

Branch Name:	BPT
Program Code:	PT101
Course Title:	Psychology & Sociology (PS)
Course Code:	3PT1010106
Pre-requisite Course:	-

Teaching and Examination Scheme:

Teaching Scheme			Evaluation Scheme (Marks)				
Lecture (L)	Practical (P)	Credit	Theory (Marks)		Practical (Marks)		Total (Marks)
			University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
120	-	8	80	20	-	-	100

PSYCHOLOGY (PSY)

Course Outcomes:

After completion of this course the student shall be able to General and Clinical Psychology

1. Describe the principles of psychology and its relationship to human behaviour (K)
2. Discuss the theories of psychology and its implications to health. (KH)
3. Discuss physiology of emotions and its applications in health care (KH)
4. Explain the theories of motivation (KH)
5. Discuss the theories, concepts, development and assessment of personality. (KH)
6. Explain the concepts of intelligence and its assessment (KH)
7. Describe the psychological concepts of frustration. (K)
8. Apply the principles of psychology in clinical decision making. (KH)

Course Contents: B.P.T. PSY 106 (L)

Unit 1:

PSY 1.1. Introduction to Psychology

1. Describe Schools: Structuralism, functionalism, behaviourism, Psychoanalysis.
2. Describe Methods: Introspection, observation, inventory and experimental method.
3. Describe in brief Branches: pure psychology and applied psychology
4. Describe importance of study of Psychology to physiotherapy.

Unit 2:

PSY 1.2. Developmental Psychology

1. Describe Growth and Development Nature of growth and development, Characteristics of growth and development. Developmental periods of infancy.
2. Describe Childhood, adolescence, adulthood and old age, Factors affecting growth and development.
3. Describe Role of heredity and environment and their relative importance in physical, psychological and social development

Unit 3:**PSY 1.3. Emotions and perception**

1. Describe Emotions Concept and definition, Theories of emotions, Physiological changes due to emotional state. Nature and control of anger, fear and anxiety.
2. Describe Sensation, attention and perception Meaning and definition.
3. Describe Types of sensation and Perception.
4. Describe Principles of Perception. Illusion and hallucination concept of attention and Factors determining attention.

Unit 4:**PSY 1.4. Motivation and Learning**

1. Definition, needs, drives and motives, primary motives and secondary motives, Achievement motivation.
2. Discuss the theories of motivation.
3. Describe theories of Learning
4. Describe Concepts, Characteristics, Types, Laws of Learning, Theories of learning, Trial and Error theory.
5. Describe Conditioning-classical and operant, Insight theory of learning, Factors, influencing learning.
6. Describe the effective ways to learn: Massed/Spaced, Whole/Part, Recitation/Reading, Serial/Free recall, Incidental/Intentional learning, Knowledge of results, association, organization, and mnemonic methods.
7. Describe Intelligence; Discuss Characteristics, Types. IQ. Mental age.
8. Describe Assessment of intelligence, intelligence tests-verbal and performance test.

Unit 5:**PSY 1.5. Psychology of frustration and Stress**

1. Describe Frustration and stress under the following headings: Definition. Causes, Sources of frustrations, Conflict, Different types of conflicts, Adjustment and maladjustment. Defence Mechanism.
2. Describe Different types of Anxiety, Tension, Physiological symptoms, causes reactions to stresses, psycho-somatic problems, coping strategies.
3. Discuss the management of stress.

Unit 6:**PSY 1.6. Personality**

1. Define Personality and describe factors in personality development
2. Describe tools of Measurement of Personality-: observation, situational test, questionnaire, rating scale, interview, and projective techniques.
3. Describe defence Mechanisms: denial of reality, rationalization, projection, reaction formation, identification, repression, regression, intellectualization, undoing, introjection, acting out.
4. Describe psychological reactions of a patient during admission and treatment in terms of possible Anxiety, shock denial, suspicion. Loneliness, shame, guilt, rejection, fear, withdrawal, depression, egocentric, justify and loss of hope.

Unit 7:**PSY 1.7. Social psychology**

1. Describe Different types of leaders and Different theoretical approaches to leadership.
Describe development of attitude and change of attitude.

Unit 8:**PSY 1.8. Clinical psychology**

1. Describe Models of training, abnormal behaviour assessment, clinical judgement, psychotherapy, self-management methods, physiotherapist patient interaction, aggression,
2. Discuss the following
 - I. Self-imaging
 - II. Stress management
 - III. Assertive training
 - IV. Group therapy
 - V. Body awareness
 - VI. Paediatric, child and geriatric clinical psychology.

