

COMSATS Institute of Information Technology
Registrar Office, Principal Seat, Islamabad

No: CIIT-Reg/Notif-711/12/1036

July 4, 2012

NOTIFICATION

Scheme of Studies of Bachelor of Science in Psychology

It is hereby notified that the Academic Council in its 13th meeting held on June 04, 2012 approved the following Scheme of Studies of the Bachelor of Science in Psychology, BS (PSY) with effect from Fall 2012 at CIIT system:

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| 1. Minimum Duration: | 04 Years |
| 2. Minimum No. of Semesters: | 08 |
| 3. No. of Credit Hours in each Semester: | 14-19 |

4. Course Work	<u>Min No. of Courses</u>	<u>Min No. Credit Hrs</u>
i. Core Courses (List attached)	39	121
ii. Electives Courses from any Group (List attached)	04	12
Total No. of Courses of the Program:	43	
Total No. of Credit Hours of the Program:		133

Note: The Regulations relating to Undergraduate Degree Programs approved by the Competent Authority and amended from time to time shall also be applicable to this program.

This issues with the approval of the Competent Authority.


Nadeem Uddin Qureshi
Additional Registrar

Distribution:

1. Dean Faculty of Business Administration, CIIT
2. All Directors CIIT System
3. Chairperson, Department of Humanities, CIIT
4. Incharge, CIIT Islamabad Campus
5. All Incharges, Academic Sections, CIIT Campuses
6. All HoD's/Incharges, Department of Humanities, CIIT Campuses
7. Controller of Examinations, CIIT
8. All Incharges, Examination Departments, CIIT Campuses

CC:

1. PS to Rector
2. PA to Registrar

List of Core Courses:

Serial No.	Course Code	Course Title	Cr. Hrs.	Pre-requisite
1.	CSC101	Introduction to Computing	3(3, 0)	
2.	DEV101	Introduction to Development Studies	3(3, 0)	
3.	HUM103	Communication Skills	3(3, 0)	
4.	HUM104	Functional English	3(3, 0)	
5.	HUM105	Writing and Presentation Skills	3(3, 0)	
6.	HUM106	Basic Linguistics	3(3, 0)	
7.	HUM110	Islamic Studies	3(3, 0)	
8.	HUM111	Pakistan Studies	3(3, 0)	
9.	HUM202	Creative Thinking and Decision Making	3(3, 0)	
10.	HUM223	Introduction to Philosophy	3(3, 0)	
11.	HUM320	Introduction to Sociology	3(3, 0)	
12.	MGT350	Human Resource Management	3(3, 0)	
13.	PSY100	Foundations of Psychology	4(3, 1)	
14.	PSY101	Biology	3(3, 0)	
15.	PSY102	History and Perspectives of Psychology	3(3, 0)	
16.	PSY203	Introduction to Psychopharmacology	3(3, 0)	
17.	PSY204	Experimental Psychology	4(3, 1)	
18.	PSY205	Introduction to Social Psychology	3(3, 0)	
19.	PSY210	Personality Theories I	3(3, 0)	
20.	PSY211	Personality Theories II	3(3, 0)	PSY210
21.	PSY306	Advance Social Psychology	3(3, 0)	PSY205
22.	PSY312	Mental Health and Psycho-Pathology I	3(3, 0)	
23.	PSY313	Psychological Testing I	3(3, 0)	
24.	PSY314	Mental Health and Psycho-Pathology II	3(3, 0)	PSY312
25.	PSY315	Psychological Testing II	3(3, 0)	
26.	PSY320	Neurological Basis of Behavior	3(3, 0)	
27.	PSY330	Research Methods I	3(3, 0)	
28.	PSY331	Elementary Statistics	3(3, 0)	
29.	PSY332	Research Methods II	3(3, 0)	PSY330
30.	PSY333	Applied Statistics	3(3, 0)	PSY331
31.	PSY336	Internship	2(2, 0)	
32.	PSY337	Research Project	6	PSY330
33.	PSY340	Developmental Psychology	3(3, 0)	
34.	PSY407	Positive Psychology	3(3, 0)	
35.	PSY408	Educational Psychology	3(3, 0)	
36.	PSY409	Cross Cultural Psychology	3(3, 0)	
37.	PSY416	Cognitive Psychology	3(3, 0)	
38.	PSY503	Media Communication	3(3, 0)	
39.	PSY504	Introduction to Anthropology	3(3, 0)	



