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|---------------------------------------|--|----------------------------|---------------|----------|----------|----------|----------|
| Effective from Session:2024-25 | | | | | | | |
| Course Code | A090204T/HIS 117 | Title of the Course | BIOPSYCHOLOGY | L | T | P | C |
| Year | I | Semester | II | 4 | 0 | 0 | 4 |
| Pre-Requisite | Intermediate | Co-requisite | None | | | | |
| Course Objectives | To develop an understanding of biological basis of experience, influence OF behavior, cognition, and the environment on bodily system and to develop an appreciation of the neurobiological basis of psychological function and dysfunction. | | | | | | |

| Course Outcomes | |
|------------------------|--|
| CO1 | To explore the biological basis of experience and behavior. |
| CO2 | To develop an understanding of the Nature and functions of neurons; Neural conduction and synaptic transmission. |
| CO3 | To develop an understanding of the Brain: The forebrain, The hind brain, midbrain & forebrain. |
| CO4 | Understanding about the Hormonal actions- General principles of hormonal actions and functions. |
| CO5 | Understanding about Outline the role of Endocrine glands and Hormones in influencing Human Behavior |
| CO6 | Understanding about the divisions of the nervous system and their chief structures and functions. |
| CO7 | Understanding the Development of the Central Nervous System and Peripheral Nervous System |
| CO8 | To explore and understand the biological basis of genetics and behavior. |

| Unit No. | Title of the Unit | Content of Unit | Contact Hrs. | Mapped CO |
|----------|--|--|--------------|-----------|
| 1 | INTRODUCTION TO BIOPSYCHOLOGY: | Introduction; Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology. | 7 | CO1 |
| 2 | THE FUNCTIONING BRAIN: | Nature and functions of neurons; Neural conduction and synaptic transmission. | 8 | CO2 |
| 3 | DEVELOPMENT OF THE CENTRAL NERVOUS SYSTEM, BRAIN: | Brain: The forebrain, The hind brain, midbrain & forebrain. | 7 | CO3 |
| 4 | HORMONES | Hormonal actions- General principles of hormonal actions | 7 | CO4 |
| 5 | NEUROENDOCRINE SYSTEM: | Structure, functions of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal. | 8 | CO5 |
| 6 | STRUCTURE OF THE NERVOUS SYSTEM | Nervous System: Development of the central nervous system. | 7 | CO6 |
| 7 | NERVOUS SYSTEM: | Central Nervous System and Peripheral Nervous System | 8 | CO7 |
| 8 | GENETICS AND BEHAVIOR | Introduction and nature; Behavioral Genetics, Heritability. | 8 | CO8 |

Reference Books:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
- Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
- Kalat, J.W. (2011). Biopsychology. Delhi, India: Cengage Learning India Private Limited.
- Pinel, J. (2007). Biopsychology. New Delhi, India: Pearson India Education Services Pvt Ltd.
- 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.

e-Learning Source:
Suggestedigitalplatformsweblinks-<http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org>, eGyanKosh: BPCC-102 Biopsychology

| Course Articulation Matrix: (Mapping of COs with POs and PSOs) | | | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|
| PO-PSO CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | PSO7 | PSO8 |
| CO1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 3 | 3 |
| CO2 | 3 | 3 | 1 | 1 | 3 | 2 | 1 | 3 | 1 | 3 | 2 | 3 | 3 | 1 | 3 |
| CO3 | 1 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 1 | 3 | 3 | 1 | 3 | 3 |
| CO4 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 |
| CO5 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 3 | 1 | 3 | 2 |
| CO6 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 |
| CO7 | 3 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 3 | 1 | 2 |
| CO8 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 3 | 2 |

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

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| Name & Sign of Program Coordinator | Sign & Seal of HoD |
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|--|---|----------------------------|-------------|----------|----------|----------|----------|
| Effective from Session: 2024-2025 | | | | | | | |
| Course Code | A090205P/HS 118 | Title of the Course | Biofeedback | L | T | P | C |
| Year | I | Semester | II | 0 | 0 | 2 | 2 |
| Pre-Requisite | Intermediate | Co-requisite | None | | | | |
| Course Objectives | Equipping students with biofeedback devices to learn the physical and psychological changes | | | | | | |

| Course Outcomes | |
|------------------------|---|
| CO1 | Students will the functioning of EEG |
| CO2 | Students will understand the functioning of EMG |
| CO3 | Students will understand galvanic skin response and its relation with emotional stability/disturbance |
| CO4 | Students will understand heart variability and its relation with emotional stability/disturbance |

| Unit No. | Title of the Unit | Content of Unit | Cont act Hrs. | Mapped CO |
|-----------------|--------------------------|---|----------------------|------------------|
| 1 | EEG | Administration and interpretation | 8 | CO1 |
| 2 | EMG | Administration and interpretation | 7 | CO2 |
| 3 | Galvanic Skin Response | Administration of biofeedback device to interpret psychological condition | 8 | CO3 |
| 4 | Heart Variability | Administration of biofeedback device to interpret psychological condition | 7 | CO4 |

