

MAULANA ABUL KALAM AZAD UNIVERSITY OF TECHNOLOGY, WB
Syllabus of B.Sc Behavioural Science & Applied Psychology (Effective for 2020-2021 Admission Session)
Choice Based Credit System
140 Credit (3-Year UG) MAKAUT Framework
w.e.f 2020-21

6th Semester

Subject Type	Course Name	Course Code	Credit Points	Credit Distribution			Mode of Delivery			Proposed MOOCs
				Theory	Practical	Tutorial	Offline #	Online	Blended	
CC 13	Disability & Society	BBS 601	6	5	0	1	✓			As per MAKAU T notification
CC 14	Health and Wellness Psychology	BBS 602	6	5	0	1	✓			
DSE 3 (Any One)	Experimentation and Cognitive Psychology	BBS 603(A)	6	5	0	1	✓			
	Psychological Constructs related to different spheres of society	BBS 603(B)	6	5	0	1	✓			
DSE 4 (Any One)	Major Project	BBS 681(A)	6	1	5	0	✓			
	Internship-II	BBS 681(B)	6	1	5	0	✓			
Semester Credit			24							

Note:

Major Project/Internship- (Students have to engage in a full length/capstone project with a pre-specified Internal Guide (faculty member) throughout the semester). Industry collaboration is highly encouraged in case of Internship.

(At least two-three times progress needs to be checked and evaluation needs to be done through PCA.) It will be followed by a report submission and viva as part of University examination.

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CC 13- Disability & Society

Code- BBS-601

Credits- 5L+1T

Course Objective: The course is designed to deal with disabilities in relation to society as whole.

Course Outcome:

Sl	Course Outcome (CO)	Mapped Module
CO1	Examine the Scope of Rehabilitation	(M1)
CO2	Classify Impairment, Handicap and Disability	(M2)
CO3	Evaluate Societal Attitude and Discrimination towards Disability.	(M3)
CO4	Outline the Strategies for Attitude Change, Social Competence, Participation and Integration.	(M4)
CO5	Distinguish Power and Prejudice; Issues of gender, sexuality and disability	(M5)
CO6	Assess Rehabilitation Programs RCI, Government Schemes, Government Policies	(M6)

Syllabus with mapped module:

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Rehabilitation	8	10	1, 2,	
Module 2	Impairment, Handicap, Disability	12	25	2, 4	
Module 3	Societal Attitude Towards Disability, Discrimination	10	20	5, 6	
Module 4	Strategies for Attitude Change	10	20	5, 6	
Module 5	Power and Prejudice	10	15	4, 5,	
Module 6	Rehabilitation	10	10	2,	
		60	100		
	Tutorial	16			

Syllabus

Module-1: Introduction to Rehabilitation, an understanding to rehabilitation medicine, therapy, and an introduction to assistive technologies, Scope of Rehabilitation Professionals, a clear understanding of the definitions of Rehabilitation as given by World Health Organization

Module-2: Definition and distinction among Impairment, Handicap, Disability due to Psychiatric Disorders, Quality of Life: historical background, measures for quality of life, applications, subjective versus outsider perspective

Module 3: Societal Attitude Towards Disability and Discrimination: understanding influencing

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factors associated with societal attitude, relate to the attitude towards people with disability, how to bring changes to negative attitude

Module-4: In-house and governmental Strategies for Attitude Change, Social Competence: important component, Participation and Integration, Importance of social competence, Developmental changes and social competence, Supportive intervention strategies

Module 5: Power and Prejudice in relation to the concepts of stereotype, prejudice and discrimination; Issues of gender: concept of sex and gender, Gender identity (cis gender, transgender, and gender fluidity, sexuality and disability, intersectionality of disability

Module 6: Knowledge about the different Rehabilitation Programs of RCI (Rehabilitation Council of India), namely, national program for prevention and control of deafness(NPPCD), bridge course, study of curriculum development of the vocational instruction of the visual impairment and others, Government Schemes, Government Policies.

Suggested Readings

- Dunn, Dana. *The social psychology of disability*. Oxford University Press, 2014.
- Barton, Len. *Disability and society: Emerging issues and insights*. Routledge, 2018.

