



**Department of Humanities and Social Sciences**  
**Study and Evaluation Scheme Psychology**  
**Program MA Psychology**  
**1<sup>st</sup> Year / I Semester**  
**Session: 2025-26**

Course code	Course Title	Type of Paper	Period Per hr/week/se m.			Evaluation Scheme				Sub Total	Credit	Total Credits	Attributes								SDGs
			L	T	P	CT	TA	Total	ESE				Employability	Entrepreneurs hip	Skill Development Gender Equality	Environment & Sustainability	Human Value	Professional Ethics Indian Knowledge System			
A090701T/HS425	Understanding Personality : Theoretical Perspectives and Assessment Techniques	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	13
A090702T/HS426	Applied Social Psychology	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	17
A090703T/HS427	Developmental Psychology : Processes and Theoretical Foundations	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	4
HM402	Advanced Research Methodology	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	4
A090705R/HS429	*Internship/ Field Study/Project Work	Major (Own Faculty)	1	0	3	15	10	25	75	100	4:0:0	4		✓	✓	✓	✓	✓	✓	✓	4
			17	0	3	75	50	125	375	500	20	20									

L- Lecture  
 CT= Mid1+Mid2 TA= Assignment + Quiz + Attendance  
 Subject Total = Sessional Total (CA) + End Semester Examination (ESE)

P-Practical

C-Credit

CT-Class Test

TA-Teacher Assessment

**Integral University, Lucknow**

Effective from Session: 2025-2026

Course Code	A090701T/HS425	Title of Course	Understanding Personality : Theoretical Perspectives and Assessment Techniques	L	T	P	C
Year	IV	Semester	VII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The purpose of this post-graduate program is to enable learners to understand the major theories of personality and develop familiarity with the scientific methods of personality assessment. The program aims to help students appreciate how personality develops and varies across individuals and cultures, and how it is assessed and applied in real-world settings.						

**Course Outcomes**

CO1	Describe and explain the concept of personality and its determinants.
CO2	Describe and compare major psychoanalytic and neo-analytic theories of personality.
CO3	Analyze trait and type theories and evaluate their relevance in personality profiling.
CO4	Examine humanistic and existential perspectives on personal growth and identity.
CO5	Evaluate behavioral and cognitive theories of personality and their focus on learning processes.
CO6	Illustrate biological and cultural influences on personality development.
CO7	Demonstrate understanding of objective personality assessment tools and their uses.
CO8	Interpret projective techniques and apply personality assessment in varied contexts.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Personality	Definition and nature of personality, Historical overview and significance in psychology, Determinants of personality: Biological, psychological, and socio-cultural, Methods of studying personality: Case study, observation, experimental	8	CO1
2	Psychoanalytic and Neo-Analytic Theories	<b>Sigmund Freud:</b> Structure of personality (Id, Ego, Superego), Psychosexual stages, Defense mechanisms, <b>Carl Jung:</b> Personal and collective unconscious, Archetypes, <b>Alfred Adler:</b> Inferiority complex and striving for superiority, <b>Karen Horney:</b> Basic anxiety and neurotic needs	8	CO2
3	Trait and Type Theories	Concept of traits and types, <b>Allport:</b> Cardinal, central, and secondary traits, <b>Cattell:</b> 16 Personality Factors, <b>Big Five Model (OCEAN)</b>	8	CO3
4	Humanistic and Existential Theories	<b>Carl Rogers:</b> Self-concept, Unconditional positive regard, <b>Abraham Maslow:</b> Hierarchy of needs and self-actualization, <b>Rollo May:</b> Anxiety, responsibility, and authenticity	8	CO4
5	Behavioral and Cognitive Theories	<b>Skinner:</b> Operant conditioning and personality, <b>Bandura:</b> Social learning theory, Self-efficacy, <b>Mischel:</b> Cognitive-affective personality system (CAPS)	8	CO5
6	Biological and Cultural Perspectives	Genetic basis of personality, Role of brain structure and neurotransmitters, Cultural and environmental influences on personality, Cross-cultural personality research	8	CO6
7	Personality Assessment – Objective Techniques	Standardized tests: MMPI, 16PF, NEO-PI-R, Self-report inventories: Construction, reliability, validity, Rating scales and behavioral assessments, Ethical concerns in testing	6	CO7
8	Personality Assessment – Projective and Applied Techniques	Projective tests: Rorschach Inkblot, Thematic Apperception Test (TAT), Sentence Completion, Interpretation and critique of projective methods, Use of personality assessment in counseling, clinical, and organizational settings	6	CO8

**References**

- Feist, J., Feist, G. J., & Roberts, T.-A. (2017). *Theories of Personality* (9th ed.), McGraw-Hill Education.
- A comprehensive and widely used textbook covering all major personality theories including psychoanalytic, trait, cognitive, humanistic, and more.
- Pervin, L. A., Cervone, D., & John, O. P. (2010). *Personality: Theory and Research* (11th ed.). Wiley.
- Offers detailed insights into theory and empirical research, with strong focus on both traditional and contemporary approaches.
- Burger, J. M. (2018). *Personality* (10th ed.). Cengage Learning.
- A reader-friendly introduction to major theorists and key research, known for its engaging style and application focus.
- Cohen, R. J., & Swerdlik, M. E. (2018). *Psychological Testing and Assessment* (9th ed.). McGraw-Hill Education.
- A reliable source for understanding how personality is assessed through both objective and projective methods, including ethical considerations.
- Feist, J., Feist, G. J., & Roberts, T.-A. (2017). *Theories of Personality* (9th ed.). McGraw-Hill Education.
- A comprehensive and widely used textbook covering all major personality theories including psychoanalytic, trait, cognitive, humanistic, and more.

