



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

B.SC. PSYCHOLOGY

Sl.N O.	Pa rt	Study Components	Ins · hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Tota l
SEMESTER I								
1	I	Language-I	5	3	Tamil/Other Languages	50	50	100
2	I	English -I	5	3	English	50	50	100
3	I	Core Theory	6	5	General Psychology-I	50	50	100
4	I	Core Theory	6	5	Biological Psychology-I	50	50	100
5	I	Allied -I	4	4	Principles of Management	50	50	100
6	I	Religion / Ethics	2	1	Religion / Ethics	10	--	100
7	I	Communicative English - I		1	Communicative English I	10	--	100
8	I	FC	2	1	Personal Skills	10	--	100
			30	23		550	250	800
SEMESTER II						CI	Sem	Tot
9	I	Language -II	5	3	Tamil/Other Languages	50	50	100
10	I	English - II	5	3	English	50	50	100
11	I	Core Theory	6	5	General Psychology-II	50	50	100
12	I	Core Theory	6	5	Biological Psychology- II	50	50	100
13	I	Allied - II	4	4	Managing Behaviour in Organization	50	50	100
14	I	Religion / Ethics	2	1		10		100
15	I	FC	2	1	Social Skills	10		100
16	I	Communicative English - II		1		100		100

			30	23		550	250	800

S.NO.	Part	Study Components	Ins. hrs /week	Credi t	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER III								
17	I	Language - III	5	3	Tamil/Other Languages	50	50	100
18	II	English - III	5	3	English	50	50	100
19	III	Core Theory	6	5	Developmental Psychology-I	50	50	100
20	III	Core Theory	6	5	Introduction to Theories of Personality	50	50	100
21	III	Allied - III	4	4	Statistics in Psychology	50	50	100
22	IV	Human Rights	2	1		10 0		100
23	IV	Employability Skills - I	2	1		10 0		100
			30	22		450	250	700
SEMESTER IV						CI A	Sem Exam	Tot al
24	I	Language - IV	5	3	Tamil/Other Languages	50	50	100
25	II	English - IV	5	3	English	50	50	100
26	III	Core Theory	6	5	Developmental Psychology-II	50	50	100
27	III	Core Theory	6	5	Abnormal Psychology-I	50	50	100
28	III	Allied - IV	4	4	Business Communication	50	50	100
29	I V	Employability Skills-II	2	1		10 0	--	100
30	IV	Environmental Studies	2	1		10 0		100
31	VI	NCC	-	2*		--	--	X
32	V	Co-curricular		2	Deeds	--	--	X
				2	Shelters	--	--	X
33	III	Internship		3		50	50	100
			30	31		500	300	800

S.NO.	Part	Study Components	Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER V								
31	III	Core Theory	6	5	Abnormal Psychology-II	50	50	100
32	III	Core Theory	6	5	Social Psychology-I	50	50	100
33	III	Core Theory	6	5	Introduction to Research Methodology	50	50	100
34	III	Core Practical	6	5	Experimental Psychology-I	50	50	100
35	III	Elective - I	4	3	Positive Psychology/ Forensic Psychology/ Behaviour Modification	50	50	100
36	III	Non-Major Elective - I	2	1	Stress Management	10 0	--	100
			30	24		350	250	600
SEMESTER VI						CI A	Sem Exam	Total
37	III	Core Theory	6	5	Health Psychology	50	50	100
38	III	Core Theory	6	5	Social Psychology-II	50	50	100
39	III	Core Theory	6	5	Guidance & Counselling Psychology	50	50	100
40	III	Elective - II	4	3	Sports Psychology HRM Environmental Psychology	50	50	100
41	III	Core Practical	6	5	Experimental Psychology-II	50	50	100
42	III	Non-Major Elective - II	2	1	Psychology of Interpersonal Relationship	10 0	--	100
43	III	Research Project		3	Research Project	50	50	100
			30	27		400	300	700

Sacred Heart College (Autonomous), Tirupattur District

1.2.1 List of New Courses

Department: B.Sc.Psychology

S.No	Course Code	Course Name
1.	SY101	General Psychology – I
2.	SY102	Biological Psychology-I
3.	SY201	General Psychology-II
4.	SY202	Biological Psychology- II

SEMESTER I

General Psychology – I

GENERAL PSYCHOLOGY – I (CORE THEORY)

