

The Islamia Unibersity of Bahawalpur

Department of Zoology Tentative Course Outline (2020)

Program	BS (4-Years)	Semester 4 th (Morning)	Session 2018-22 (Fall)
Instructor	Ahmed Ikram	Lectures Per Week 03	Course Title
	M. Phil Applied Psychology	Nature of Course Compulsory (LS-01401)	Introduction to Applied Psychology
	Visiting Lecturer	Class Timings	Monday 8: 30 - 9: 30 Wednesday 8: 30 - 9: 30 Thursday 8: 30 - 9: 30
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Course Objectives Describe psychology with major areas in the field, and identify the parameters of this discipline. Distinguish between the major perspectives on human thought and behavior. Appreciate the variety of ways psychological data are gathered and evaluated. Gain insight into human behavior and into one's own personality or personal relationships. Explore the ways that psychological theories are used to describe, understand, predict, and control or modify behavior.			
Teaching Methods	Lectures	Listening	Writing
	Activities & Quiz Group/Individual		Assignments / Presentations
Course Contents			
Weekly Distribution of Topics			
1	Introduction to Psychology		
a	Definitions, Nature of Psychology (as a science)		
b	Historical Background (Greek Period)		
c	Major Schools of Thought in Psychology		
d	Different Subfields / Branches of Psychology		
e	Scope of Psychology		
2	Biological Basis of Behavior		
a	Nervous System		
b	Peripheral Nervous System and Central Nervous System		
c	Structure of Neuron		
d	Functions of Brain and Spinal cord		
e	Autonomic Nervous System (Sympathetic & Parasympathetic Nervous System)		
3	Methods of Research		
a	Meaning		
b	Definition of Research		
c	Types of Research (Qualitative & Quantitative)		
d	Methods of Research (Observation, Survey, Interview & Case study method)		
e	Process of Research		
4	Sensation		
a	Nature		
b	Definition of Sensation		
c	Characteristics of Sensation (Specific Stimulus, Intensity, Duration, Span, Threshold, Adaption, Sensory Acuity)		
d	Types of Sensation (Vision Sensation, Audition Sensation, Skin Sensation, Taste Sensation, Nose Sensation)		
e	Structure and Functions of Eye		
5	Attention		
a	Definition of Attention		
b	Types of Attention		
c	Factors Influencing Attention (Subjective and Objective)		
d	Distraction of Attention (Subjective and Objective Causes)		
e	Fluctuation of Attention		
Mid Term Exams			

6	Perception
a	Definition of Perception
b	Stages of Perception
c	Factors of Perception (Subjective, Objective and Social)
d	Types of Perception (Form Perception, Perception of Movement, Time Perception, Depth and Space of Perception)
e	Illusion (Causes of Illusion)
7	Learning
a	Definition of Learning
b	Laws of Learning
c	Types of Learning
d	Theories of Learning
8	Memory
a	Definition of Memory
b	Processes of Memory (Retention, Recall and Recognition)
c	Types of Memory (Sensory Memory, Short Term Memory, Long Term Memory)
d	Forgetting and Failure Causes of Memory
e	Theories of Memory
9	Emotions
a	Definition of Emotion
b	Types of Emotions
c	Physiological and Behavioral changes during Emotions
d	Interpretation of Emotions
e	Theories of Emotions
10	Motives
a	Definition of Motives
b	Homeostasis
c	Classification of Motives (Primary and Secondary Motives)
d	Elements Affecting Motivation
Final Term Exams	

RECOMMENDED BOOKS	
1	James W. K. (2014). <i>Introduction to Psychology</i> , (11th ed.). USA: Cengage Learning publisher.
2	Atkinson R. C., & Smith E. E. (2000). <i>Introduction to psychology</i> (13th ed.). Harcourt Brace College Publishers.
3	Fernald, L. D., & Fernald, P. S. (2005). <i>Introduction to psychology</i> . USA: WMC Brown Publishers.
4	Glassman, W. E. (2000). <i>Approaches to psychology</i> . Open University Press. Hayes, N. (2000). <i>Foundation of psychology</i> (3rd ed.). Thomson Learning. Lahey, B. B. (2004). <i>Psychology: An introduction</i> (8th ed.). McGraw-Hill Companies, Inc.
5	Leahey, T. H. (1992). <i>A history of psychology: Main currents in psychological thought</i> . New Jersey: Prentice-Hall International, Inc.
6	Myers, D. G. (1992). <i>Psychology</i> . (3rd ed.). New York: Wadsworth Publishers.