**e-Learning Source:**

<https://nptel.ac.in/courses/109/104/109104115> (Introduction to Psychology – includes personality theory)

<https://www.edx.org/course/the-science-of-happiness>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	2	2	2	2	1	3	3	3	2
CO2	3	3	2	2	2	2	1	3	3	3	2
CO3	3	3	2	2	1	1	1	2	3	2	2
CO4	3	3	3	2	2	2	1	3	3	1	1
CO5	3	3	3	3	2	2	2	3	3	3	2
CO6	3	3	3	3	2	3	1	2	3	3	3
CO7	3	3	2	2	1	3	1	2	3	3	3
CO8	3	3	2	2	1	3	1	2	3	3	3

1-Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

*Dr. Parah Sheeb*  
**Dr. Parah Sheeb**  
 Name & Sign of Program Coordinator

*[Signature]*  
 Sign & Seal of HoD



## Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	A090702T/ HS426	Title of the Course	Applied Social Psychology	L	T	P	C
Year	IV	Semester	VII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The aim of this course is to make the students become well versed with concepts of social psychology and its application in the real and virtual world while providing knowledge with the foundational and current research in social psychology.						

### Course Outcomes

CO1	Students will be able to understand the core concepts and principles of applied social psychology.
CO2	Students will be able to develop skills in research, intervention, and problem-solving.
CO3	Students will be able to critically evaluate research findings and interventions in the field of social justice.
CO4	Students will be able to understand the concepts and principles of competition.
CO5	Students will be able to understand the effect and consequence of emerging areas
CO6	Students will be able to understand the environmental behaviour
CO7	Students will be able to apply social psychological principles to analyze and address social diversity.
CO8	Students will be able to apply social psychological principles to analyze and address environmental problems.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Applied Social Psychology	Introduction to Applied Social Psychology, Historical Background of Applied Social Psychology, Approaches to Applied Social Psychology,	6	CO1
2	Theories and Principles	The role of theory in the field of applied social psychology, Theories, principles and construct; research designs in applied social psychology.	6	CO2
3	Social Justice	Types and models of justice, Affirmative action in social psychological perspective	6	CO3
4	Competition	Competitive behaviour in complex societies, Competition as a relationship and influence, Competition and performance	6	CO4
5	Emerging Areas	Issues of Gender, Poverty, Stigma, Marginalization,	6	CO5
6	Environment and Behaviour	Pollution, Noise, Crowding, Personal Space and Territory	6	CO6
7	Social Diversity and its Challenges	Economic, Religious, Gender, Linguistic, Caste based Diversity; Challenges (discrimination, stereotypes and prejudice)	6	CO7
8	Applying Social Psychology to the Environment	Resource dilemmas, Natural Disasters, Culture and Environment, Pro-environmental Behaviour and Dealing with Natural Disasters.	6	CO8

### Reference Books:

Gruman, J. A., Schneider, F. W., & Coutts, L. M. (2017). Applied social psychology: Understanding and addressing social and practical problems (3rd Ed.). Sage Publications, Inc.

Steg, L., Buunk, A. P., & Rothengatter, T. (2008). Applied Social Psychology Understanding and Managing Social Problems, Cambridge University Press.

Myers, D. (2010). Social Psychology (10th ed.) McGraw-Hill.

Baron, R. A., & Branscombe, N. R. (2012). Social Psychology (13th Edn) Pearson Education, Inc.

Deb, S., Gireesan, A., & Prabhakar, P. (2019). Social Psychology in Every Day Life, New Delhi, Sage.

### e-Learning Source:

<https://egyankosh.ac.in/handle/123456789/79689>

### Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO										
CO1	3	3	3	3	3	3	3	3	3	3
CO2	2	2	2	2	2	2	2	2	2	2
CO3	2	2	2	2	2	2	2	2	2	2
CO4	2	2	2	3	3	3	3	3	3	3
CO5	3	3	3	3	3	3	3	3	3	3
CO6	3	3	3	3	3	3	3	3	3	3
CO7	3	3	3	3	3	3	3	3	3	3
CO8	3	3	3	3	3	3	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Dr. Farah Sheikh

Name & Sign of Program Coordinator

[Signature]

Sign & Seal of HoD



## Integral University, Lucknow

Effective from Session: 20225-2026							
Course Code	A090703T/HS427	Title of the Course	Developmental Psychology: Processes and Theoretical Foundations	L	T	P	C
Year	IV	Semester	VII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The course aims to appraise the students to understand human development as it passes through various stages. It helps them understand the processes and comprehend the various theories regarding different aspects of human development throughout the life span.						

### Course Outcomes

CO1	Understand the concept of Life Span Development and the underlying factors in human development
CO2	Comprehend the methods to be applied in studying human development
CO3	Understand the Physical and Emotional aspects of human development
CO4	Understand the cognitive and language domains of human development along with theoretical perspectives.
CO5	Understand the social domain of human development along with theoretical perspectives.
CO6	Comprehend the role of moral factors in the development process along with theoretical perspectives.
CO7	Comprehend adjustment related factors in developmental process
CO8	Comprehend theoretical perspectives on development and Aging

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
			6	CO1
1	Developmental Psychology: Processes and Theories	Life Span Perspective: Nature, Importance and Principles, Stages of Development, Factors in Development: Biogenic, Psychogenic and Sociogenic	6	CO2
2	Methods of Study in Developmental Psychology	Longitudinal, Observation and Cross-sectional studies	6	CO3
3	Physical and Emotional Development	Physical development - Influence of physical development on behaviour Emotional Development - Nature of emotional behaviour, Factors affecting emotionality	6	CO4
4	Cognitive and Language Development	Cognitive development; Meaning, Theories of cognitive development: Piaget's theory, Vygotsky's theory, Language development: Chomsky's theory	6	CO5
5	Social Development	Social Development, Erikson's theory of Psycho-social development, Bowlby's Attachment Theory, Bandura's Social learning theory	6	CO6
6	Moral development	Moral development: Meaning, Kohlberg's theory, Giligan's Theory	6	CO7
7	Social Context of Development	Exceptional Children, Risk taking Behavior, Psychosocial Problems of Adolescence: Depression, Aggression, and Drug Abuse, Major Stressors in adulthood	6	CO8
8	Development and Aging	Theories of Aging: Damage Theories, Genetic Clock Theories and Bio-Psychosocial model	6	CO8

