

Standard Institutionally Developed College: N/A

EDGE Compatible: No

Pre-requisites

Co-requisites

Course Description

Presents basic concepts within the field of psychology and their application to everyday human behavior, thinking, and emotion. Emphasis is placed on students understanding basic psychological principles and their application within the context of family, work and social interactions. Topics include an overview of psychology as a science, the nervous and sensory systems, learning and memory, motivation and emotion, intelligence, lifespan development, personality, psychological disorders and their treatment, stress and health, and social relations.

Course Length

	Minutes	Contact Unit
Lecture:	2250	
Lab 2:	0	
Lab 3:	0	
Practicum/Internship:	0	
Clinical:	0	
Total:	2250	3
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Semester Credit Hours:		3

Competencies

Order	Description	Lecture	Lab2	Lab3	Practicum/ Internship	Clinical	Total Minutes	Semester Credit Hrs
1	Origins and Contemporary Perspectives	180	0	0	0	0	180	0
2	Biological Foundations of Behavior	225	0	0	0	0	225	0
3	Sensation and Perception	180	0	0	0	0	180	0
4	Learning and Memory	250	0	0	0	0	250	0
5	Thinking, Language and Intelligence	175	0	0	0	0	175	0
6	Motivation and Emotion	175	0	0	0	0	175	0
7	Lifespan Development	240	0	0	0	0	240	0
8	Personality	180	0	0	0	0	180	0

Order	Description	Lecture	Lab2	Lab3	Practicum/ Internship	Clinical	Total Minutes	Semester Credit Hrs
9	Psychological Disorders and Treatment	225	0	0	0	0	225	0
10	Stress and Health Psychology	175	0	0	0	0	175	0
11	Social Psychology	245	0	0	0	0	245	0
	Totals for Course PSYC 1010 - Basic Psychology (version 201003):	2250	0	0	0	0	2250	3

Learning Outcomes

Origins and Contemporary Perspectives

Order	Description	Learning Domain	Level of Learning
1	Identify who psychologists are and what they do.	Cognitive	Knowledge
2	Describe methods of research.	Cognitive	Comprehension
3	Demonstrate critical thinking skills.	Cognitive	Application

Biological Foundations of Behavior

Order	Description	Learning Domain	Level of Learning
1	Identify the structure of neurons and what neurotransmitters do.	Cognitive	Knowledge
2	Describe the basic parts of the brain and their functions.	Cognitive	Comprehension
3	Identify the divisions of the peripheral nervous system and their function.	Cognitive	Knowledge
4	Describe the endocrine system and its function.	Cognitive	Comprehension

Sensation and Perception

Order	Description	Learning Domain	Level of Learning
1	Differentiate between sensation and perception.	Cognitive	Analysis
2	Identify the sensory receptors for visual, auditory, and other body senses.	Cognitive	Knowledge
3	Describe how physical energy is converted to neural impulses for each sensory system.	Cognitive	Comprehension

Learning and Memory

Order	Description	Learning Domain	Level of Learning
1	Differentiate classical conditioning, operant conditioning, and cognitive learning.	Cognitive	Analysis
2	Describe the how classical conditioning takes place.	Cognitive	Comprehension
3	Demonstrate classical conditioning in human behavior.	Cognitive	Application
4	Describe how operant conditioning takes place.	Cognitive	Comprehension
5	Differentiate principles of reinforcement and punishment.	Cognitive	Analysis
6	Demonstrate operant conditioning in human behavior.	Cognitive	Application
7	Identify the types of cognitive learning and their application to humans.	Cognitive	Knowledge

Order	Description	Learning Domain	Level of Learning
9	Describe and implement methods for improving memory.	Cognitive	Application

Thinking, Language and Intelligence

Order	Description	Learning Domain	Level of Learning
1	Describe the building blocks of thought.	Cognitive	Comprehension
2	Identify the components of language and the stages of language development.	Cognitive	Knowledge
3	Discuss the influences of culture on language and how humans think.	Cognitive	Comprehension
4	Define intelligence and describe how intelligence is measured.	Cognitive	Comprehension
5	Identify gender differences in cognitive abilities.	Cognitive	Knowledge

