**Shyama Prasad Mukherji College**

**Teaching Plan**

**Jan 2022 -June 2022**

**Course and Year: B. A (H) Applied psychology, II year**

**Semester: IV (Jan 2022 -June 2022)**

**Taught individually or shared: Shared**

**Paper:** Health Psychology (Theory+ Practical)

**Faculty: Dr Ekta Bhambri Marwaha**

**No. of Classes** (per week)**: 2 (L)**

**Teaching Plan**

**Name of the Unit: C7: HEATH PSYCHOLOGY**

**UNIT I**: Introduction: Definition of health psychology, goals of health psychology, health – illness continuum, mind body relationship, bio psycho social model of health (advantages and clinical implications) , life style and disease pattern in India .

**UNIT II:** Behaviour and health: Characteristics of health behaviour (Health behaviour, illness behaviour and sick role behaviour), Barriers to health behaviour (Individual , inter personal and community) , Theories of health behaviour 9proctective motivation theory , theory of reasoned action , trans theoretical model )

**Readings (in APA format) -**

1. **Readings prescribed in the syllabus for each unit**

**Unit I**

DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10,) Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,)

**UNIT II**

DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10)

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,)

Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,)

Taylor S.E (2006) Health Psychology, 6th Edition. New Delhi: Tata McGraw Hill (Unit 2 : Chapter 3 , Unit 3 : Chapter 4 & Chapter 10)

1. **Readings, e- references to be given to students but not prescribed in syllabus (if any) for each unit**

Unit I and II

* Carr, A. (2004). Positive psychology: The science of happiness and human strength.UK: Routledge.
* Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage

**No of classes required to complete the unit (approx.):**

1. **Unit I:** 12 Classes
2. **Unit II:** 12 Classes

**Subtopics to be covered and their order along with the respective time frames (if any)–**

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| Unit | Sub-topics | Timeframe |
| Unit I | - Introduction: Definition of health psychology  - Goals of health psychology  - Health – illness continuum  - Mind body relationship  - Bio psychosocial model of health (advantages and clinical implications)  - Life style and disease pattern in India | 3rd Jan – 15 th Feb |
| Unit II | - Behaviour and health: Characteristics of health behaviour (Health behaviour, illness behaviour and sick role behaviour)  - Barriers to health behaviour (Individual, Interpersonal and community)  - Theories of health behaviour (protective motivation theory, theory of reasoned action, trans theoretical model) | 3rd and 4th week of Oct  1st week Nov till 3rd week Nov  4th week- Revision |

**Methodology of Teaching:**

**The teaching learning process will be on virtual platform due to current pandemic** based on lectures, class presentations, text readings, discussions, audio visual mode (SwayamPrabha, National Digital Library etc), and practical activities. The course will also emphasize on application programs related to the topics under study.

**ASSESSMENT**

**Tentative date of assessments/ assignments (time frame):,**PPT –2nd wk of Feb Class test**- 2nd week** of March

**Criteria of Assessment:** Assignment, Class test , Group Discussion & PPT

* Quality of Content
* Knowledge
* Presentation
* Class participation
* Regularity

**Shyama Prasad Mukherji College**

**Teaching Plan**

**Course and Year: B.A. (H) Applied Psychology – 2nd year**

**Semester: IV**

**Taught individually or shared: Shared**

**Paper: G.E : Psychology For Living**

**Faculty: Dr. Ekta Bhambri Marwaha**

**No. of Classes** (per week)**: 3 (L)**

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| **Teaching Plan** |
| 1. **Name of the Unit:**   **UNIT I**: Illness, health and wellbeing, conceptualizing illness, health and wellbeing,  Models: Medical, bio psychosocial health  **UNIT II**: Stress and coping: Nature and sources of stress, personal and social mediators of stress, effect of stress on physical and mental health, stress management |
| **Readings (in APA format)** |
| **Readings prescribed in the syllabus for each unit**   1. **Unit I: Introduction**  * DiMatteo, M.R. & Martin, L.R. (2002).Health psychology. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10, ) * Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,) * Forshaw, M. (2003).Advanced psychology: Health psychology. London: Hodder and Stoughton  1. **Unit II: Stress & Coping**  * Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,) * DiMatteo, M.R. & Martin, L.R. (2002).Health psychology. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10, )   **b.) Readings, e- references to be given to students but not prescribed in syllabus (if any) for each unit**  - Taylor S.E (2006) Health Psychology, 6th Edition. New Delhi: Tata McGraw Hill (Unit 2 : Chapter 3 , Unit 3 : Chapter 4 & Chapter 10) |