### Reference Books:

- Sigelman, C. K. (1999), Life-Span Human Development. 3rd Edition; Brooks/ Cole Publishing Company.
- Papalia, S. & Feldman, C. (2002), Adult Development and Ageing. Delhi; Tata McGraw.
- Hurlock, E. (2003), Child Growth and Development. Delhi; Tata McGraw-Hill.
- Berk, L. (2002), Child Development. Delhi; Tata McGraw-Hill.
- Santrock, J. (2015). Adolescence (16th Ed.) NY: McGraw-Hill Education
- Shaffer, D. R., & Kipp, K. (2014). Belmont: Wadsworth Cengage Learning

### e-Learning Source:

- <https://egyankosh.ac.in/bitstream/123456789/23869/3/Unit-1.pdf>
- [https://youtu.be/\\_tpB-B8BXk0](https://youtu.be/_tpB-B8BXk0)

### Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	POs								PSOs		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	1	2	2	1	2	3	1	2	3	2	2
CO2	2	1	1	2	2	1	2	2	3	3	1
CO3	2	2	1	1	2	2	3	2	1	3	3
CO4	2	2	2	2	2	2	1	2	2	2	2
CO5	1	1	2	2	1	3	1	2	3	2	2
CO6	1	2	2	1	2	1	2	2	3	3	1
CO7	2	1	1	2	2	2	3	2	1	3	3
CO8	2	2	1	1	2	2	3	2	1	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

*R. Shaikh*

Signature of HoD



# Integral University, Lucknow

Effective from Session: 2025-26

Course Code	A090704P/ HS428	Title of the Course	Tests and Experiments	L	T	P	C
Year	IV	Semester	VII	0	0	4	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	This course deals with the sampling, testing experiments and research designs and their applications in research in this practicum.						

### Course Outcomes

CO1	Enable students assess personality using big five inventory
CO2	Enable them to conduct experiment on Human Memory
CO3	Enable students to administer Bhatia battery test
CO4	Enable them to asses anxiety using STAI
CO5	Enable then to measure reaction time using reaction apparatus

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe d CO
1	Personality Inventory	Big Five Factor by McCrae and Paul Costa	8	CO1
2	Memory Experiment	Human Memory and experimental procedure	8	CO2
3.	Intelligence Test	Bhatia Battery test of intelligence	8	CO3
4	Anxiety Test	The State-Trait Anxiety Inventory (STAI)	8	CO4
5	Reaction Time Measurement	Reaction time for auditory and visual stimuli	8	CO5

### Reference Books:

- Anne Anastasi (1968). Psychological Testing
  - Big Five inventory
  - Apparatus for memory experiment
  - Bhatia Battery test of intelligence
  - State-Trait Anxiety Inventory
  - Apparatus to measure reaction time
- e-Learning Source: Egyankosh, NCERT, ePathshala, <https://prasadpsycho.com/product>

PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO						3	2	2	3	3	1
CO1	3	3	3	3	3	3	3	2	3	3	2
CO2	3	2	3	1	2	3	2	2	3	3	2
CO3	3	2	2	2	2	2	3	3	3	3	3
CO4	3	2	2	3	2	2	3	3	2	2	3
CO5	2	2	3	3	3	2	3	3	2	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

*Dr. Farah Shaab*  
Name & Sign of Program Coordinator

Sign & Seal of HoD



## Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	A090705R/ HS429	Title of the Course	Internship/ Field Study/ Project Work	L	T	P	C
Year	IV	Semester	VII	1	0	3	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To equip students with hands-on experience in community-based, educational, and clinical psychological settings while enhancing their applied understanding of mental and public health systems through field visits, surveys, and project-based learning; simultaneously fostering research aptitude, observational and communication skills, and a strong sense of professional ethics and social responsibility in real-world contexts.						

Course Outcomes	
CO1	Apply psychological knowledge and research skills in real-world settings through internships and surveys.
CO2	Demonstrate the ability to conduct basic field surveys, collect data, and analyze health-related social trends.
CO3	Develop written and oral communication skills through structured report writing and presentations.
CO4	Exhibit professionalism, teamwork, and ethical sensitivity during field engagement.
CO5	Critically reflect on field experiences to connect academic learning with community needs.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Internship	Visit to Special School (inclusive/special education/child development centers)	12	CO1
2	Survey	Conduct a survey on any Health-related issues.	12	CO2
3	Community Mental Health Camp	Participate in or assist with awareness/screening/psychoeducation in community events	12	CO3
4	Report Writing	Preparation of detailed report based on internship and survey	12	CO4
5	Presentation & Viva	Presentation of field activities; oral viva-voce based on experience and learning	12	CO5

**Reference Books:**

- APA Manual for writing format
- WHO health survey guidelines
- NIMHANS reports on public mental health
- APA Manual for writing format

**e-Learning Source:**

**Course Articulation Matrix: (Mapping of COs with POs and PSOs)**

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO											
CO1	3	2	1	1	2	1	1	2	3	3	2
CO2	3	3	1	1	2	1	2	2	2	3	1
CO3	1	2	3	3	1	1	2	3	1	2	2
CO4	1	2	3	1	2	3	3	3	1	1	3
CO5	2	3	1	1	3	2	1	2	3	1	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Shearb

