

## Semester I

### Course code-110001 Title-General Psychology : Physiological Basis of Behavior

No. of Credits-4,

Marks 100 (25 internal, 75 external)

#### Course Objectives:

The learner will be able to---

- 1) Acquire the basic concepts of psychology.
- 2) Understand the relations of biological and psychological aspects of behaviour.
- 3) Relate the fundamental principles of psychology to everyday life.
- 4) Prepare themselves for further studies in psychology.

#### **Module I: Introduction to Psychology & Research Methods:**

Credits	Lectures	Marks
1	15	25

**Objectives:** After studying the module the learner will be able to:

1. Understand historical roots of psychology
2. Understand and define key concepts in psychology
3. Understand various research methods used in psychology

#### **1.1 Definition & History,**

- Definition,
- Psychology as basic and applied science,
- Goals of Psychology,
- Brief History of Psychology

#### **1.2 Six Major Perspectives on Human Behavior**

- a) Early Perspectives
- b) Modern Perspective

#### **1.3 Major subfields of Psychology**

#### **1.4 How Psychological Research is done**

- a) Survey
- b) Case Study
- c) Naturalistic Study
- d) Experimental Method

## Module II: Physiological Basis of Behavior

Credits	Lectures	Marks
1	15	25

**Objectives:** After studying the module the learner will be able to

1. Identify the divisions of the brain and nervous system and describe their functions.
2. Describe the structure of neurons and how neural impulses are generated.
3. Describe the nature and function of the endocrine system and its effect on behaviour.

2.1 Structure, Function and Types of Neurons

2.2 Neurotransmitter

2.3 The Nervous System: Peripheral and Central

2.4 Structure and Behavioural Functions of the Hind Brain, Mid Brain and Fore Brain

## Module III: Mechanisms of Motivation and Emotion

Credits	Lectures	Marks
1	15	25

**Objectives:** After studying the module the learner will be able to

1. Know the major theoretical perspectives that address motivated behaviour & their limitations
2. Understand the principle motives of behaviour,

3.1 Perspectives on Motivation

3.2 Hunger & Thrust

3.3 Sleep & Sex

3.4 Concept of emotions & Theories of emotions

3.5 Physiology of emotion

- a. Brain mechanism of emotions
- b. Bodily changes and emotions
- c. Effects of bodily responses on emotions

## Module IV: Sensation and Perception

Credits	Lectures	Marks
1	15	25

**Objectives:** After studying the module you will be able to

1. Distinguish between sensation and perception,
2. Describe the general process by which sensation occurs
3. Understand structure and function of eye and ear
4. Describe the Gestalt principles of perceptual organization

4.1 Vision; Structure and function of eye

4.2 Audition; Structure and function of eye

4.3 Other senses (only for Internals)

4.4 Perception & Laws of Perceptual organization- Gestalt laws

4.5 Perceptual constancy

4.6 Perception of depth. Distance and movement

### INTERNAL ASSESSMENT

The following can be submitted as the assignment in written or typed form –

- Crosswords/quizzes prepared,
- Presentations based on what was learnt by the student from online reference or field visits or experiments, Descriptive report of the field visit,
- Posters/charts along with their explanation,
- Subjective tests

## **BOOKS**

### Text book-

1. Ciccarelli S.K. & Meyer G. E.(2014) Psychology. South Asian Edition: Pearson education
2. Feldman, R.S. (2013) Understanding Psychology, 11th edition. New York: McGraw Hill Publications

### Reference Books-

1. Myers, D. G. (2013) Psychology, 10th edition; International edition. New York: Worth Palgrave Macmillan
2. Ciccarelli, S. K., & White, J. N. (2012) Psychology. 3rd edition, New Jersey: Pearson education
3. Feist, G.J, & Rosenberg, E.L. (2010). Psychology: Making connections. New York: McGraw Hill publications
4. Feldman, R.S. (2013) Psychology and your life. 2nd edition, New York: McGraw Hill Publications
5. Martin, D. (2010). Doing psychology experiments (7th ed.) Pacific Grove, CA: Brooks/Cole.
6. Pastorino, E., & Doyle-Portillo, S. (2009). What is psychology? (2nd ed.). Belmont, CA: Thomson Wadsworth
7. Stanovich, K. E. (2010). How to think straight about psychology (9th ed.). Boston, MA: Pearson,