**No. of classes required to complete the unit (approx.):**

1. **Unit I: No of Classes: 18**
2. **Unit II: No of Classes: 12**

**Sub topics to be covered and their order along with the respective time frames (if any)**

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| Unit | Sub-topics | Time-frame |
| Unit I | -Introduction  Illness, health and wellbeing, conceptualizing illness, health and wellbeing,  Models: Medical, bio psychosocial health | 3rd Jan -15th Feb |
| Unit II | Stress and coping: Nature and sources of stress, personal and social mediators of stress, effect of stress on physical and mental health, stress management | 20th Feb -7th April |

**Methodology of Teaching:** PPTs, Group Discussions, Videos from, YouTube, National Digital Library.

**ASSESSMENT**

**Tentative date of assessments/ assignments (time frame):** Class PPT test**-** mid Feb **,** Assignment / Test - Mid week of March

**Criteria of Assessment**: Test, Assignment, Quiz, Viva-voce & PPT

* Quality of Content
* Knowledge
* Presentation
* Class participation
* Regularity

**Shyama Prasad Mukherji College**

**Teaching Plan**

**Course and Year: B.A. (H) Applied Psychology – 2nd year**

**Semester: VI**

**Taught individually or shared: Shared**

**Paper: UPD - 2**

**Faculty: Dr. Ekta Bhambri Marwaha**

**No. of Classes (per week): 2 (L)**

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| **Teaching Plan**  **1. Name of the Unit:**  **UNIT III:** Functional neurological symptoms and disorder , clinical picture and ethicology , personality disorders ( cluster a,b,c), clinical picture only  **UNIT IV:** obsessive compulsive disorder (clinical picture and ethicology ) , biological treatment , overview of psychological therapeutic interventions ,  **Readings (in APA format)**  **Readings prescribed in the syllabus for each unit**  **Unit III and IV**   * Alloy, L.B. Riskino , J.H and Mans , M.I (latest edition) , Abnormal psychology , Current perspectives , New Delhi , Tata Mcgraw Hill * American psychiatric association (2013) , diagnostic and statistical manual of mental disorders , Arlington , V.A.Author * Butcher , J.N. Hooley , J.M. Mineka , S and Dwivedi, C.B 2017 , Abnormal Psychology (16th edition )   **b.) Readings, e- references to be given to students but not prescribed in syllabus (if any) for each unit**  **-** B.J. Sadock, V.A & Ruiz , Kaplan and sadock’s comprehensive textbook  - Psychiatric : walter and Kluwer / Willams and Wilikins |

**No. of classes required to complete the unit (approx.):**

* **Unit III: No of Classes: 12**
* **Unit IV: No of Classes: 12**

**Sub topics to be covered and their order along with the respective time frames (if any)**

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| **UNIT** | **SUB TOPICS** | **TIME FRAME** |
| **UNIT III:** | Functional neurological symptoms and disorder , clinical picture and ethicology , personality disorders ( cluster a,b,c), clinical picture only | 3rd jan – 15 th feb |
| **UNIT IV:** | obsessive compulsive disorder (clinical picture and ethicology ) , biological treatment , overview of psychological therapeutic interventions | 20th Feb -7th April |

**Methodology of Teaching: PPTs, Group Discussions, Videos from, YouTube, National Digital Library.**

**ASSESSMENT**

Tentative date of assessments/ assignments (time frame): Class PPT test- mid Feb , Assignment / Test - Mid week of March

Criteria of Assessment: Test, Assignment, Quiz, Viva-voce & PPT

● Quality of Content

● Knowledge

● Presentation

● Class participation

● Regularity