Dr Farah Shearb

Name & Sign of Program Coordinator

Sign & Seal of HoD



## Integral University, Lucknow

<b>Effective from Session: 2025-26</b>							
<b>Course Code</b>	HM402	<b>Title of the Course</b>	Advanced Research Methodology	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	IV	<b>Semester</b>	VII	4	0	0	4
<b>Pre-Requisite</b>	Intermediate	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	The course aims to equip students with a comprehensive knowledge of research methods, from design and data collection to analysis and reporting. It develops critical thinking, ethical awareness, and practical research skills for academic and applied contexts.						
<b>Course Outcomes</b>							
<b>CO1</b>	Given foundational concepts, students will describe the types, process, and ethics of research for effective problem identification and formulation.						
<b>CO2</b>	Using academic sources, students will perform literature reviews, identify research gaps, and construct testable hypotheses.						
<b>CO3</b>	Given research objectives, students will design studies using appropriate sampling methods to ensure validity and representativeness.						
<b>CO4</b>	Using structured tools, students will collect valid and reliable data through questionnaires, interviews, and observations.						
<b>CO5</b>	Given scaling methods, students will classify data levels and apply appropriate techniques to minimize measurement errors.						
<b>CO6</b>	Using software tools (Excel/SPSS), students will process, tabulate, and present descriptive data through appropriate graphical and statistical summaries.						
<b>CO7</b>	With statistical tools, students will conduct hypothesis testing using t-tests, chi-square, ANOVA, and interpret regression and correlation results.						
<b>CO8</b>	Students will prepare ethically compliant research reports and proposals using correct structure, citation styles, and anti-plagiarism norms.						

Unit No.		Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Research	Meaning, Objectives, and Characteristics of Research, Types of Research: Basic, Applied, Descriptive, Analytical, Experimental, Research Process and Formulation of Research Problem, Ethical Considerations in Research	05	CO1
2	Review of Literature and Hypothesis Formulation	Need and Importance of Literature Review, Sources of Literature: Primary and Secondary, Identification of Research Gaps, Formulation of Hypotheses: Types and Characteristics	05	CO2
3	Research Design and Sampling	Meaning and Types of Research Design, Components of a Good Research Design, Population and Sample, Sampling Techniques: Probability and Non-Probability Sampling	05	CO3
4	Methods and Tools of Data Collection	Primary and Secondary Data, Tools: Questionnaire, Interview Schedule, Observation, Tests, Characteristics of a Good Research Tool, Reliability, Validity, and Norms	05	CO4
5	Measurement and Scaling Techniques	Levels of Measurement: Nominal, Ordinal, Interval, Ratio, Attitude Scales: Likert, Thurstone, Semantic Differential, Errors in Measurement, Scaling Techniques	05	CO5
6	Data Processing and Analysis	Data Editing, Coding, and Tabulation, Use of SPSS/Excel (Introductory Level), Graphical Representation: Tables, Charts, Graphs, Descriptive Statistics: Mean, Median, Mode, SD	05	CO6
7	Inferential Statistics	Concept of Hypothesis Testing, t-test, Chi-square test, ANOVA (Conceptual Understanding), Techniques of Factor Analysis, Correlation and Regression, Interpretation of Results	05	CO7
8	Report Writing and Research Proposal	Structure of Research Report/Thesis, Referencing Styles: APA, MLA (Basics), Plagiarism and Citation Tools, Writing a Research Proposal	05	CO8

**Reference Books:**

1. Kotari C R and Gary Guarin - Research Methodology
2. Krishnaswami O R - Methodology of Research in Social Sciences
3. William G. Zikmund - Business Research Methods
4. Naresh K. Malhotra & Satyabhushan Dash - Marketing Research
5. ALVESSON (M) and SKOLDBERG (K) - Reflexive methodology: new vistas in qualitative research. Ed. 2 Rev. 2009. Sage Publication, London
6. GREENFIELD (T) - Research methods: guidance for postgraduates. 1996. Hodder Arnold, London

**E-Learning Source:**

- <https://swayam.gov.in/>  
<http://www.ignouhelp.in/ignou-study-material/>

**Course Articulation Matrix: (Mapping of COs with POs and PSOs)**

PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
<b>CO</b>											
<b>CO1</b>	3	2	2	2	2	3	2	3	3	2	3
<b>CO2</b>	3	3	2	2	3	2	2	2	3	2	3
<b>CO3</b>	3	3	2	2	2	2	2	3	3	3	3
<b>CO4</b>	3	2	2	2	2	2	2	2	3	3	2
<b>CO5</b>	3	3	2	2	2	2	2	2	3	3	3
<b>CO6</b>	3	3	2	2	2	2	2	2	3	2	3
<b>CO7</b>	3	3	2	3	3	3	2	3	3	2	3
<b>CO8</b>	3										

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation



**Department of Humanities and Social Sciences**  
**Study and Evaluation Scheme Psychology**  
**Program MA Psychology**  
**1<sup>st</sup> Year / I Semester**  
**Session: 2025-26**

Course code	Course Title	Type of Paper	Period Per hr/week/se m.			Evaluation Scheme				Sub Total	Credit	Total Credits	Attributes								SDGs
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A090701T/HS425	Understanding Personality : Theoretical Perspectives and Assessment Techniques	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	13
A090702T/HS426	Applied Social Psychology	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	17
A090703T/HS427	Developmental Psychology : Processes and Theoretical Foundations	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	4
HM402	Advanced Research Methodology	Major (Own Faculty)	4	0	0	15	10	25	75	100	4:0:0	4	✓	✓	✓	✓	✓	✓	✓	✓	4
A090705R/HS429	*Internship/ Field Study/Project Work	Major (Own Faculty)	1	0	3	15	10	25	75	100	4:0:0	4		✓	✓	✓	✓	✓	✓	✓	4
			17	0	3	75	50	125	375	500	20	20									

L- Lecture  
 CT- Mid1+Mid2 TA= Assignment + Quiz + Attendance  
 Subject Total = Sessional Total (CA) + End Semester Examination (ESE)