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CC 14- Health & Wellness Psychology

Code- BBS-602

Credits- 5L+1T

Course Objective: The course is designed to provide useful insights on Health and Wellness in relation to community as whole.

Course Outcome:

Sl	Course Outcome (CO)	Mapped Module
CO1	Outline the aims and objectives of Health Psychology, Mind-body Connection, Assessing the Psychological factors in Illness and Disease, Defining the Challenges of this discipline for the future.	(M1)
CO2	Assess Bio-medical & Bio-psychosocial Models of Health	(M2)
CO3	Apply the Theories of health behaviour: Attributive theory, Health Belief Model. Classifying the stages of change model.	(M3)
CO4	Examine Stress & coping: Concept, Definition, Identify and determine sources of Stress, Elaboration of Stress Models: Fight or Flight, GAS. Coping: Types of coping strategies.	(M4)
CO5	Relate Stress & Illness, Learn predisposing Factors of adjustment Disorders, Illustrate effects of Stress-Psycho Neuro immunology, Elaborate Type A behaviour and Stress	(M5)
CO6	Distinguish the relation between terminal illness & wellbeing Nature, Assess Psychosocial Factors and Management.	(M6)

Syllabus with mapped module:

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Psychological factors in Illness and Disease	8	20	1, 2, 3,4	
Module 2	Bio-medical & Bio-psychosocial Models of Health	8	10	4,5,6	
Module 3	Theories of health behaviour	10	20	4, 5,6	
Module 4	Stress & coping	12	20	2,3,4,5	
Module 5	Effects of Stress	12	15	2,3,4,5	
Module 6	Terminal illness , Psychosocial Factors and Management.	10	15	2,3,4,5	
		60	100		
	Tutorial	16			

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Syllabus

Module-1: What is Health Psychology, what are the aims of health psychology, what are the objectives of health psychology, Mind-body Connection, Psychological factors in Illness and Disease, Challenges for the future of health psychology.

Module-2: What is the Bio-medical model of health, what are the characteristics of the Bio-medical model of health, what does the Bio-medical model of health believe, what is the Bio-psychosocial Models of Health, what are the complex interaction pattern of biological factors, psychological factors and social factors

Module-3: What are the most commonly used theories of health behaviour, Theories of health behaviour: Attributive theory, Health Belief Model, social cognitive theory, trans-theoretical model/ The stages of change model, the theory of planned behaviour

Module-4: Stress & coping: Concept of stress and strain, Definition of and distinction between eustress and distress, Sources of good stress and bad stress- environmental sources, psychological sources, sociocultural sources, Stress Models: Fight or Flight, GAS. Coping: Types of coping strategies- emotion-focussed, problem-solving, cognitive reattribution, seeking social support

Module-5: Stress & Illness: illness of physical maladies and psychological systems, Adjustment Disorders, predisposing factors of stress, precipitating factors of stress, perpetuating factors of stress, Effects of Stress- Psycho Neuro immunology, Type A behaviour and Stress

Module 6: Terminal illness: what is considered a terminal illness, types of terminal illness, terminal illness & wellbeing, Nature, Psychosocial Factors and Management, Kubler-Ross stages of grief, what is hospice

Suggested Readings

- Taylor, S. E. (2015). Health psychology. McGraw-Hill Education.
- Ogden, J. (2019). Health Psychology, 6e. McGraw Hill.

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DSE 3: Experimentation & Cognitive Psychology

CODE: BBS- 603(A)

Credits-5L+1T

Course Objective: Introduce the relationship & relevance of experimentation with important concepts of cognitive psychology often dealt with in the discipline of Psychology.

