

Punyashlok Ahilyadevi Holkar Solapur University, Solapur



NAAC Accredited-2015
'B' Grade (CGPA 2.62)

Name of the Faculty: Science & Technology

CHOICE BASED CREDIT SYSTEM

Syllabus: Psychology

Name of the Course: B.Sc. I (Sem-I & II)

(To be effective from the academic year 2019-2020 (June-2019)).

Punyashlok Ahilyadevi Holkar Solapur University, Solapur

For B.Sc. I Psychology

Choice Based Credit System (CBCS) Pattern

To be implemented from Academic Year 2019-20

1. Course Structure: (Discipline Specific Core) - Psychology

Paper No	Title of the Course	Marking Scheme			L	T	P	Credit
		UA	CA	Total				
Semester I- Psychology								
I	General Psychology	40	10	50	2.5	-		4
II	Developmental Psychology (Adolescence to Adulthood)	40	10	50	2.5	-		
	Total	80	20	100	5	-		4
Semester II – Psychology								
III	Fundamental Psychology	40	10	50	2.5	-		4
IV	Developmental Psychology (Middle Adulthood to Late Adulthood)	40	10	50	2.5	-		
	Total	80	20	100	5	-		4
Practical's	Practical's I & II	80	20	100	-	-	4	4
	Total	80	20	100	-	-	4	4
Grand Total		240	60	300	10	-	4	12

2. Distribution of each Theory paper (50 Marks)

a. University Assessment (UA)

:

40 Marks
b.

College Assessment (CA) : 10 Marks

Scheme of College Assessment (10Marks)

1. Unit Test : 5 Marks
2. Home Assignment/ Tutorials/ : 5 Marks

Seminars/ Group Discussion/Hospital Visit

3. Distribution of Practical Marks (100 Marks)

Practical Examination will be at the end of second semester. The candidate has to be perform One practical allotted by examiner.

A. University Practical Examination (80 Marks) (UA)

B. Break up of 80 marks of each practical (UA)

- a) Journal : 20 Marks
- b) Statistical Problem : 10Marks
- c) Instructions and Conduct : 20Marks
- d) Report Writing : 20Marks
- e) Oral : 10Marks

C. College Assessment CA (20 Marks)

Break up of 20 Marks

- Practical Unit Test : 10 Marks
- Home Assignment & Oral : 10 Marks

Choice Based Credit System (CBCS) (w.e.f.

From June, 2019)

1) Title of the course:

B.Sc. – I – Psychology – Choice Based Credit System (CBCS) 2019

2) Preamble:

This course provides a broad overview of psychology in General & Developmental psychology. It covers major theoretical perspectives & concepts including, biological perspectives, consciousness, learning, memory, intelligence, personality & life span development among adolescent to old age.

3)

4) Objectives of the course:

1. To familiarize students with the basic psychological processes
2. To explore mysteries of mind & behaviors
3. To impart skills for decision making & guiding actions in our lives
4. To make students understanding the nature of physical, cognitive, social & personality development in adolescence to old age
5. To introduce phenomenon with health related consequences

5)

6) Outcomes:

1. Students can apply the psychological principles in their real life situations.
2. This syllabus helps students to learn more effectively about life span development.
3. This course helps students in understanding of human lives & advise how they should perceive their lives.
4. Students find out what is psychologically correct & what is psychologically advisable in their lives.
5. Students recognize & shape their wellbeing in future course of actions.
6. Human development helps students to develop better physical, social, and cognitive & personality perspectives.
7. This syllabus provides applied information about love, marriage, education, carrier, parenting & health in adolescence to old age.

7) Eligibility of Course:

Passed Higher Secondary Education or 10 + 2 from recognized board with science subject.

8) Durations:

The duration for the programme is one year with two semester pattern.