P-Practical      C-Credit      CT-Class Test      TA-Teacher Assessment

*Handwritten Signature*



## Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	A090801T/H S430	Title of the Course	Psychometric Testing and Assessment	L	T	P	C
Year	IV	Semester	VIII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To enable students to recognize the various types of psychological tests, organize the various steps in construction of a psychological test, and appreciate the ethical issues surrounding, psychometric evaluation in day to day life						

Course Outcomes	
CO1	The course will introduce the student to psychometric testing and assessment
CO2	The course will make the student aware of various types of Psychological Tests
CO3	It will provide the theoretical bases of psychological testing in various areas.
CO4	It will help understand the various sources of error in psychological testing
CO5	It will help understand the Standardization of a Test
CO6	It will provide an understanding of how tests are constructed
CO7	It will help gain knowledge of some of the most common personality scales and projective tests
CO8	It will help adhere to the ethical requirements of psychological testing

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1.	Introduction to Psychometric Testing and Assessment	Definition and uses of Psychological Test, Brief History of Psychological Testing and Assessment, Distinction between Assessment and Measurement.	7	CO1
2.	Psychological Tests	Type of Tests: (Administration) - Individual vs. Group, Speed vs. Power. Type of Tests: (Content) - Verbal vs. Performance, Culture Fair, Objective vs. Projective	8	CO2
3.	Theoretical Basis of Testing	General Mental Ability, Aptitude and Special ability Tests Personality, Interest and Values	8	CO3
4.	Errors in Measurement:	Examiner Variables, Testee Variables, Situational Variables	8	CO4
5.	Standardization of Test	Reliability, Types of Reliability - Test-Retest, Cronbach Alpha & Split Half. Validity, Types. of Validity, Factors influencing Reliability and Validity	8	CO5
6.	Construction of Test	Test Construction - Item Selection, Item Analysis, Standardization: Meaning, Norms Development & Types of Norms	7	CO6
7.	Personality Assessment Methods	Self-Administering Scales and Projective Tests	7	CO7
8.	Ethical issues in Testing and Assessment	Ethical issues in Psychological Testing and Assessment	7	CO8

**Reference Books:**

Anastasi, A. & Urbina, S. (1999). Psychological testing (7th International ed.), MacmillanCo.  
 Anastasi, A., (1988), Psychological Testing; 6th Ed. New York: Mc Millan Publishing Company.  
 Gregory, R. J. (2013). Psychological Testing: History, Principles, and Applications. Pearson Education  
 Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing. Principles, Applications and Issues (5th ed.) USA: Wadsworth Thomson Learning  
 Freeman, F.S. (1962). Theory and Practice of Psychological Testing; New Delhi: Oxford IBH

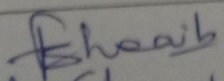
**e-Learning Source:**

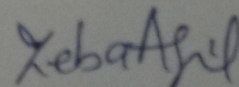
- <https://psychcentral.com/lib/what-is-psychological-assessment/#1>
- <https://findnercenterofhope.org/blog/psychological-assessment-what-is-it-and-how-can-it-help/>
- <https://schoolworkhelper.net/psychological-testing-construction-administration/validity/>

**Course Articulation Matrix: (Mapping of COs with POs and PSOs)**

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO											
CO1	3	2	1	2	1	2	1	2	3	2	2
CO2	3	2	1	2	1	1	1	2	3	2	3
CO3	3	3	1	2	1	1	1	3	3	3	2
CO4	3	3	2	2	1	2	1	3	3	3	3
CO5	3	3	1	2	1	2	1	3	3	3	3
CO6	3	3	2	2	1	2	1	3	3	2	3
CO7	3	3	2	3	2	2	1	3	3	1	2
CO8	2	2	1	2	3	3	2	2	2	1	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

  
**Dr. Farah Shaab**  
 Name & Sign of Program Coordinator

  
**Zeba Agul**  
 Sign & Seal of HOD



**Integral University, Lucknow**

Effective from Session: 2025-2026							
Course Code	A090802T/HS 431	Title of the Course	Psychology of Health and Well-Being	L	T	P	C
Year	IV	Semester	VIII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To understand the spectrum of health and illness for better health management.						

Course Outcomes	
CO1	Examine the physical, mental, and social determinants of health overall wellbeing.
CO2	Understand how cultural, psychological, and environmental factors shape health outcomes.
CO3	Identify illness related to Nutritional Deficiencies, Diabetes, Cardiovascular Diseases, HIV, Covid19
CO4	Examine coping mechanisms and adaptive strategies for stress management.
CO5	Evaluate psychological and physiological techniques for reducing stress.
CO6	Analyze the role of exercise, nutrition, sleep, and self-care in maintaining physical wellness.
CO7	Understand various mental health disorders and their impact on individuals and communities.
CO8	Develop strategies for prevention, early intervention, and holistic recovery in mental health.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Health and Wellbeing	Introduction, Concept and Definition of Health, Cross-cultural Perspectives on Health, Western Perspective, Eastern Perspective on Health, Indian Perspective on Health, Health-Illness Continuum	8	CO1
2	Models of Health and Illness	Introduction, Models of Health and Illness Management	7	CO2
3	Illness related to Food, Diet, Obesity and Physical Health	Nutritional Deficiencies, Diabetes, Cardiovascular Diseases, HIV, Covid19	8	CO3
4	Coping with Stress	Introduction, Definition and Nature of Coping, Goals of Coping, Coping Styles	6	CO4
5	Stress Management Techniques	Introduction, Relaxation Techniques, Meditation, Yoga Mindfulness, Biofeedback	8	CO5
6	Promotion of Physical Health	Health-enhancing behaviors: Exercise, Nutrition	7	CO6
7	Mental Illness Experience	Introduction, Depression, Anxiety, Psychosomatic Illnesses, Substance Use	8	CO7
8	Prevention, Management and Intervention	Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism, Health and well-being, Gainful Employment, Work Life Balance	8	CO8

**Reference Books:**

Balaji, D. P. V. (2012). Stress and Yoga. Journal of Yoga and Physical Therapy 2, 109. doi:10.4172/2157-7595.1000109

Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. Delhi: Pearson.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson.

