

Branch Name:	BACHELOR OF PHYSIOTHERAPY
Program Code:	PT101
Course Title:	PSYCHOLOGY & SOCIOLOGY
Course Code:	2PT1010103
Pre-requisite Course:	- NONE -

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)			Credit	Evaluation Scheme (Marks)					
Lecture	Tutorial	Practical		Theory(T)		Practical(P)		Total Marks	
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment		
								Theory	Practical
4 (2+2)	-	-	8 (4+4)	80 (40+40)	20 (10+10)	-	-	100	-

PSYCHOLOGY

COURSE OUTCOMES:

At the end of the course the candidate will be able to

1. Define the term psychology and its importance in the health delivery system and gain knowledge of psychological maturation during human development and growth and alteration during ageing process
2. Understand the importance of psychological status of the person in the health and diseases, environmental and emotional influence on the mind and personality
3. Acquire the knowledge as to how to deal with the patient.
4. Reference should be made whenever appropriate to the therapist's relationship with the patient and with his professional colleagues. Emphasis should be laid on the effects of disease on the patient's behaviour.

Subject Contents:

Sr. No.	Topic	Total Hours
1	Introduction: Introduction of psychology, brief history, definitions, schools of psychology.	05
2	Introduction: Biological foundations of behaviour, hereditary, environment and logical basis for development, developmental psychology (child).	05
3	Learned and unlearned behaviour: Simple learning and conditioning, social learning. Learning disability in children (counseling for exercise)	05
4	Memory: Phases of memory, short term storage, memory and perception thinking etc. Forgetting testimony and recall of events, memory and ageing.	05
5	Perception: Sensory basis of perception, attention and perception, observer error.	05
6	Motivation and Emotions: Approaches to motivations, emotional development, influence of early experience. Family and social influences on motivation and behaviour. Thematic Apperception Test developed by A M Mankad based on Maslow theory.	05
7	Thinking and Intelligence: Learning and problem solving, development of conceptual thinking in children. Communication, language and thinking, Measurement of intelligence, influences on intelligence, extent and consequence of individual difference.	05

8	Tests: Wechsler scales, Stanford-Binet Intelligence scale, Bender, and Gestalt - other projective test, Anxiety scale.	05
9	Personality: Nature of personality structure and dynamics, dimensional, psycho analytical and constitutional theories of personality, measurement of personality, culture and personality patterns.	05
10	Attitude: Nature of attitudes and beliefs including prejudice, group influences on attitudes, attitude change, doctor - patient expectations and attitudes, prejudice formation and reduction.	05
11	Interpersonal Behaviour: Experimental analysis on social interaction, studies of the interview situation, behaviour in formal and informal groups, group norms and roles. Leadership in formal and informal groups, group moral, Behaviour therapy, behaviour modification techniques, token economy	05
12	Social Psychology : nature and scope of social psychology, social interaction, psychological groups and their classification, socialization of the individual, social control (social heredit) - moves, customs, fashion, propaganda and its techniques.	05
13	Stress: stress and responses, disorders, coping with stressors, four maxims, meditational yoga	05
14	Pain: Physiological and psychological factors, types of pain, pain measurement.	05
15	Psychotherapy and counselling: Goals, Psychodynamic therapy, Humanistic therapy Behaviour therapy- Relaxation training (Jacobson training), Hypnosis, Biofeedback. Behaviour modification therapies (BMT) – Operant conditioning techniques, Token economy, Classical conditioning, modelling techniques. Cognitive therapy- Elli's rational/ emotive therapy, Beck's cognitive, Meichenbaum's self-instructional training.	06

List of References:

Text Books:

1. Psychology for Physiotherapists - Ramalingam Thangamani A - 1st& 2nd Edition.

Reference Books:

1. Morgan CT & king RA–Introduction to Psychology- 7th Edition

List of Open Source Software/learning website:

- [k-hub.in e library/A single platform for all e resources](#) (K-hub, E Resource)
- User Name- KB4605VNG
- Password- BL@69BX!
- [knowledgegainer.delnet.in](#) (Delnet, E Resource)
- User Name-gjspum
- Password- spu10924

SOCIOLOGY

COURSE OUTCOMES:

At the end of the course the candidate will be able to

1. Define the term sociology and its importance in the health delivery system.
2. Understand the basic sociological concepts, principles and social process, social institution in relation to the individual family and community and the various social factors affecting the family in the rural and urban communities in India.