List of Electives Courses**Group 1 (Any two or three courses may be opted from group 1)**

Course Code	Course Title	Credit Hours	Prerequisite(s)
PSY321	Advanced Neuropsychology	3(3, 0)	
PSY341	Childhood Psychopathology	3(3, 0)	
PSY417	Cognitive Behavior Therapy	3(3, 0)	
PSY418	Clinical Psychology	3(3, 0)	
PSY500	Forensic Psychology	3(3, 0)	

Group 2 (Any one or both course may be opted from group 2)

Course Code	Course Title	Credit Hours	Prerequisite(s)
PSY251	Industrial /Organization Psychology	3(3, 0)	
PSY419	Counseling and Guidance	3(3, 0)	
PSY501	Community Psychology	3(3, 0)	
PSY502	Health Psychology	3(3, 0)	

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DETAILS OF NEW COURSES

HUM104: Functional English

Course Objectives

The objective of this course is to enhance language skills and develop critical thinking. The students will learn the basics of grammar, parts of speech, sentence structure, and punctuation and spelling. Moreover, the students will also be able to analyze the phrase, clause and sentence structure and transitive and intransitive verbs.

Course Description

This course has been designed to equip the students with the skills necessary for independent learning in the academic environment. By the end of this course the students will be able to answer the questions on a given text. Their listening power will be improved by showing documentaries/films carefully selected by subject teachers. General topics and every-day conversation will also be the part of the course.

HUM105: Writing and Presentation Skills

Course Objectives

The objective of this course is an intensive practice of essay writing and presentation skills. The basics of good writing techniques and communicative strategies in paragraphs and essays will be taught.

Course Description

In this course, the students will be writing an analytic essay on any aspect related to language, or current social and ethical issues. Writing different forms of essays, e.g. Cause and Effect, Comparison and Contrast, Persuasive essays, Argumentative essays will equip the students to write well organize essays which are the requirement for university style essay answers in examinations and assignments. Students will be writing an analytic essay on any aspect related to language, or current social and ethical issues. In the presentation part, students are required to prepare and present topics chosen in consultation with the teaching staff on aspects of the course covered during the semester. If done in groups, each member is expected to make a contribution both in preparing the presentation and defending it in a question-answer session with the class.

HUM106: Basic Linguistics

Course Objectives

To introduce students to the basic concepts in linguistics and language study.

Course Description

The course gives the basics of General Linguistics covering areas of the scope and origin of human language, difference between animal and human communication, scope of Linguistics, levels of Linguistic Analysis, Elements of Language, Phonology (Sounds of English), Morphology (Word forms & structures), Syntax (Sentence structures), Semantics (Meanings). The study of Language and society, language and the brain, language in use and discourse analysis are also parts of the course.

PSY100: Foundations of Psychology

Course Objectives

The objective of this course is to introduce the major areas and parameters of the psychology discipline. They would learn that psychology is the scientific study of human mind and behavior and it is involved in many aspects of human life. In this course the students will focus on basic concepts, research, and theories involved in increasing the understanding of human behavior and human societies.

Course Description

In this course the major areas and parameters of the discipline will be explained. The students will be able to distinguish between the major perspectives on human thought and behavior. The students will be able to distinguish between the major perspectives on human thought and behavior. Students will learn the variety of ways psychological data are gathered and evaluated and will gain insight into human behavior and into one's own personality or personal relationships. They will also learn to explore the ways that psychological theories are used to describe, understand, predict, and control or modify behavior.

PSY102: History and Perspectives of Psychology**Course Objectives**

In this interactive course, the students will become familiar with the chronological history of ideas which contribute to the field of psychology. They will understand the key contributions of major figures in the history of psychology and be able to relate the major perspectives to the individuals who are responsible for articulating them.

Course Description

They will develop a basic understanding of the various processes of scientific development and change. They will focus on the historical context within which that historical development took place and the schools of psychology. Moreover, they will be able to place current psychological thought within that historical development and context.

PSY204: Experimental Psychology**Course Objectives**

The objective of this course is to familiarize the student with a basic and broad understanding of the scientific method and its application to the problems of Psychology. In this course the students will learn the current concepts and methodologies used in experimental psychology.

