

Teaching Plan

Name of the Faculty: Dr. Daisy Sharma

Name of the Course: B.A. (Hons) Psychology CBCS

Semester : II Sec (if any): N/A

Title of the Paper : C-PSY-03 Biological Psychology

Month	Topics Covered	References
January	<p>Introduction to biopsychology:</p> <ul style="list-style-type: none"> • Nature and scope; • Methods and ethics in biopsychology • Divisions of biopsychology. 	<p>Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.</p> <p>Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.</p> <ul style="list-style-type: none"> • Nature and Scope covered from Pinel • Methods from Carlson • Ethics in Biopsychology from Pinel • Divisions of Biopsychology from Pinel
February	<p>The Functioning brain:</p> <ul style="list-style-type: none"> • Structure and functions of neurons; • Neural conduction and synaptic transmission <p>Organization of Nervous system:</p> <ul style="list-style-type: none"> • Central nervous system & peripheral nervous system: • Structure and functions of CNS and PNS. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. 	<p>Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.</p> <p>Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.</p> <p>Leukel, F. (2002). Introduction to Physiological Psychology. CBS publishers and distributors pvt ltd, New Delhi.</p>

<p>March</p>	<ul style="list-style-type: none"> • Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization). <p>Neuroendocrine system:</p> <ul style="list-style-type: none"> • Structure, functions and abnormalities of major glands: Thyroid, Adrenal 	<p>Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.</p> <p>Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.</p> <p>Leukel, F. (2002). Introduction to Physiological Psychology. CBS publishers and distributors pvt ltd, New Delhi.</p>
<p>April</p>	<p>Neuroendocrine system: Gonads, Pituitary, Pancreas and Pineal</p>	<p>Leukel, F. (2002). Introduction to Physiological Psychology. CBS publishers and distributors pvt ltd, New Delhi.</p>

Note : The tentative date of Assignment/test/Project may also be provided.

The schedule of Practicals may also be provided

Assignment submission: 15th February 2016

Class Presentations: Starting from 22th February 2016 onwards

Class Tests: 23th February 2016 and 22th March 2016.

The schedule of **Practical** may also be provided

Practical I: (15th January 2016)

Personality Test: To assess the personality of the subject with the help of Semi Projective Technique (Rotter's Incomplete Sentence Blank).

Activities :

1. group discussion on methods in biopsychology
2. Quiz of syllabus after completing syllabus
3. Videos on neurons, nervous system, brain and its parts
4. Videos on classic studies in biopsychology
5. Movie reviews of films related to biopschology

Teaching Plan

Name of the Faculty: Shailja Rana

Name of the Course: CBCS Paper GE-PSY-03

Semester : II

Title of the Paper : Psychology for Health and Well-being

Month	Topics to be Covered	References
January	<p>UNIT-1</p> <ul style="list-style-type: none">• Health (definitions and components like physical, psychological, etc.),• Health Psychology• Need for the discipline of Health Psychology• History of Health Psychology	<ul style="list-style-type: none">• Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill.• Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley• Snyder, C.R., & Lopez, S.J. (2007).

<p>February</p>	<ul style="list-style-type: none"> • Changing views of Health and Illness • Illness-Wellness Continuum • Introductory concepts of Illness and Well-being • Models of Health & Illness: Health-Belief Model, Biopsychosocial Model, Biomedical • Holistic Health • Health & Well-being <p style="text-align: center;"><i>Presentations to start tentatively on 9th February, Tuesday (Not more than 2 presentations per TUT class)</i></p> <p>UNIT-2</p> <ul style="list-style-type: none"> • Stress – definitions & nature • GAS • Types of Stress (Eustress & Distress) • Stressors and Sources of Stress • Effects of Distress on physical and psychological health • Coping with stress – Emotion-focused and Problem-focused coping • Stress Management Techniques <ul style="list-style-type: none"> ➤ Physical techniques like Biofeedback, Progressive relaxation, Breathing, Exercise, Lifestyle changes ➤ Psychological & Cognitive techniques like guided imagery, positive affirmations etc ➤ Holistic approaches like Yoga, Meditation, Religious coping. ➤ Social Support <p>UNIT-3</p> <ul style="list-style-type: none"> • Introduction to Health Behaviours & very briefly Health Promotion • Health-enhancing behaviours: Exercise, Nutrition 	<p>Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.</p> <ul style="list-style-type: none"> • Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton. • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. • Baumgardner, S. R. & Crothers, M. K. Positive Psychology • Allen, F., Health Psychology <ul style="list-style-type: none"> • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • Allen, F., Health Psychology • Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. <ul style="list-style-type: none"> • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • Allen, F., Health Psychology • Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley
<p>March</p>		