Text Books:

1. Morgan C.T. & King R.A. Introduction to Psychology– recent edition [Tata McGraw-Hill publication]
2. Munn N.L. Introduction to Psychology [Premium Oxford, I.B.P. publishing.]
3. Clinical Psychology –Akolkar
4. Hurlock EB. Development psychology. McGraw-Hill

Reference Books:

1. Psychology Indian continent edition Raron RA mishra 2018
2. Abnormal Psychology Sarason IG Sarason BR Prentice Hall India
3. Introduction to psychology Atkinson RL Hilgard ER 2019
4. Development a lifespan approach Johnson ML 2020 Pearson education
5. Abnormal psychology an integrative approach Thomson brooks / Cole publishing
6. Theories of counselling and psychotherapy a case approach Murdock nl person education New Zealand
7. Theories of personality. Hall CS, Lindzey G Wiley and sons inc

List of Open-Source Software/learning website:

- [k-hub.in](https://khub.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

Mapping of CO with PO:

Course Outcomes	Program Outcomes (POs)										
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11
CO1	M										
CO2		L									
CO3			L								
CO4				M							
CO5					M						
CO6						M			M		
CO7							M				H
CO8								M		H	

H:High, M:Medium, L:Low

SOCIOLOGY (SOC)

Course Outcomes:

After completion of this course the student shall be able to Sociology.

1. Discuss the sociological concepts in relations to health, healthcare, and disorders. (KH)
2. Explain social theories in relations to health and health care. (KH)
3. Discuss biomedical and biopsychosocial health models. (KH)
4. Explain Concept of social groups, influence of groups on health and sickness, the role of primary groups and secondary groups in the hospitals and rehabilitation settings (KH)
5. Discuss the influence of family on human personality, individual's health, family and nutrition and the effects of sickness on family along with psychosomatic disease.
6. Analyse the social cause for activity limitations and participatory restrictions caused by various disorders. (KH)

Course Contents: B.P.T. SOC 106 (L)

Unit 1

SOC 1.1 Introduction to sociology.

SOC 1.2 Meaning- Definition and scope of sociology

SOC 1.3 Its relation to Anthropology, Psychology, Social Psychology.

SOC 1.4 Methods of Sociological investigations- Case study, social survey, questionnaire, Interview and opinion poll methods.

SOC 1.5 Importance of its study with special reference to Health Care Professionals.

SOC 1.6 Social Factors in Health and disease situations:

1. Meaning of social factors
2. Role of social factors in health and illness.

SOC 1.7 Socialization:

1. Meaning and nature of socialization
2. Primary, Secondary and Anticipatory socialization
3. Agencies of socialization.

SOC 1.8 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 setup.

SOC 1.9 Family:

1. The family, meaning and definitions
2. Functions of types of family
3. Changing family patterns
4. Influence of family on the individuals health, family and nutrition, the effects of sickness in the family and psychosomatic disease and their importance to physiotherapy.

Unit 2

SOC 2.1. Community:

1. Rural community: Meaning and features –Health hazards of ruralities, health hazards to tribal community.
2. Urban community: Meaning and features- Health hazards of urbanities.

SOC 2.2. Culture and Health:

1. Concept of Health
2. Concept of Culture
3. Culture and Health

SOC 2.3. Social change:

1. Meaning of social changes.
2. Factors of social changes.
3. Human adaptation and social change
4. Social change and stress.
5. Social change and deviance.
6. Social change and health programme
7. The role of social planning in the improvement of health and rehabilitation.

SOC 2.4. Social Problems of disabled: Consequences of the following social problems in relation to sickness and disability, remedies to pre- vent these problems.

1. Population explosion
2. Poverty and unemployment
3. Beggary
4. Juvenile delinquency
5. Prostitution
6. Alcoholism
7. Problems of women in employment
8. Geriatric problems
9. Problems of the underprivileged.

SOC 2.5. Social Security: Social security and social legislation in relation to the disabled.

Text Books:

1. McGee - Sociology - Drydon Press Illinois.
2. Kupuswamy - Social Changes in India - Vikas, Delhi.
3. Ahuja - Social Problems - Bookhive, Delhi.
4. Ginnsberg - Principles of Sociology - Sterling Publications.
5. Parter & Alder - Psychology & Sociology applied to medicine - W.B. Saunders.
6. Bhushan, V., & Sachdeva, D. R. (2005). *Introduction to sociology*. Kitab Mahal.

Reference Books:

1. Sociology Anthony gidden
2. Sociology themes and perspectives Haralambos and holborn
3. Society an introductory analysis Maclaver and page
4. Rules of sociological methods emile durkeim
5. Essay on sociology max webber
6. Sociological imagination C wright mills

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CO1	M										
CO2		M									
CO3			M					M			
CO4				M						M	
CO5					M		L		H		
CO6						L					H

H:High, M:Medium, L:Low