Course Description

Students will also learn the techniques of communicating results of experiments. They will have an understanding of ethical approaches to conduct the experimental research. The students will be able to identify and explain the principles of empiricism, including how these are applied to implementation of research. They would be able to describe the principles and procedures of data acquisition and the application of methods of experimental control. Further, they will understand the distinct differences between the goals of basic vs. applied scientific research

PSY205: Introduction to Social Psychology**Course Objectives**

The basic purpose of social psychology course is to give awareness of certain fundamental concepts and principles involved in human behavior.

Course Description

It will provide an awareness of the major problems and issues in the discipline of social psychology, and the capacity to interpret research findings. To accomplish this goal, this course will emphasize the understanding and interpretation of research findings and an ability to evaluate their usefulness.

PSY210: Personality Theories I**Course Objectives**

The objective of this course is to compare, contrast and critically various theoretical models from a variety of perspectives. The students will be able to understand how culture and history has shaped the field's conceptualization of personality.

Course Description

Students will be able to articulate the major concepts and principles of each personality theory discussed in the class and in the text. Students will be able to articulate each theoretical assessment technique and the theoretical approach to the treatment and understanding of psychopathology.

PSY211: Personality Theories II**Course Objectives**

The objective of this course is to examine, in depth, specific theories under each of the major psychological models. Moreover, the students will be able to critically evaluate each theory and understand different methods of personality research.

Course Description

The purpose of this course is to study specific theories under each of the major psychological models of personality and examine each theoretical concept and principle, their explanation of personality development, their assessment techniques, and their application to treatment of psychopathology.

PSY312: Mental Health and Psycho-Pathology I**Course Objectives**

This course focuses on knowledge of the psychological theories and models of the field of abnormal psychology.

Course Description

The students will understand the assessment, etiology, symptoms, and treatments of the major psychological disorders. They will become familiar with research methods and ethical considerations appropriate for the study of abnormal psychology.

PSY314: Mental Health and Psycho-Pathology II**Course Objectives**

Students will have thorough understanding of assessment, etiology, symptoms, and treatments of the major psychological disorders.

Course Description

The basic aim of this course is in-depth understanding of the psychological theories and models of the field of abnormal psychology. Students will have thorough understanding of assessment, etiology, symptoms, and treatments of the major psychological disorders. Students will articulate the ability to apply course materials to case studies of individuals. Students will learn the basic theories and concepts of abnormal behavior, differential diagnosis and the etiological factors described in DSM-IV.

PSY320: Neurological Basis of Behavior**Course Objectives**

The objective of this course is to understand the anatomy and function of different brain areas. The students will understand how cells in the brain (neurons) operate. In particular, how they communicate with one another and with organs.

Course Description

In this course the student s will study the origin of neuropsychology. Students will explore biological, psychological, computational and clinical approaches to understand the nervous system as the biological basis of behavior, as well as perception, memory, motivation, and emotion. The will also focus on the physiology of neural cells, nervous system and emotions and regulations of internal body states.



PSY340: Developmental Psychology

Course Objectives

The basic objective of this course is to familiarize the students with the important aspects of developmental research and some of the theoretical explanations of the developmental process.

Course Description

They will understand the relationship between heredity and environment as they form the foundations of human development. This course will focus the advances in cognitive, moral, and social development occurring in late childhood, ages seven to twelve. Further, students will gain knowledge regarding the crises and their effects on the individual in various developmental stages throughout the lifespan. They will also understand the developmental challenges of adolescence.

PSY313: Psychological Testing I

Course Objectives

The Objective of this course is to introduce the student to the basic theoretical psychometric concepts and use of psychological tests.

Course Description

The purpose of this course is to introduce the student to the basic theoretical psychometric concepts and use of psychological tests. Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized. Understand statistical concepts, including scales of measurement, measures of central tendency, indices of variability, shapes and types of distributions, and correlations. Understand reliability, validity, and understanding social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

PSY315: Psychological Testing II

Course Objectives

Major course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation.

Course Description

In this course the students will study test rationale, construction, characteristics and the uses of evaluation are emphasized. At the end of this course the students will understand social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

PSY330: Research Methods I

Course Objectives

The objective is to familiarize the students with some basic concepts of research and its methodologies. The students will be able to identify appropriate research topics. The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation.

Course Description

The course is designed to familiarize the students with all aspects of research processes from generation of research idea to data collection analysis and interpretation of findings. The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation. The students will prepare a project proposal ((to undertake a project), and to organize and conduct research (advanced project) in a more appropriate manner.

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PSY332: Research Methods II

Course Objectives

The course will enable the students to select research designs, methodologies, and measurement strategies used in social work research, and be able to assess the strengths and weaknesses.

