses.swayam2.ac.in/ntr20_ed21/preview

Course Designed By: Dr. B. Selvaraj

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**Pre-requisite**
NIL

**Instructional Hours Per Week**
CIA : 25
ESE : 75

**Total Marks**
100

**Course Objectives:**
The main objectives of this course are to:
11. To understand the characteristics of Self - Concept.
12. To know the types of emotions.
13. To understand the sense of belongingness.
14. To explain the Health and Adjustment.
15. To know the Stress and Adjustment.

**Expected Course Outcomes:**
On the successful completion of the course, student will be able to:
1 Define the meaning and types of Adjustment. **K1**
2 Outline the negative emotions and adjustment **K2**
3 Identify the Social and Psychology of Adjustment **K3**
4 Identify the importance of quality of life **K4**
5 Examine the methods to cope stress. **K5**

**K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create**

**Unit:1**
Introduction to Psychology of Adjustment

Introduction to Psychology of Adjustment – Introduction- Definition- Dimensions of Adjustment: Adjustment as an Achievement. Adjustment as a process.
Types Of Adjustment: Normal Adjustment- Abnormal adjustment- Social Adjustment. The Dynamics of Change and Behavior- Personal Growth and Development.
Self-Concept and Psychology of Adjustment: Introduction- Definition- The Components of the Self –Core.
Characteristics of Self-Concept
The Self-Concept and Personal Growth.
Development of Self- Concept: Cultural Differences- Gender Differences- Media. The two aspects of Self Concept The Existential Self - The Categorical Self.

**Unit:2**
Emotions and Psychology of Adjustment

Emotions and Psychology of Adjustment: Introduction – Definition. Types of Emotions: Primary Emotions - Happiness, Surprise, Disgust, Fear, Anger and Sadness
Negative Emotions: Fear, Anger, Guilt, Depression, Pride, Jealousy, Self-pity, Anxiety, Resentment, Envy, Frustration, Shame, Denial, Offended, Regret, Resentful, Sad, Worried, Grief.
## Unit: 3  Social and Psychology of Adjustment  12 hours

Keeping Friends: Relying on first impressions- Friendships take time to develop-Focus on maintaining the friendships.  
Loosing Friends: No proper Appreciation- Condemning- Criticizing- Complaining- Fault Finding – Not willing to offer timely help.  
Loneliness: Life without Friends.

## Unit: 4  Health and Adjustment  12 Hours

Health and Adjustment: Introduction- Definition- Exercise.  
Types of Exercise: Aerobic exercises, Anaerobic exercises, Flexibility exercises.  
Alcoholism and Smoking- Quality of life- Happiness  
Perspectives of Happiness: Buddhism- Judaism- Catholicism.  
Health and the Mind–Body Relationship.

## Unit: 5  Stress and Adjustment  12 Hours

Symptoms of Stress: Cognitive symptoms- Emotional symptoms- Physical symptoms- Behavioral symptoms.  
Methods to Cope stress: Alter the Situation-Adapt the Stressor- Accept things you cannot change- Make time for relaxation.

| Total Lecture hours | 60 hours |

### Text Book(s)


### Reference Books


### Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]

https://nptel.ac.in/courses/109/104/109104070/

Course Designed By: Dr. B. Selvaraj

### Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low
Elective Papers III
Course code | TITLE OF THE COURSE | L | T | P | C
--- | --- | --- | --- | --- | ---
ELECTIVE PAPER III A | ENVIRONMENTAL PSYCHOLOGY | 4 | 4 |  |  |
Pre-requisite | NIL |  |  |  |  |
Syllabus Version | 2020 - 2021 |  |  |  |  |
Instructional Hours Per Week : | CIA : 25 | ESE : 75 | Total Marks : 100 |  |  |

Course Objectives:
The main objectives of this course are to:
1. To understand the Indian Perspective on Human and environment.
2. To know the components of ecosystems.
3. To understand the characteristics of environmental perception.
4. To explain the features of crowding.
5. To know the environmental psychology and community.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:
1. Understand the research methods in environmental psychology
2. Outline the ecology and development.
3. Identify the effect of environment on behavior.
4. Identify the importance of saving the environment.
5. Examine the specific environmental problems.