Sl	Course Outcome (CO)	Mapped Module
CO1	Outline the basics of experiment, understanding different classifications of experimental design, explaining the concept of plan of work & justifying the specific plans, the significance of experimentation in cognitive psychology.	M1
CO2	Apply the concept of reaction time in the field of experimentation	M2
CO3	Examine the process of emotional arousal in different states of mind & intake of the knowledge of analysing them in different situations	M3
CO4	Make use of the theories behind identification of emotional states through facial expression	M4
CO5	Assess the concepts of memory and forgetting in the domain of cognitive psychology with special emphasis on conventional research in the field	M5
CO6	Evaluate recent, remote, and immediate memory in a practical set up with the knowledge of the above mentioned concepts	M6

Syllabus with mapped module:

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Experimentation in cognitive psychology.	8	16	1, 2, 5	
Module 2	Concept of reaction time	10	20	2, 3	
Module 3	Process of emotional arousal in different states of mind	10	20	2, 4	
Module 4	Theories behind identification of emotional states	10	20	3, 6	
Module 5	Cognitive Psychology	12	12	2	
Module 6	Assess recent, remote, and immediate memory	10	12	5	
		60	100		
	Tutorial	16			

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Syllabus

Module 1: Basics of experiment, experimental design (Maximisation of true variance/experimental variance, Minimisation of error variance, and Controlling extraneous variance), concept of plan of work & the significance of experimentation in cognitive psychology.

Module 2: Understanding the application of the concept of reaction time (Reaction time, fore period, etc) in the field of experimentation (change in specific quality, change in generic quality, effect of mental set, and effect of length of fore period)

Module 3: Explanation of the process of emotional arousal (effect of pleasant and unpleasant stimuli on emotional arousal, effect of cognitive task on emotional arousal, effect of visual/auditory stimuli on emotional arousal) in different states of mind

Module 4: Learning the theories behind identification of emotional states through facial expression (Darwin's evolutionary theory, Plutchik's theory of emotion, Arnold's theory of emotion).

Module 5: Relating the concepts of memory and forgetting in the domain of cognitive psychology with special emphasis on conventional research in the field.

Module 6: Learning how to assess recent, remote, and immediate memory in a practical set up with the knowledge of the mentioned concepts exploring different sets of IV.

Suggested Reading

- Woodworth R. S. & Schlosberg H. (2008). Experimental Psychology (Revised Edition) Oxford & Ibh Publishing Co. Pvt. Ltd.
- Morgan C., King R., Weisz J. & Schopler J. (1993). Introduction to Psychology (Indian Edition) Mc.Graw-Hill.

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DSE 3: Psychological Constructs related to different spheres of society

CODE: BBS- 603(B)

Credits- 5L +1T

Course Objective: An insightful foray to the psychological constructs in & around the society at large.

Syllabus with mapped module:

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Gender Identity	10	16	1, 2	
Module 2	Symptoms of anxiety	10	16	3	
Module 3	Depression in different age groups	10	20	6	
Module 4	Attachment style	10	20	4	
Module 5	Emotional Intelligence	10	14	1, 2	
Module 6	work motivation	10	14	2	
		60	100		
	Tutorial	16			

Syllabus

Module 1: Understanding the difference between sex and gender, elaboration of the concept of Gender Identity & other associated factors like gender fluidity, bisexuality, pansexual, asexual, transgender as well as others.

Module 2: Elaborating on the symptoms of different types of anxiety, namely State anxiety and Trait anxiety, in different age groups like children, adolescent, adult and old, & socio-cultural background.

Module 3: Describing the symptoms of depression and dysthymia, seasonal affective disorder, mixed depression anxiety disorder in different age groups like children, adolescent, adult and old, & socio-cultural background

Module 4: Researching on the different attachment style (secure attachment, ambivalent attachment, disorganised attachment, avoidant attachment), and associated parenting styles in the world today.

Module 5: Definition of Emotional Intelligence (a detailed study of the ability to understand, use, and manage ones' own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict). Definition of Goleman, Salovey. Relationship of Emotional intelligence with work performance.

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Module 6: Explanation of the work motivation of employees in white collar jobs (Applications Software Developer, Accountant or Auditor, Market Research Analyst, Management Consultant, Medical or Health Services Manager, etc)

Suggested Reading- Woodworth R. S. & Schlosberg H. (2008). Experimental Psychology (Revised Edition) Oxford & Ibh Publishing Co. Pvt. Ltd.

- Morgan C., King R., Weisz J. & Schopler J. (1993). Introduction to Psychology (Indian Edition) Mc.Graw-Hill.