Course Description

This course will focus on understanding research concepts to permit a critical analysis of research and evaluation studies with respect to quality, bias, ethics, and potential applications. The students will apply research concepts and principles in the development and use of qualitative and quantitative methodologies and analytical approaches.

PSY331: Elementary Statistics

Course Objectives

The objective of this course is to train the students in theoretical as well as applied statistics, with particular reference to psychology.

Course Description

The statistical analysis is a very essential part of psychological research and students need to grasp the concepts, theoretical rationale, use of certain statistical analysis, and also to learn to carry out thesis analysis.

PSY333: Applied Statistics

Course Objectives

This course would familiarize the students with statistical concepts used in psychological research.

Course Description

It will further equip and train the students how and when to use different inferential statistics for research data analysis in Psychology and Social Sciences.

PSY306: Advanced Social Psychology

Course Objectives

The objective of this course is to have deeper understanding of major issues in the social psychology field. They will read and discuss classic and contemporary theory and research in social psychology, with special attention given to how ideas develop.

Course Description

This course will examine a number of major research topics in social psychology. Students are expected to gain substantial knowledge of the field, including major concepts, theories, empirical findings, and controversies. Also, students will also have the opportunity to communicate critically and creatively about these theories and findings.

PSY407: Positive Psychology

Course Objectives

The proposed course aims at enriching the students regarding positive aspect of human nature.

Course Description

This course will cover subjective state of well being, optimism and emotional intelligence that facilitates the development of human resource in any society.



PSY408: Educational Psychology

Course Objectives

The students will be able to apply learning theories to classroom situations.

Course Description

The basic aim is that students should examine the importance of the psychology of the individual to the development of self-esteem, cooperative learning, individual differences, and motivation and learning styles. Through this course, students will learn the relationships of teachers, parents, and students that lead to a productive learning environment. Further, they will articulate their own beliefs about education and the role of educational psychology.

PSY409: Cross Cultural Psychology

Course Objectives

This course focuses on human psychology (behaviors, cognition, emotion, motivation, and personality) across cultures, with the aim of raising awareness and understanding of human commonality and diversity.

Course Description

It examines theoretical, methodological, and ethical issues in cross-cultural psychology in light of the current literature. The course should result in the students' higher awareness of the balance between the social and biological substrates of human behavior. Students should learn the difference between area studies, cross-cultural studies, and intercultural studies. Students should learn the basics of successful cross-cultural research and be competent to conduct a valid study of behavior in the cross-cultural context.

PSY416: Cognitive Psychology

Course Objectives

The objective is to understand the contributions made to the understanding of human thought processes by cognitive psychologists.

Course Description

The students will become familiar with the basic subjects of cognitive study including perception, attention, consciousness, memory, imagery, comprehension, categorization, problem-solving and language. They will be able to develop a view of human cognition that is grounded in research and based on an integration of the student's faith with what psychologists have observed. Further, the students will develop their skills in analytical and synthetic thinking and research methods.

PSY101: Biology

Course Objectives

In this course the students will study the fundamentals of discipline including evolutionary and environmental biology, genetics, and systematic and structural biology.

Course Description

After the completion of this course, the students will demonstrate an understanding of the process of science and of the concepts and theories of biology across a broad range of organization level including molecular, cellular, organism and ecological. Rather than trying to cover the entire field of biology, the minor in biology has been designed to allow the student to survey a few areas of biology mentioned above.

PSY503: Media Communication

Course Objectives

The objective of this course is to develop a comprehensive overview of the media's place in today's society, economy and culture. In this course students will study at the introductory level the contemporary forms of mediated communications. Moreover, they will also review and evaluate various media and

auxiliary industries such as journalism, radio, television, film, recordings, advertising, and public relations.

Course Description

They will study theory, nature, function, and impact of current communication technologies. Moreover, they will also review and evaluate various media and auxiliary industries such as journalism, radio, television, film, recordings, advertising, and public relations. They will focus on the main topics in the field and introduces students to a variety of analytical perspectives. The important issues include the economics of media production; the impact of media on individual attitudes, values, and behaviors | the role of media professionals and the impact of new media technologies. Students will also cover laws and regulations, ethics, and politics related to media communications.

PSY203: Introduction to Psychopharmacology

Course Objectives

The objective of this course is to acquire a basic understanding of the structure and function of the brain. In this course the students will about the actions of specific drugs and their effects on behavior and their uses in biological psychiatry.