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 | Environmental Psychology | 12 hours
--- | --- | ---
Environmental Psychology – Nature and Characteristics; Classification of Environment - Indian Perspective on Human- environment Relationship - World view in Psychology and Environmental Psychology.
Research Methods in Environmental Psychology: Experimental, Simulation.
Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire.
Experimental, correlational and descriptive methods of data collection in environmental Research.

Unit:2 | Ecology and Development | 12 hours
--- | --- | ---
Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological adaptation.
Nature and characteristics: Natural disasters, Technological catastrophe.
Noise, Heat and Air pollution: Nature, characteristics and their influences on behavior with special...
reference to Indian conditions.

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<th>Unit:3</th>
<th>Environmental Perception, Cognition and Attitudes</th>
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<th>Unit:5</th>
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Text Book(s)


Reference Books

5 Bell, P.A. Fisher, J.D. & Loomis, R.J. (1973) Environmental Psychology,Philadelphia.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
Mapping with Programme Outcomes

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*S-Strong; M-Medium; L-Low
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Pre-requisite: NIL

Syllabus Version: 2020 - 2021

Instructional Hours Per Week: 4 | CIA: 25 | ESE: 75 | Total Marks: 100

Course Objectives:
The main objectives of this course are to:

1. To understand the principles of forensic psychology.
2. To know an early model of memory.
3. To understand the compliance and coerced internalization.
4. To explain the historical and political figures.
5. To know the development of violent behaviour.

Expected Course Outcomes:
On the successful completion of the course, student will be able to:

1. Define the meaning and origins of legal psychology.  
   K1
2. Outline the strength and validity of the evidence.  
   K2
3. Identify the psychology of confession.  
   K3
4. Analyze the Profiling criminals from the crime scene.  
   K4
5. Examine the offending behavior programmes.  
   K5

K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create

Unit:1 Introduction  12 hours

Introduction – The meaning of forensic.
The origins of legal psychology.

Unit:2 Eyewitness Memory  12 hours

Eyewitness Memory: An early model of memory.
Acquisition- Retention retrieval.
The strength and validity of the Evidence.

Unit:3 The Psychology Of Confession  12 hours

The Psychology Of Confession: Voluntary false confessions
Interrogational tactics
Coerced false confessions.
Coerced compliance and coerced internalization

Unit:4 The Psychology Of Investigation  12 hours

The Psychology Of Investigation: The cognitive interview
Detecting lies and deceit.
Offender profiling – Profiling- historical and political figures
Profiling criminals from the crime scene.
Profiling criminals from the crime scene.
### Unit:5  
**Criminological Psychology**  
12 hours

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| Total Lecture hours | 60 hours |

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Course Designed By: Dr. B. Selvaraj

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Pre-requisite: NIL

Syllabus Version: 2020 - 2021

**Instructional Hours Per Week:** 4  
CIA: 25  
ESE: 75  
Total Marks: 100

**Course Objectives:**

The main objectives of this course are to:
1. To understand the gender stereotypes.
2. To know the theoretical Positions about gender development.
3. To understand the Women's health.
4. To explain the Gender Identity and Career.
5. To know the Psychopathology and Gender Issues.

**Expected Course Outcomes:**

On the successful completion of the course, student will be able to:

1. Define the meaning and concepts of gender.  
2. Outline the theories of Gender Development.  
3. Identify the Perspectives on marital interaction.  
4. Analyze the importance of Victimization issues.  
5. Examine the Women and the Criminal Justice System.

**Unit:1  Gender Concepts  12 hours**


**Unit:2  Gender Stereotypes and Other Gender Biases  12 hours**


**Unit:3  Gender Issues, Family and Health  hours**

**Unit: 4**  
**Gender Identity and Career** | **12 hours**
---|---

**Unit: 5**  
**Psychopathology and Gender Issues** | **12 hours**
---|---
Psychopathology and Gender Issues: Sex Treatment for Mental Disorders, Stress, Coping, and Differences in Health: Evidence and Explanations. Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers issues. Women and the Criminal Justice System; women as criminal offenders, women as victims. Successful practices to prevent violence against women. Effective strategies and practices to support victims of violence, including victims of sexual assault.

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**Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]**
https://opentext.wsu.edu/psychology-of-gender/

Course Designed By: Dr. B. Selvaraj

**Mapping with Programme Outcomes**

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