9) Medium of Instructions–

English

Sem I

Psychology Paper I

Title of Paper: General Psychology I

Credit:4

Lect. Hrs:35 (Periods)

Marks:50 Marks

Unit – 1: The Science of Psychology

Lect. Hrs 9

- 1.1
 - A) Definition
 - B) Goals
 - C) Types of Psychological Professionals
- 1.2 Modern Perspectives
 - A) Behavioral
 - B) Humanistic
 - C) Bio Psychological
 - D) Cognitive
- 1.3 Methods
 - A) Naturalistic observation
 - B) Case Studies
 - C) Survey
 - D) Experiment

Unit – 2: Biological Perspective

Lect. Hrs 9

- 2.1 Neurons
 - A) Structure of Neurons
 - B) Neural Impulses
 - C) The Synapse
- 2.2 Central nervous system
 - A) The Brain – The Brain stem, structure under the cortex, lobes and their specialties, Associative Area of cortex.
 - B) Spinal Cord – Reflex Arc.
- 2.3 Peripheral Nervous System
 - A) Somatic
 - B) Autonomic

Unit – 3: Consciousness **Lect. Hrs 9**

- 3.1 Definition
- 3.2 Sleep
 - A) Stage of Sleep
 - B) REM Sleep
 - C) Sleep disorder
- 3.3 Dream
 - A) Theories of Freud’s interpretation
 - B) Activation – Synthesis hypothesis theory
- 3.4 Hypnosis
 - A) Steps of hypnotic induction
 - B) Theories of hypnosis

Unit – 4: Basic Principles of learning **Lect. Hrs 8**

- 4.1 Definition of learning
- 4.2 Classical conditioning
 - A) Pavlov’s classical expt – Stimulus Generalization and discrimination, Extinction and Spontaneous recovery.
 - B) Elements of classical conditioning
- 4.3 Operant Conditioning
 - A) B. F. Skinner – Operant conditioning
 - B) Concept of reinforcement
 - C) Punishment

Sem – I

Psychology Paper – II

Title of Paper: Developmental Psychology (Adolescence to Adulthood)

Credit:4

Lect. Hrs.:35 (Periods)

Marks: 50 Marks

Unit–1: Adolescence – Physical and cognitive development

Lect. Hrs 9

1.1 Physical Development

A) Puberty – Puberty in Girls Puberty in boys, body image

B) Nutrition, food, eating disorder

C) Threats to adolescents well – being – Alcohol, tobacco, sexually transmitted infections.

1.2 Cognitive development – Piagetian Approach to cognitive development.

Unit – 2: Adolescence – Social and personality development Lect. Hrs 9

2.1 Identify

A) Self concept

B) Self esteem

C) Identity formation

D) Marcia's Approach

E) Depression and suicide in Adolescence

2.2 A) Dating

B) Sexual relationship

C) Sexual orientation

Unit-3: Early Adulthood – Physical and Cognitive development

Lect Hrs 9

3.1 Physical Development

- A) The senses
- B) Motor functioning, fitness and Health

3.2 Cognitive development

- A) Post - formal thoughts
- B) Perry's Approach
- C) Schaie's stages of development

Unit-4: Early Adulthood – Social and personality development

Lect. Hrs 8

4.1 Intimacy, liking, love

- A) Social Clocks
- B) Falling in love
- C) Passionate companions love
- D) Sternberg triangular theory
- E) Choosing Partner

4.2 Relationships

- A) What Marriage works?
- B) Parenthood
- C) Staying single

Unit-3:	Motivation and Emotion	Lect. Hrs 9
	3.1 Motivation – Definition Approaches	
	A) Drive reduction theory	
	B) Arousal approach	
	C) Incentive approach	
	D) Humanistic approach	
	3.2 Emotion – Definition	
	A) Three components of emotion	
	B) Theories of emotions – James Lange, Cannon-Bard, Schachter-Singer theory	
Unit – 4:	Personality	Lect. Hrs 8
	4.1 Definition of Personality	
	4.2 Freud and psychoanalysis	
	A) Divisions of the mind	
	B) Divisions of personality	
	C) Stages of personality development	
	4.3 Trait theories	
	A) Allport	
	B) The five factor model	
	4.4 Assessment of personality	
	A) Projective tests – Rorschach inkblots, TAT	
	B) Personality inventories – [MBTI, MMPI – 2]	