<p style="text-align: center;">April</p>	<p><i>Test to be held tentatively on 1st March (Tuesday)</i></p> <p>UNIT-3 (continued)</p> <ul style="list-style-type: none"> • Health compromising behaviours: Smoking, Drinking, Obesity, Eating Disorders • Health Protective behaviours • Illness Management <p>UNIT-4</p> <ul style="list-style-type: none"> • Positive Psychology (brief introduction and history) • Classification of human strengths and virtues <p>UNIT-4 (continued)</p> <ul style="list-style-type: none"> • Cultivating inner strengths • Hope • Optimism • Gainful Employment • Me/We Balance 	<ul style="list-style-type: none"> • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • Allen, F., Health Psychology • Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. <ul style="list-style-type: none"> • Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. • Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. <ul style="list-style-type: none"> • Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. • Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
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Teaching Plan

Name of the Faculty: Shailja Rana

Name of the Course: CBCS Paper GE-PSY-03

Semester : II Sec (if any): N/A

Title of the Paper : GE-PSY-03 Psychology for Health and Well-being

Month	Topics to be Covered	References
January	<p>UNIT-1</p> <ul style="list-style-type: none"> • Health, Health Psychology , Need for the discipline of Health Psychology, History of Health Psychology • Changing views of Health and Illness • Illness-Wellness Continuum • Introductory concepts of Illness and Well-being; Models of Health & Illness: Health-Belief Model, Biopsychosocial Model, Biomedical; Holistic Health • Health & Well-being 	<ul style="list-style-type: none"> • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley • Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. • Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton. • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. • Baumgardner, S. R. & Crothers, M. K. Positive Psychology • Allen, F., Health Psychology <ul style="list-style-type: none"> • Health, Health Psychology , Need for the discipline of Health Psychology, History of Health Psychology covered from Taylor • Changing views of Health and Illness covered from Foreshaw • Illness-Wellness Continuum covered from Sarafino • Introductory concepts of Illness and Well-being; Models of Health & Illness: Health-Belief Model, Biopsychosocial Model, Biomedical; Holistic Health; covered from Forshaw, Allen and Taylor • Health & Well-being covered from Baumgardner, Snyder and DiMatteo
February	<p>UNIT-2</p> <ul style="list-style-type: none"> • Stress –nature, GAS • Sources of Stress • Effects of Stress on physical and mental health • Coping with stress 	<ul style="list-style-type: none"> • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill.

<p>March</p>	<ul style="list-style-type: none"> • Stress Management <p>UNIT-3</p> <ul style="list-style-type: none"> • Health Management and Health Behaviours • Health-enhancing behaviours: Exercise, Nutrition <p>UNIT-3 (continued)</p> <ul style="list-style-type: none"> • Health compromising behaviours • Health Protective behaviours • Illness Management <p>UNIT-4</p> <ul style="list-style-type: none"> • Human strengths • Classification of human strengths and virtues 	<ul style="list-style-type: none"> • Allen, F., Health Psychology • Sarafino, E. P. & Smith, E. W. (2011), Health Psychology: Biopsychosocial Interactions, 7th Edition, Wiley • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. <ul style="list-style-type: none"> • Stress- nature and GAS covered from Taylor, Sarafino and Allen • Sources of Stress covered from Taylor and DiMatteo • Effects of Stress on physical and mental health covered from Taylor • Coping with stress covered from Taylor and DiMatteo • Stress Management Techniques covered from Taylor and Allen • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • Allen, F., Health Psychology <ul style="list-style-type: none"> • Health Management and Health Behaviours covered from Taylor • Health-enhancing behaviours: Exercise, Nutrition covered from Taylor and Allen • Taylor, S.E. Health psychology. New Delhi: Tata McGraw Hill. • DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. <ul style="list-style-type: none"> • Health compromising behaviours covered from Taylor • Health Protective behaviours covered from DiMatteo • Illness Management covered from DiMatteo
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<p>April</p>	<p>UNIT-4 (continued)</p> <ul style="list-style-type: none"> • Cultivating inner strengths; Hope and Optimism • Gainful Employment and Me/We Balance 	<ul style="list-style-type: none"> • Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. <ul style="list-style-type: none"> • Human strengths covered from Snyder • Classification of human strengths and virtues covered from Snyder • Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. • Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. <ul style="list-style-type: none"> • Cultivating inner strengths; Hope and Optimism covered from Snyder and Carr • Gainful Employment and Me/We Balance covered from Snyder
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Note : The tentative date of Assignment/test/Project may also be provided.

The schedule of Practicals may also be provided

Class Presentations: Starting from 9th February 2016 onwards.

Class Test: 1st March 2016.