SUBJECT CODE: SY101

5 Hours Per Week

UNIT I: INTRODUCTION AND METHODS

What is Psychology? Definition – Goals – What is not psychology? Pseudo psychology. The History of Psychology – Schools - Modern Perspectives – Psychology in India – Psychology: The Science – Methods: Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – Scope of Psychology: Branches of basic Psychology – Branches of applied Psychology

UNIT II: SENSATION

Sensation: Meaning – Psychophysics -Thresholds – Weber’s Law – Adaptation – Basic sensation: Vision – Hearing – Touch and other Skin senses – Olfaction- Gestations - Proprioception: Kinesthetic sense – Vestibular sense

UNIT III: PERCEPTION AND ATTENTION

Perception: Meaning– Organizing principles of perception –Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception Attention: Meaning – Types –Determinants.

UNIT IV: CONSCIOUSNESS

States of Consciousness: Consciousness – Definition – Two Major Types – Natural State of Consciousness: Biological Rhythms – Circadian Rhythms; Waking States of Consciousness – Sleep – Functions – Stages – Sleep Disorders – Dream – Theories. Altered States of Consciousness: meaning – Hypnosis – Use of Drugs – Meditation – Other Altered States. Sensory deprivation: Near death Experience- Lucid dreaming.

UNIT V: LEARNING

Learning: Definition – Nature- Association Learning: Classical Conditioning – Basic Principles; Operant Conditioning – Basic Principles – Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning. Social and Cognitive Learning: Latent Learning – Insight Learning – Observational Learning.

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra, G. (2008). *General psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.

Reference:

Baron, R. A. (2010). *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

SEMESTER I

Biological Psychology-I

BIOLOGICAL PSYCHOLOGY – I (CORE THEORY)

SUBJECT CODE: SY102

5 Hours Per Week

UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOR

Introduction: Meaning of Biological Psychology- Viewpoints to explore Biology of Behavior – Approaches that relate brain and behavior – Levels of analysis - Correlating brain anatomy with behavior - Recording brain activity - Effects of brain damage - Effects of brain stimulation

UNIT II: NEURONS- BASIC UNIT OF NERVOUS SYSTEM

Basic features of the Nervous System: An overview, Meninges, Ventricular system and production of cerebrospinal fluid. Cells of the Nervous System: Neurons, supporting cells, the blood-brain barrier – Neural Communication: An overview, measuring electrical potentials of axons. The Membrane Potential: Balance of two forces, The Action Potential, Conduction of the action potential.

UNIT III: COMMUNICATION BETWEEN NEURONS–SYNAPTIC TRANSMISSION

Communication between Neurons: Structure of synapses, Neurotransmitter: meaning- types, Release of the Neurotransmitter: Activation of receptors- Postsynaptic potentials- Termination of postsynaptic potentials.

UNIT IV: STRUCTURE & DIVISIONS OF THE NERVOUS SYSTEM

Nervous System: Development of the central nervous system, Brain: The forebrain, The hind brain, midbrain & forebrain, Division of Nervous System: Central Nervous System, The Peripheral Nervous System- Spinal nerves, Cranial nerves, The Autonomic Nervous system – Sympathetic and Parasympathetic.

UNIT V: HORMONES AND THE BRAIN

Hormonal actions- General principles of hormonal actions, Hormonal action on cellular mechanisms- Hormonal influence on growth and activity, Feedback control mechanisms in regulating secretion of hormones, Endocrine glands and its specific hormones: Pituitary- Pineal- Thyroid- Parathyroid-Pancreas- Adrenal- Gonads

Text books:

Carlson, N.R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

References:

Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services PvtLtd.

Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., &Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc.Publishers

SEMESTER II

General Psychology-II

GENERAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY201

5 Hours Per Week

UNIT I: MEMORY AND FORGETTING

Memory: Definition –Memory Process: Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – Forgetting: Meaning – Forgetting curve-Theories of forgetting - Causes – Memory and Brain – Improvingmemory.

UNIT II: COGNITION

Meaning – Cognitive Psychology- Types of cognition: – Mental Imagery – Concept, Problem solving-Steps- Barriers to Effective problem solving- Strategies of problem solving: Algorithms, Heuristic, Decision making – Step, Reasoning – Inductive and Deductive reasoning, Language: Nature - Main Components of Language – Phonemes- Morphemes – Syntax - Semantics –Pragmatics.