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.

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.

**e-Learning Source:**

<https://egyankosh.ac.in/bitstream/123456789/73144/1/Unit-2.pdf>

Asanas Retrieved from <http://www.yoga-age.com/modern/asanas.html> on 11th November, 2019

DSM-5 Criteria for Major Depressive Disorder Retrieved from <https://www.mdcalc.com/dsm-5-criteria-major-depressive-disorder> on 1st January, 2020

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO											
CO1	1	2	3	3	2	3	2	3	1	3	2
CO2	2	2	2	3	2	3	1	2	2	2	3
CO3	2	1	2	2	2	2	3	2	2	3	2
CO4	2	2	1	2	1	3	2	2	2	3	2
CO5	3	2	2	2	2	1	1	3	1	3	2
CO6	2	1	3	1	1	2	2	1	2	3	2
CO7	3	2	2	2	1	2	3	2	3	1	1
CO8	1	2	1	2	2	2	2	3	2	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p><i>Dr. Farah Shoaib</i> Name &amp; Sign of Program Coordinator</p>	<p><i>Zeba Anwar</i> Sign &amp; Seal of HoD</p>
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**Integral University, Lucknow**

Effective from Session: 2025-2026							
Course Code	A090803T/HS432	Title of the Course	Sports Psychology and Athletes Well-Being	L	T	P	C
Year	IV	Semester	VIII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The course explores psychological factors influencing sports performance and athlete well-being. It equips students with applied strategies to enhance motivation, manage stress, and promote mental health in sports.						

**Course Outcomes**

CO1	Define sport psychology, its scope, history, role of psychologists, and its importance
CO2	Understand action regulation and self-regulation techniques in sports
CO3	Understand attitudes in sport, their measurement, formation, and impact on competition and behavior.
CO4	Understand how motivation, skills, and personality influence sports performance
CO5	Understand social facilitation, inhibition, and evaluation apprehension's impact on performance
CO6	Define overtraining, staleness, and burnout, and understand their causes, symptoms, and prevention
CO7	Understand the use of alcohol, drugs, and stimulants in sports, and discuss prevention and treatment
CO8	Understand how exercise improves thinking, memory, and brain function

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1.	Nature and definition of sport psychology	Nature, scope and definition of Sport Psychology, Historical development of Sports Psychology, Role and functions of Sports Psychologists.		CO1
2.	Psychological aspects of action regulation	Meaning of action regulation, Importance of action regulation, Self-regulation techniques in sports, Systematic desensitization, Imagery Training and Autogenic.		CO2
3.	Attitudes to sport	Nature, Definition, components, and characteristics of attitudes, Measuring attitudes, The formation of attitudes to sport, Attitudes to competition.		CO3
4.	Motivation and Performance in Sport	Motivation, skills and performance. Personality profiles of successful sports persons.		CO4
5.	Competition Effects on Sports Performance	Social Facilitation and Audience Effects, Knowledge of the positive (Facilitation) and negative (Inhibition) effects of others, Knowledge of the cause and effects of evaluation apprehension (Cottrell)		CO5
6.	Athlete Burnout and Overtraining.	Definitions, symptoms, and causes of burnout and overtraining, staleness and burnout, Factors leading to athlete overtraining, prevention strategies for burnout and overtraining.		CO6
7.	Alcohol and Drug Use among Athletes; Etiology, and Interventions	Prevalence of Alcohol among athletes, Recreational drugs, Pain killers' drugs, Stimulants, Prevention and treatment.		CO7
8.	Athlete Mental Health and Well-being	Prevalence of mental health issues in sport, Exercise and cognitive functioning, Role of exercise in reducing anxiety and depression and enhancing positive mood.		CO8

**Reference Books:**

- Arnold LeUnes (2011). Introducing Sports Psychology – A practical Guide,leon book Publication
- D F Shaw, T.Gorely&R.M Corban (2005). Sports and Exercise Psychology, BIOS Publisher.
- Matt Jarvis (2006). Sports Psychology –A student's Handbook,Routledge Publication
- Morris, T., Terry, P., & Gordon, S. (Eds.). (2017). Psychology of sport and exercise: Theory, applications and issues (3rd ed.). Pearson
- Weinberg, R. S., & Gould, D. (2019). Foundations of sport and exercise psychology (7th ed.). Human Kinetics.

**e-Learning Source:**

**Course Articulation Matrix: (Mapping of COs with POs and PSOs)**

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO											
CO1	3	2	1	2	1	2	1	2	3	1	2
CO2	3	3	2	2	2	2	1	2	3	2	2
CO3	3	3	3	2	2	2	1	2	3	2	2
CO4	3	3	3	2	2	2	1	2	3	2	2
CO5	3	3	3	2	3	3	1	3	3	2	2
CO6	3	3	3	2	3	3	1	3	3	2	2
CO7	3	3	3	2	3	3	1	3	3	2	2
CO8	3	3	3	2	3	3	1	3	3	2	2

2- Low Correlation; 1- Moderate Correlation; 3- Substantial Correlation

*Dr. Farah Shaab*  
Name & Sign of Program Coordinator

*Xebadhi*  
Sign & Seal of HOD



**Integral University, Lucknow**

Effective from Session: 2025-2026							
Course Code	A090804T/HS 433	Title of Course	Science of Aging: Biological, Psychological, and Social Perspectives	L	T	P	C
Year	IV	Semester	VIII	4	0	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The purpose of this undergraduate program is to enable learners to understand the key concepts, theories, and issues related to aging and older adulthood. The program aims to help students appreciate the biological, psychological, and social aspects of aging, recognize the challenges and contributions of the elderly, and develop familiarity with the support systems, policies, and practices that promote healthy and active aging in diverse cultural contexts.						