Course Description

This course surveys basic neuro-pharmacology, the effects of various psychotropic drugs, and the actions of drugs used to treat mental disorders. This course will provide understanding how classes of drugs alter behaviors. This course is designed to provide a foundation for advanced study in behavioral neuroscience, neuro-psychopharmacology, physiological psychology, and related areas and to provide an introduction to the pharmacological treatment of mental disorders for clinical students. Students will be able to learn and use scientific terminology to describe information in the field of psychopharmacology.

PSY504: Introduction to Anthropology

Course Objectives

Through this course, students will attempt to understand the common factors underlying human existence and to isolate the causes that have led and continue to lead to both social and cultural change and to differences between people and cultures.

Course Description

This is an introductory course in social and cultural anthropology, which may be defined as the study of human cultures in all their various forms. In this course, students will study societies today and in the past, both complex civilizations and relatively small-scale, non-literate societies.

The course is designed to expose the students to some of the key ideas in the discipline by examining select theories and major perspectives. In this course, students will explore how wider socio-cultural processes shape individual lives and how changes that occur around us influence our sense of self and subjectivities. The main rationale of the course is to enable the students to engage with basic anthropological concepts and introduce them to the work of selected anthropologist. The focus of this course will be more on current issues such as social change and development, effects of globalization, environment, family planning, social problems, child labour, women & child rights, mother & child health, education, gender issues, women and development etc.

PSY417: Cognitive Behavior Therapy

Course Objectives

The objective include an overview of conceptual foundations underlying behavioral and cognitive (introduced by Beck) approaches to assessment and treatment.

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Course Description

This course begins with an overview of conceptual foundations underlying behavioral and cognitive (introduced by Beck) approaches to assessment and treatment. Students will also examine the differences and similarities between Rational Emotive Behavior therapy and Cognitive Behavior Therapy. Students will examine several techniques associated with the Cognitive-Behavioral spectrum, including schema analysis and other cognitive formulations, cognitive restructuring, and (toward the more behavioral end of the spectrum), functional analysis, exposure treatment, and contingency management. Students will be introduced to CBT protocols for treatment of depression, various anxiety disorders, and personality disorders. Throughout, students will attend to the conceptualization and role of the therapeutic relationship in CBT. Finally, students will learn about some more recent developments that have begun to stretch the boundaries of CBT, to target relational and spiritual themes.

PSY418: Clinical Psychology**Course Objectives**

The objective of this course is to familiarize students with understanding of clinical psychology as a distinct field, and some of the critical issues that arise in the professional activities of clinical psychologists. Students will understand the different models of clinical psychology training, and the process involved in becoming licensed as a clinical psychologist.

Course Description

The aim of this course is to survey major aspects of clinical psychology such as historical background, assessment and intervention models, current trends and future directions in clinical practice.

This course is designed to survey major aspects of clinical psychology by considering the scientific methods used in clinical psychology as well as descriptive, etiological, and treatment perspectives on various forms of psychopathology. The course will also focus on the current trends and future directions in clinical practice. Lectures, discussions and class exercises in pairs and small groups, will supplement the text, allowing for more broad-based coverage of the material.

PSY321: Advanced Neuropsychology**Course Objectives**

The objective of this course is to examine the structure and function of the central nervous system, brain-behavior relationships, and neuropathology. This course is designed to introduce the student to the research findings and clinical applications of this developing subfield within psychology.

Course Description

The syllabus contents focus on evaluation techniques for diagnosis of brain dysfunction including visual, auditory, memory, and language processes. Application of these techniques to the development of remedial strategies for learning disabilities and adult dysfunctions is addressed. Both case studies and laboratory-based research will be reviewed. Topics will include general principles of the brain-behavior relationship, basic and higher cognitive functions of the cerebral cortex, neuropsychological testing and assessment, and processes of rehabilitation.

PSY341: Childhood Psychopathology**Course Objectives**

This course examines psychopathology from infancy through early adolescence. The learning objectives include conceptual, research, and clinical issues related to the mental health of children and adolescents. The diverse factors that influence the etiology and expression of disorders will be considered.



Course Description

The paradigm of developmental psychopathology, or articulating the role of time and change in childhood disturbances, is an important focus of the class. Using this frame, the following areas are examined: clinical assessment of psychosocial problems in childhood; diagnostic systems for conceptualizing childhood psychopathology; and understanding disturbances of childhood through the lenses of intra-psychic, interpersonal, and the historical context. While students doing child and family therapy are encouraged to consider this class, those without a child or adolescent in their caseload may participate.

