

<b>COURSE</b>	<b>FACULTY OF PHYSIOTHERAPY</b>
<b>PROGRAM</b>	<b>BACHELOR OF PHYSIOTHERAPY</b>
<b>SEMESTER</b>	<b>1</b>
<b>COURSE TITLE</b>	<b>PSYCHOLOGY</b>
<b>COURSE CODE</b>	<b>17PT0104</b>
<b>COURSE CREDITS</b>	<b>4</b>

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Define the term psychology and its importance in the health delivery system and gain knowledge of psychological maturation during human development and growth and alteration during the aging process.
- 2 Understand behavioral patterns of individuals, theories of development, normal and abnormal aspects of motor, social, emotional, and language development, communication, and interaction skills appropriate to various age groups.
- 3 Understand the importance of the psychological status of the person in the health and diseases, environmental and emotional influence on the mind and personality.
- 4 Acquire the knowledge as to how to deal with the patient.

**Pre-requisite of course:** TO UNDERSTAND PSYCHOLOGICAL ASPECTS OF HUMAN BEING

#### Teaching and Examination Scheme

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
80	0	0	25	15	10	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>UNIT 1-THE ART AND SCIENCE OF PSYCHOLOGY</b> Beginning the study of psychology & Subfields of psychology, Methods of psychology, Evolution, genetics, behavior, nature and nurture, development of behavior-early, cognitive, social	5
2	<b>EVOLUTION, GENETICS AND BEHAVIOR</b> Genetics & Behavior, Nature & Nurture	5
3	<b>THE DEVELOPMENT OF BEHAVIOR</b> Early Development, Cognitive Development, Social Development	3
4	<b>UNIT 2- THE PRINCIPLES OF LEARNING</b> Beginning the study of Learning, Classical Conditioning, Operant Conditioning, Cognitive Learning	5
5	<b>THINKING AND PROBLEM SOLVING</b> The Thinking Process, Solving Problems, How We Learn Concepts	4
6	<b>DRIVES AND MOTIVATION</b> The Nature of Motivation, Primary Motives, Social Motives, Need, Hierarchy theory of Maslow	5

7	<b>AROUSAL, EMOTION AND AWARENESS</b> Physiological basis of arousal & emotion., Emotional feelings & Situations, Altered Feelings & Awareness	5
8	<b>THE SENSES</b> Sensory Mechanisms, Vision., Hearing.	4
9	<b>PERCEPTION</b> Objective Perception, Perceptual Constancies, Depth Perception , Influences on Perception	5
10	<b>PSYCHOLOGICAL TESTING</b> Uses of Tests, Intelligence & Aptitude Tests, Differences in Intelligence, Personality tests.	5
11	<b>PERSONALITY</b> What is Personality?, Theories of Personality, The Shaping of Personality., Coping Behavior	5
12	<b>MEMORY: PHASES OF MEMORY</b> Short term storage, memory and perception thinking etc, Forgetting testimony and recall of events, Memory and ageing	5
13	<b>BEHAVIOR DISORDERS AND THEIR TREATMENT</b> Defining the Behavior Disorders, Psychoneurotic Reactions, Psychotic Reactions, Personality Disorders, Psychotherapies., Behavior Modification	4
14	<b>ATTITUDE AND PREJUDICE</b> The Nature of Attitudes, Prejudice & Discrimination, Development of Attitudes, Social Movements	3
15	<b>INTERPERSONAL BEHAVIOR</b> Experimental analysis on social interaction, studies of the interview situation , Behaviour in formal and informal groups, Group norms and roles, Leadership in formal and informal groups, group moral, Behaviour therapy, behaviour modification techniques, token economy	2
16	<b>STRESS</b> Stress and response., Disorders., Coping with stressors, Four maxims, Meditational yoga	5
17	<b>PAIN</b> Physiological and psychological pain, Types of pain, Pain measurement	5
18	<b>PSYCHOTHERAPY AND COUNSELING</b> Goals, Psychodynamic therapy, Humanistic therapy, Behavior therapy- Relaxation training (Jacobson training), Hypnosis, Biofeedback, Behavior modification therapies (BMT), Cognitive therapy- Elli's rational/ emotive therapy, Beck's cognitive, Meichenbaum's self-instructional training	5
<b>Total Hours</b>		80

**References:**
**Textbooks:**

1. Introduction to psychology by–Morgan and King, 7th Edition, Tata McGraw-Hill. Edition.
2. Psychology for Physiotherapists by Thangamani Ramalingam A, Latest Edition, Jaypee Publications.

**Reference books:**

DR. ASHISH DHIRAJLAL KAKKAD (PT)

DR. ASHISH DHIRAJLAL KAKKAD (PT)

Digitally signed by (Name of HOD)

Digitally signed by (Name of Dean/ Principal)

1. Psychology for Physiotherapists by E. Naomi Dunkin, Latest Edition, British Psychology Society.
2. Beginning Psychology by Charles Stangor, Latest Edition, Flat World Knowledge Publisher.