**Course Outcomes**

CO1	Describe and explain the concept, scope, and importance of gerontology.
CO2	Describe and compare biological, psychological, and social theories of aging.
CO3	Analyse the physical, cognitive, and emotional changes in aging.
CO4	Examine the role of family, caregivers, and social support in later life.
CO5	Evaluate challenges faced by the elderly in healthcare, economic security, and social inclusion.
CO6	Illustrate the impact of ageism and changing intergenerational relationships.
CO7	Demonstrate understanding of programs, services, and policies for older adults in India.
CO8	Interpret the significance of active aging, elder rights, and quality of life interventions.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Gerontology	Definition and scope of gerontology, Importance of studying aging, Myths and stereotypes about aging, Demographic trends and population aging	8	CO1
2	Theories of Aging	Biological theories: Wear and tear, genetic theory, free radical theory; Psychological theories: Erikson's stage of ego integrity vs despair; Sociological theories: Disengagement, Activity, Continuity theory	8	CO2
3	Physical and Cognitive Changes	Normal physical aging process, Changes in sensory abilities and mobility, Cognitive changes: memory and attention, Age-related diseases (dementia, Alzheimer's - brief overview)	8	CO3
4	Emotional and Social Changes	Coping with retirement, loneliness, bereavement, Role of family and peer groups, Importance of social engagement in aging	8	CO4
5	Behavioral and Cognitive Theories	Role of caregivers, Elder abuse and neglect, Intergenerational relationships, Social support systems	8	CO5
6	Aging and Well-being	Mental health in older adults, Ageism and societal attitudes, Spirituality and life satisfaction in old age	8	CO6
7	Elderly Care and Policy	National policies for older persons (India), Government schemes and services, Role of NGOs, Institutional vs home-based care	6	CO7
8	Promoting Healthy and Active Aging	Concept of active aging, Lifestyle interventions (exercise, diet, hobbies), Community participation, Ensuring dignity, rights, and quality of life in later years	6	CO8

**References**

- Hooyma, N. R., & Kiyak, H. A. (2018). *Social Gerontology: A Multidisciplinary Perspective* (10th ed.) Pearson.
- Quadagno, J. (2017). *Aging and the Life Course: An Introduction to Social Gerontology* (7th ed.) McGraw-Hill Education.
- Moody, H. R., & Sasser, J. R. (2017). *Aging: Concepts and Controversies* (9th ed.). SAGE Publications.
- Berk, L. E. (2022). *Development Through the Lifespan* (8th ed.). Pearson.

**e-Learning Source:**

- <https://www.futurelearn.com/courses/care-of-older-people>  
<https://www.open.edu/openlearn/people-politics-law/sociology/ageing-and-later-life/content-section-0>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	2	2	2	2	1	3	3	3	2
CO2	3	3	2	2	2	2	1	3	3	3	2
CO3	3	3	2	2	1	1	1	2	3	2	2
CO4	3	3	3	2	2	2	1	3	3	1	1
CO5	3	3	3	2	1	2	1	2	3	1	1
CO6	3	3	3	3	2	2	2	3	3	3	2
CO7	3	3	2	2	1	3	1	2	3	3	3
CO8	3	3	2	2	1	3	1	2	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Dr. Parah Shoaib  
 Name & Sign of Program Coordinator

Sign & Seal of HoD



**Integral University, Lucknow**

Effective from Session: 2025-2026				L	T	P	C
Course Code	A090805T/HS434	Title of Course	Physiological Psychology	4	0	0	4
Year	IV	Semester	VIII				
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	This undergraduate program introduces students to the biological basis of behaviour, focusing on brain structure, nervous system function, and the role of genetics. It aims to develop an understanding of how physiological processes influence emotions, consciousness, and health, using scientific methods relevant to real-world psychological applications.						

**Course Outcomes**

CO1	Describe the nature, scope, and mind-brain relationship in physiological psychology
CO2	Describe key research methods like brain imaging, lesion, and stimulation techniques
CO3	Analyse the structure and function of the central, peripheral, and autonomic nervous systems
CO4	Examine major brain regions and cortical lobes in relation to behaviour
CO5	Evaluate physiological mechanisms of consciousness, sleep, and related disorders
CO6	Illustrate the biological basis of emotions, stress, and their impact on health
CO7	Demonstrate understanding of behaviour genetics and related gene-based disorders
CO8	Interpret neurological and chromosomal syndromes affecting behaviour and cognition

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Physiological Psychology	Meaning, nature, and scope of physiological psychology, the mind-brain relationship, and a brief historical overview.	8	CO1
2	Methods in Physiological Psychology	Research methods like lesion studies, brain scanning (EEG, fMRI), electrical and chemical methods, and basic surgical techniques.	8	CO2
3	Nervous System Organization	Structure and functions of the central and peripheral nervous systems, autonomic system, and protective features like cerebrospinal fluid and meninges	8	CO3
4	Brain Structures and Functions	Hindbrain, midbrain, forebrain, and cerebral cortex (frontal, parietal, temporal, occipital lobes) and their basic roles	8	CO4
5	Consciousness and Sleep	Brain mechanisms behind consciousness, sleep stages (REM and NREM), circadian rhythms, and common sleep disorders.	8	CO5
6	Emotion and Health	Biological basis of emotions, stress responses, and how stress affects physical and mental health	8	CO6
7	Basics of Behavior Genetics	Role of genes in behavior, common genetic disorders like albinism and Down's syndrome, and heredity basics	6	CO7
8	Brain and Genetic Disorders	chromosomal syndromes like Turner's and Klinefelter's, and brain-related conditions like Parkinson's, Alzheimer's, and epilepsy	6	CO8

**References**

Carlson, N. R., & Birkett, M. A. (2021). *Physiology of behavior* (13th ed.). Pearson.

Kalat, J. W. (2022). *Biological psychology* (14th ed.). Cengage Learning.