PSY500: Forensic Psychology**Course Objectives**

The objective of this course is to familiarize the students with the application of science and profession of psychology to issues relating to law and the legal system.

Course Description

"Forensic" refers to the application of scientific principles and practices to the adversary process where especially knowledgeable scientists play a role. It involves understanding criminal law in the relevant jurisdictions in order to be able to interact appropriately with judges, attorneys and other legal professionals.

The course is aimed to introduce participants to the numerous issues that are involved in the field of forensic psychology. While the course is aimed at breadth rather than depth, it does provide many resources and references on each topic, enabling participants to inquire further into areas of interest. The course covers the following sub-areas within forensic psychology: The relationships among Mental Health, Social Science and Law, Police Psychology, Criminology, Investigative Psychology, Crime Psychology, Theories of Crime, Lie Detection, Eyewitness Errors, Hypnosis, Psychotherapy, False Confession, Psychopathy, Antisocial Personality Disorder, Expert Testimony, Psychology of Violence and Hate School and Violence, Sexual Predation & Pedophilia, Custody, Violence and Abuse, Repressed and Recovered Memories, Assessment of Competency and Sanity, and Correctional Psychology.

PSY251: Industrial /Organization Psychology**Course Objectives**

The objective of this course is to familiarize the Students with a base of knowledge about the principles of psychology as they are applied in industrial and organizational settings.

Course Description

The program provides students with the knowledge needed to study human performance in the workplace. The purpose of the course is to familiarize students with organizational, group, and individual processes involved in work motivation, group dynamics, leadership, organizational climate and organizational culture.

PSY419: Counseling and Guidance

The objective of this course is to familiarize students with intellectual understanding of the meaning of counseling.

Course Description

A number of the most significant and influential counseling theories, research issues and findings around the efficacy of various counseling approaches will be introduced to them. A key theme here is that all theories of counseling are ultimately rooted in implicit assumptions about human nature. Thus, attention will be drawn to the fundamental issues around what human beings are and how they should normally develop. As these issues constitute fundamental and central questions about human mind and behavior; this course will provide a forum for discussion and debate around those questions. Through discussion,

the process of discussing counseling would shed some light on how human cognition, emotion, and behavior function in an integrated fashion for individuals to deal with their life challenges. In the laboratory sessions, some role-playing exercises will be used to give students a first-hand glimpse into the subtlety and intricacies of counseling. Students will be expected to reflect on these processes and debate on their therapeutic elements. While this course will not turn students into professional counselors, it is likely that you will gain an enhanced understanding of what counseling means, and become a more appropriately helpful person to your fellow human beings. This course may also help students decide on whether pursue graduate level professional counseling or clinical psychology programs.

PSY501: Community Psychology

Course Objectives

The objective of this course is to focus on different community psychology perspectives related to intervention and social change and will study how these contexts are powerful in shaping human behavior.

Course Description

They will focus on different community psychology perspectives related to intervention and social change and will study how these contexts are powerful in shaping human behavior. Students will learn that core values of Community Psychology (individual wellness, sense of community, social justice, citizen participation, collaboration and community strengths, respect for human diversity, and empirical grounding) can be implemented through community actions. They will also understand a relationship between oppression, social justice, liberation and wellbeing. They would be able to explain the process of the identification of community needs and how can they be met by a community. Moreover, they will develop an understanding of social issues such as child abuse, teen pregnancy, homelessness, poverty, and domestic violence.

PSY502: Health Psychology

Course Objectives

The objective of this course is to apply psychological principles and research to the enhancement of health and the treatment and prevention of illness.

Course Description

In this course the students will cover discussions on the history of health, healthcare, and health policy. It is concerned with the social conditions (such as the availability of health care and support from family and friends), biological factors (such as inherited vulnerabilities to certain diseases and the potential for longevity) and personal traits and lifestyle patterns.

The psychological and biological underpinnings of health, the impact of stress, anger, fear, nutrition, substance abuse and addictions will be examined. In addition, the course will explore and investigate health debilitators, chronic disease and terminal illnesses, such as cancer, cardiovascular disease, diabetes, HIV/AIDS, allergies and infectious diseases and more. The course also will discuss the environmental influences on health.

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