Motivation and Emotion

Order	Description	Learning Domain	Level of Learning
1	Explain the biological and psychological sources of motivation.	Cognitive	Comprehension
2	Identify the basic emotions and how they are communicated.	Cognitive	Knowledge
3	Describe emotional intelligence and how to manage emotions.	Cognitive	Comprehension

Lifespan Development

Order	Description	Learning Domain	Level of Learning
1	Identify the stages of prenatal development and threats to development.	Cognitive	Knowledge
2	Describe physical, psychosocial and sex role development in infancy and childhood.	Cognitive	Comprehension
3	Describe physical, psychosocial and sex role development in adolescence.	Cognitive	Comprehension
4	Describe physical, psychosocial and sex role development in adulthood.	Cognitive	Comprehension
5	Describe physical, psychosocial and sex role development in late adulthood.	Cognitive	Comprehension

Personality

Order	Description	Learning Domain	Level of Learning
1	Identify basic concepts related to psychodynamic theories of personality.	Cognitive	Knowledge
2	Describe basic concepts related to humanistic theories of personality.	Cognitive	Comprehension
3	Identify basic concepts related to trait theories.	Cognitive	Knowledge
4	Describe basic concepts related to social-cognitive theories of personality.	Cognitive	Comprehension
5	Identify methods of personality assessment.	Cognitive	Knowledge

Psychological Disorders and Treatment

Order	Description	Learning Domain	Level of Learning
1	Differentiate abnormal and normal behavior.	Cognitive	Analysis
2	Discuss psychological disorders and models of abnormal behavior.	Cognitive	Comprehension
3	Identify the types, causes and treatment of anxiety disorders.	Cognitive	Knowledge

Order	Description	Learning Domain	Level of Learning
5	Identify the types, causes and treatment of dissociative and somatoform disorders.	Cognitive	Knowledge
6	Identify the types, causes and treatment of schizophrenia.	Cognitive	Knowledge
7	Identify the types, causes and treatment of sexual and gender identity disorders.	Cognitive	Knowledge
8	Identify the types, causes and treatment of anxiety disorders.	Cognitive	Knowledge
9	Identify the types, causes and treatment of developmental and cognitive disorders.	Cognitive	Knowledge
10	Identify the types, causes and treatment of eating and sleep disorders.	Cognitive	Knowledge
11	Identify the types, causes and treatment of personality disorders.	Cognitive	Knowledge

Stress and Health Psychology

Order	Description	Learning Domain	Level of Learning
1	Define stress and describe what it does to the body.	Cognitive	Knowledge
2	Identify ways to cope with stress and to stay healthy.	Cognitive	Knowledge
3	Identify lifestyle-based risks to health.	Cognitive	Knowledge
4	Apply one or more lifestyle changes to improve health.	Cognitive	Application

Social Psychology

Order	Description	Learning Domain	Level of Learning
1	Describe fundamentals of social cognition.	Cognitive	Comprehension
2	Identify the nature of attitudes, prejudice and discrimination.	Cognitive	Analysis
3	Describe social and cultural influences on behavior, thoughts and emotions.	Cognitive	Comprehension
4	Identify the psychological processes involved in social action.	Cognitive	Analysis

References

Order	Reference Type	Description
1	Book with Author(s) Listed	Bernstein, D. & et al.. (1999). Psychology. (5th). Boston, MA: Houghton Mifflin.
2	Book with Author(s) Listed	Corey, G. & Marianne, S.. (1995). I never knew I had a choice. (3rd). Pacific Grove, CA: Brooks Cole.
3	Book with Author(s) Listed	Kagan, J.. (1998). Psychology: An introduction. (6th). San Diego, CA: Harcourt Brace Jovanovich.
4	Book with Author(s) Listed	Parham, A.. (1998). Psychology: Studying the behavior of people. (2nd). Cincinnati, OH: South Western.