Pinel, J. P. J., & Barnes, S. J. (2017). *Biopsychology* (10th ed.). Pearson.

Rosenzweig, M. R., Breedlove, S. M., & Watson, N. V. (2005). *Biological psychology: An introduction to behavioral, cognitive, and clinical neuroscience* (4th ed.). Sinauer Associates.

**e-Learning Source:**

<https://www.edx.org/course/the-brain-and-space>  
<https://www.khanacademy.org/test-prep/mcat/behavior>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	2	2	2	2	1	3	3	3	2
CO2	3	3	2	2	2	2	1	3	3	3	2
CO3	3	3	2	2	1	1	1	2	3	2	2
CO4	3	3	3	2	2	2	1	3	3	1	1
CO5	3	3	3	2	1	2	1	2	3	1	1
CO6	3	3	3	3	2	2	2	3	3	3	2
CO7	3	3	2	2	1	3	1	2	3	3	3
CO8	3	3	2	2	1	3	1	2	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

*Dr. Farah Sheeb*  
 Name & Sign of Program Coordinator

*Zeba Anwar*  
 Sign & Seal of HoD



## Integral University, Lucknow

<b>Effective from Session: 2025-2026</b>							
Course Code	A090807R/HS 436	Title of the Course	Internship/ Field Study/ Project Work	L	T	P	C
Year	IV	Semester	VIII	1	0	3	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To provide in-depth exposure to professional psychological settings such as hospitals, mental health clinics, rehabilitation centers, schools, NGOs, and HR departments. The course aims to sharpen clinical observation, psychological assessment, intervention skills, and reflective abilities through supervised field practice. Emphasis will be laid on developing ethical sensitivity, professional identity, and evidence-based psychological application.						

Course Outcomes	
CO1	Engage in structured psychological activities in applied settings (clinical/educational/organizational).
CO2	Demonstrate application of basic psychological tools, assessments, and intervention techniques.
CO3	Exhibit teamwork, ethical conduct, and professional communication in field settings.
CO4	Prepare detailed case reports, observation logs, and summary documents.
CO5	Critically reflect on professional experiences to align academic knowledge with real-world demands.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Institutional Internship	Placement in clinical, school, NGO, rehab or corporate psychology setup	12	CO1
2	Psychological Applications	Observation & practice: screening, assessments, intervention techniques	12	CO2
3	Ethics & Professional Skills	Training in ethics, boundaries, confidentiality, case documentation	12	CO3
4	Report Writing	Case summaries, internship journal, psychological observation reports	12	CO4
5	Presentation and Viva Voce	PowerPoint presentation, oral viva based on internship experience	12	CO5

**Reference Books:**

- APA Publication Manual (7th Ed.)
- ICMR Ethical Guidelines for Human Research
- NIMHANS Field Training Modules
- Jacob & Hartshorne (2007). Ethics and Law for School Psychologists

**e-Learning Source:**

- WHO Mental Health Gap (mhGAP) Training Modules
- APA Ethical Principles and Code of Conduct

**Course Articulation Matrix: (Mapping of COs with POs and PSOs)**

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO											
CO1	3	2	1	1	2	1	1	2	3	3	2
CO2	3	3	1	1	2	1	2	2	2	3	1
CO3	1	2	3	3	1	1	2	3	1	2	2
CO4	1	2	3	1	2	3	3	3	1	1	3
CO5	2	3	1	1	3	2	1	2	3	1	3

1-Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

**Dr. Farah Sheikh**  
 Name & Sign of Program Coordinator

Sign & Seal of HoD



## Integral University, Lucknow

Effective from Session: 2025-2026				L	T	P
Course Code	A090806P/HS435	Title of the Course	Tests and Experiments	0	0	4
Year	IV	Semester	VIII			
Pre-Requisite	Intermediate	Co-requisite	None			
Course Objectives	This course deals with the sampling, testing experiments and research designs and their applications in research in this practicum.					

Course Outcomes	
CO1	Enable students to administer and interpret GSR feedback
CO2	Enable them to administer and interpret EEG
CO3	Enable students to understand the concept of wellbeing and administer the scale
CO4	Enable them to administer and interpret Rorschach test
CO5	Enable them to administer and interpret TAT

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe CO
1	GSR Biofeedback	Understanding Autonomic Arousal through Galvanic Skin Response	6	CO1
2	EEG	Measuring Brain Activity and Interpreting Cognitive States	6	CO2
3	Happiness scale/Forgiveness scale	Assessing Positive Psychology Constructs and Well-being	6	CO3
4	Rorschach Inkblot Test	Exploring Personality Dynamics through Projective Techniques	6	CO4
5	Thematic Apperception Test	Uncovering Underlying Motives, Emotions, and Conflicts	6	CO5

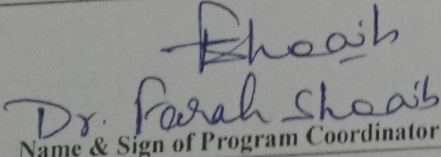
**Reference Books:**

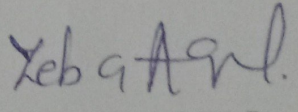
1. Anne Anastasi (1968). Psychological Testing  
Indian Adaptation of Children Personality Questionnaire- Kapoor and Rao
2. Passi Test of Creativity- B. K. Passi

e-Learning Source: EGYANKOSH, NCERT, ePathshala, <https://prasadpsycho.com/product>

PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO8	PSO1	PSO2	PSO3
CO											
CO1	3	3	3	3	3	3	2	2	3	3	1
CO2	3	2	3	1	2	3	2	2	3	3	2
CO3	3	2	2	2	1	3	3	3	3	3	3
CO4	2	3	2	3	3	2	3	3	2	3	
CO5	3	3	3	3	3						

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

  
**Dr. Farah Shaib**  
 Name & Sign of Program Coordinator

  
 Sign & Seal of HoD