3. The subject will introduce the student to the basic sociological concepts, principles and social processes, social institutions in relation to the individual family and community and the various social factors affecting the family in rural and urban communities.

Subject Contents:

Sr. No.	Topic	Total Hours
1	Introduction: a) Meaning - Definition and scope of sociology. b) Its relation with anthropology, psychology, social psychology and ethics. c) Methods of sociology - Case study, social survey, questionnaire interview and opinion poll methods. d) Importance of its study with special reference to health care professionals.	07
2	Social factors in Health and disease: The meaning of social factors, the role of social factors in health and illness.	07
3	Socialization: a) Meaning and nature of socialization b) Primary, secondary and anticipatory socialization c) Agencies of socialization.	06
4	Social Groups: Concepts of social groups influence of formal and informal groups on health and sickness. The role of primary groups and secondary groups in the hospital and rehabilitation settings.	06
5	Family: a) The family b) Meaning and definition c) Functions d) Types e) Changing family patterns f) Influence of family on the individuals health, family and nutrition, the effects of sickness on family and psychosomatic disease and their importance to physiotherapy.	06
6	Community: a) Rural community - Meaning and features - Health hazards of ruralities. b) Urban community - Meaning and features -Health hazards of urbanities	08
7	Culture and Health: a) Concept of culture b) Culture and behaviour. c) Cultural meaning of sickness. d) Culture and health Disorders	08
8	Social Change: a) Meaning of social changes. b) Factors of social change. c) Human adaptation and social change. d) Social change and stress. e) Social change and deviance. f) Social change and health program. g) The role of social planning in the improvement of health and in rehabilitation.	06
9	Social Problems of Disabled: Consequences of the following social problems in relation to sickness and disability remedies to prevent these problems. a) Population explosion. b) Poverty and unemployment. c) Beggary.	10

	d) Juvenile delinquency. e) Prostitution. f) Alcoholism. g) Problems of women in employment.	
10	Social Security: Social security and social legislation in relation to disabled.	06
11	Social Worker: Meaning of social work. The role of a medical social worker	06

List of References:

Text books:

1. Sociology for Physiotherapy by Dibyendu narayan bid-1st Edition
2. Sociology for Physiotherapy by Purnima Khana - 1st Edition

Reference Books:

1. Handbook of Medical Sociology for Nursing, Physiotherapy and Paramedical Students. Malhotra, Varun.- 1st Edition.
2. Textbook of Sociology for Physiotherapy Students, K.P. Neerja - 1st Edition.

List of Open Source Software/learning website:

- k-hub.in e library/A single platform for all e resources (K-hub, E- Resource)
 - User Name- KB4605VNG
 - Password- BL@69BX!
- knowledgegainer.delnet.in (Delnet, E-Resource)
 - User Name- gjspum
 - Password- spu10924

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Discuss the basic concepts of Psychology and Sociology.	1 Remembering 2 Understanding
CLO2	Understand & Enumerate the multiple theories of Human behaviour, Attitude, Personality and Emotions.	1 Remembering, 2 Understanding
CLO3	Acquire fundamentals of Sociology & psychology	2 Understanding 3 Applying
CLO4	Understand the role of family and community in maintaining the physical and mental health of the patients.	2 Understanding 3 Applying
CLO5	Learn the various psychological tests that help in patients counselling.	3 Applying 4 Evaluate 5 Analyze
CLO6	List out the various social problems, legislative rules and facilities available for the disabled in the social environment.	1 Remembering 2 Understanding 4 Evaluate

Mapping of CLOs with Pos & PSOs

Course Learning Outcomes	Program Outcomes (POs)								Program Specific Outcomes (PSOs)							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CLO1						H		H							M	
CLO2		M												H	H	
CLO3	L								M		M					
CLO4				M			M						M			M
CLO5			M	M						M			M			M
CLO6					L			M				L		L		

H= High M=Medium L=Low