UNIT III: MOTIVATION

Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs , Theories of Motivation: Instincts – Drive-reduction theory – Arousal – Incentive – Opponent-Process – Cognitive theories – Social cognitive theory – Need theories, Classification of Motives: Physiological motives – Psychological motives, Conflict: Meaning- Types. Frustration: Meaning- Causes.

UNIT IV: EMOTION AND STRESS

Emotion: Meaning – Basic emotions- Components - Physiology of emotion - Expression of emotion – Theories of Emotions, Stress: Definition – Four variations - Stressors – Effects – General Adaptation Syndrome – Individual differences - Coping mechanism.

UNIT V: INTELLIGENCE AND CREATIVITY

Intelligence: Definition - Concept of IQ - Individual differences in Intelligence –Mental retardation – Mentally gifted – Assessment of Intelligence, Emotional Intelligence: Meaning characteristics, Creativity: Definition- Nature – Steps - Characteristics of creative people Creativity tests.

Textbook:

Cicarelli, K. S., Meyer, E. G. & Misra.(2008) *General psychology*. New Delhi, India: Dorling Kingsley (India) Private Limited

Reference:

Baron, R. A. (2010) *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

SEMESTER II

Biological Psychology- II

BIOLOGICAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY202

5 Hours Per Week

UNIT I: CIRCADIAN RHYTHMS, SLEEP AND DREAMING

Sleep: Stages of sleep, Brain activity during sleep; why do we sleep; Physiological mechanisms of sleep and waking: Neural control of sleep, arousal, wake transitions and neural control of transition to REM. Disorders of sleep: Insomnia, Narcolepsy, REM sleep behavior disorder, problems associated with slow-wave sleep. Biological clocks: Circadian rhythms and Zeitgebers, the suprachiasmatic nucleus, control of seasonal rhythms, the pineal gland and melatonin, changes in circadian rhythms: shift work and jet lag

UNIT II: BRAIN DEVELOPMENT AND PLASTICITY

Development of the brain- Maturation of the vertebrate brain, Growth and development of neurons -New neurons later in life- Path finding by axons, Determinants of neuronal survival, Neural plasticity: Meaning- Plasticity after brain damage.

UNIT III: BIOLOGICAL BASIS OF THIRST AND HUNGER

Thirst: Mechanisms of water regulation- Osmotic thirst- Hypovolemic thirst and sodium specific hunger, Hunger: Digestion and food selection-Short and long-term regulation of feeding-Brain mechanisms - Eating Disorders.

UNIT IV: BIOLOGICAL BASIS OF EMOTIONS

Emotions: Introduction, Emotions and Autonomic arousal: James-Lange theory, Brain areas associated with emotions- The functions of emotions. Attack and Escape Behaviors: Attack behavior - Escape - Fear and anxiety- Stress and Health

UNIT V: BIOLOGICAL BASIS OF LEARNING AND MEMORY

Memory: Localized representations of memory- Types of memory- The hippocampus- Theories on the function of the hippocampus- Other types of amnesia: Korsakoff's syndrome, Alzheimer's Disease- The role of the other brain areas.

Text books:

Carlson, N. R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services PvtLtd.

Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

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Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc. Publishers.

CO	PO								PSO							
CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	Mean	PS O1	PS O2	PS O3	PS O4	PS O5	PS O6	PS O7	Mean
CO1	3	3	2	2	2	2	2	2.28	3	2	2	3	3	3	2	2.57
CO2	3	2	1	3	2	3	1	2.14	2	2	3	2	3	2	2	2.29
CO3	3	3	2	3	2	3	1	2.42	3	3	2	3	3	2	2	2.57
CO4	3	2	1	3	1	3	1	2	2	2	2	3	2	2	3	2.29
CO5	3	3	2	3	2	3	2	2.57	3	3	2	2	2	2	2	2.29
CO6	3	2	1	3	2	3	1	2.14	2	2	2	2	2	3	2	2.14
CO7	3	3	2	3	1	2	2	2.28	3	2	2	3	2	2	3	2.43
Mean Overall Score								2.26	Mean Overall Score							2.37
Result								High	Result							High

High – (2.1 – 3), Medium – (1.1 – 2), Low – (0 – 1)