Sem – II
Psychology Paper – IV
Title of Paper: Developmental Psychology
(Middle Adulthood to Late Adulthood)

Credit:4

Lect. Hrs:35 (Periods)

Marks: 50 Marks

Unit – 1: Middle Adulthood – Physical and cognitive development Lect. Hrs 9

1.1 Physical development

A) Height, Weight, Strength,

B) The senses

1.2 Sexuality

A) The female climacteric and menopause

B) Male climacteric

1.3 Health

A) Coronary heart disease

B) The threat of cancer

1.4 Cognitive development

Changes in crystallized and fluid intelligence

Unit – 2: Middle Adulthood – Social and personality development Lect. Hrs 9

2.1 Personality development

A) Erickson's stages of generativity, VS stagnation - Building on Erickson's views, Midlife crisis

B) Stability and change in the big five personality traits

2.2 Relationships

A) Marriage

B) Divorce

C) Empty nest

D) Boomerang Children

E) Family Violence

Unit – 3: Late Adulthood – Physical and cognitive development Lect. Hrs9

3.1 Physical development

- A) Physical transitions in older people
- B) The senses vision, hearing, taste and smell.

3.2 Health & Wellness

- A) Health Problems in older People
- B) Well – ness in late adulthood
- C) Approaches (Theories) to aging

3.3 Cognitive development

- A) Intelligence in older people
- B) Memory changes in old age

Unit – 4: Late – Adulthood – Social and personality development Lect. Hrs8

4.1 Personality development

- A) Continuity and change in personality during late adulthood – Erickson, Peck, Levinson, Neugarten
- B) Successful aging – disengagement theory, activity theory, continuity theory.
- C) Living arrangements
- D)

4.2 Relationships

- A) Caring of an aging spouse
- B) Death of a spouse
- C) Family relationships – children, grandchildren and great – grandchildren.
- D) Elder Abuse

Books for Reading

❖ For paper I /III

1. Ciccarelli and Meyer (2012) *Psychology – south Asian ed. Fifth Impression 2012, pearson, Education.*

❖ For paper II /IV

1. Robert – S. Feldman (2010) – *Discovering the life span – first impression 2010, Pearson education.*

❖ Books for References (Paper I, II, III, IV)

1. Lahe Benjamin B. – (2003) *Psychology an introduction. 6th Ed. Tata McGraw-Hill 1998.*
2. Robert S. Feldman (2002) *Understanding Psychology. Tata McGrawHill.*
3. Robert Baron (2011) *Psychology. Fifth Ed. Pearson Education.*
4. Papilla Daniel E. (1996) *Human Development. 5th Ed. Tata McGrawHill.*
5. Hurlock Elizabeth (1996) *Development Psychology – A Life Span approach. Tata M Groups Graw Hill 1996.*
6. John W. Santrack (2007) – *Life span development. 3rd Ed. Tata MC Grew Hill 2007.*

Psychology Practical Paper – I (Annual)

Title of Paper: Experiments & Tests

Credit:4

Lect. Hrs:35 (Periods)

Marks:50

Paper – I – Practical – Experiments / Tests

1. Pass alongtest
2. Ravan’s Standard progressivematrix.
3. Career preferenceschedule
4. Introversion –Extroversion
5. Emotional Intelligence Scale
6. Aptitude test (EngineeringAptitude)
7. AchievementsMotivation
8. MemorySpan
9. Aspirationtest
10. Problem solving (WigglyBooks)
11. Maze Learning (Stylus Maze or Bold headmaze)
12. Span ofAttention
13. McDougal Division ofAttention
14. HabitInterference
15. Knowledge ofResults
16. Transfer of Training (Cup –Ball)

Statistics

1. Mean
2. Median
3. Mode

Books for Reference

1. E. Munn – ExperimentalPsychology
2. Parmeshwaran – ExperimentalPsychology
3. Postman Egan – ExperimentalPsychology
4. Garrett – Statistics in Psychology andEducation
5. Anastasi – psychological Testing