Reference Books:

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
4. Kalat, J.W. (2011). Biopsychology. Delhi, India: Cengage Learning India Private Limited.
5. Pines, J. (2007). Biopsychology. New Delhi, India: Pearson India Education Services Pvt Ltd

e-Learning Source:

Swayam
Egyankosh

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

| PO-PSO CO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | PSO7 |
|------------------|------------|------------|------------|------------|------------|------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| CO1 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 |
| CO2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| CO3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 |
| CO4 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

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

Name & Sign of Program Coordinator

Sign & Seal of HoD



Integral University, Lucknow

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|--|--|----------------------------|---|----------|----------|-----------|
| Effective from Session: 2022-23 | | | | | | |
| Course Code | A090201T/HS11 2 | Title of the Course | Basic Research Methodology and Statistics | L | T | P |
| Year | I | Semester | II | 4 | 0 | 04 |
| Pre-Requisite | Intermediate | Co-requisite | None | | | |
| Course Objectives | This course will help students learn to use the basic research knowledge and statistics. | | | | | |

| Course Outcomes | |
|-----------------|---|
| CO1 | Conceptual knowledge about the key terms and major contributors pertaining to Psychological Statistics |
| CO2 | Knowledge about the nature of psychological variables and how to measure them using appropriate scale. |
| CO3 | Understanding the importance of applications of statistics in Behavioral Sciences /Psychological Research |
| CO4 | Understanding the concepts of central tendency and dispersion, and be able to compute relative statistics and learning about the techniques of inferential statistics and hypothesis testing. |
| CO5 | Knowledge of the techniques of descriptive statistics for quantitative research. They will know how to set up and interpret datasets in charts, graphs, and distributions in meaningful ways. |
| CO6 | Identify commonly used standardized tests, their strengths and limitations, and use in various settings |
| CO7 | Knowledge of scientific methodology–the variety of ways in which Psychological constructs are evaluated / interpreted. |
| CO8 | Enable to practice professional skills in the area of Psychological Testing and Assessment. |

| Unit No. | Title of the Unit | Content of Unit | Contact Hrs. | Mapped CO |
|----------|---------------------------------------|---|--------------|-----------|
| 1 | Measurement | Nature and Scales of Psychological Measurement; Properties and Functions of Measurement. | 6 | CO1 |
| 2 | Scientific Approach: | Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods. | 8 | CO2 |
| 3 | Psychological Statistics | Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Skewness and Kurtosis; Type-I and Type-II Error ; Graphical representation of Data. | 8 | CO3 |
| 4 | The Normal Distribution | Meaning and Uses, Characteristics or Properties of Normal Probability Curve (NPC) ; Significance of Statistics | 8 | CO4 |
| 5 | Correlation: Types and Interpretation | Pearson Product Moment Correlation Coefficient, Point Biserial r, Phi Coefficient, Spearman's Rho , Chi-Square tests: Goodness of fit, Analysis of contingency tables | 7 | CO5 |
| 6 | Tests: | Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types. | 7 | CO6 |
| 7 | Intelligence Testing | (Brief History) ; Measurement of abilities: Stanford Binet, and Wechsler Test of Intelligence, Culture Fair Tests: Structure and Application. | 8 | CO7 |
| 8 | Personality Tests: | Self-Report Inventories (16 PF, NEO-PIR), Projective Techniques: Nature and Types: Structured, Semi-Structured, and Unstructured Projective Techniques; Familiarity with MMPI, Rorschach, WAT, and TAT | 8 | CO8 |

Reference Books:

1. Asthana H.S, and Bhushan. B. (2007) Statistics for Social Sciences (with SPSS Applications).
2. Cohen, J. (1988). Statistical power analysis for the behavioral sciences (2nd ed.). Hillsdale, NJ: Lawrence Erlbaum Associates.
3. Garrett, H.E. (1981), Statistics in Psychology and Education, (Tenth edition), Bombay, Vakils Feffer and Simons Ltd.
4. Gupta, S.C. (1990) Fundamentals of Statistics.
5. Kerlinger F.N (1986). Foundations in Behavioural Research. New York: Holt Rinehart and Winston.
6. Mangal, S. K. (2002). Statistics in Psychology and Education. New Delhi: Phi Learning Private Limited.

e-Learning Source: Egvankosh, NCERT, ePathshala,swayam

| PO-PSO | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | PSO7 | PSO8 |
|------------|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|
| CO | | | | | | | | | | | | | | | |
| CO1 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO2 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| CO3 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO4 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO5 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6 | 2 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO8 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

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

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| Name & Sign of Program Coordinator | Sign & Seal of HoD |
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Integral University, Lucknow

| Effective from Session: 2022-23 | | | | | | |
|---------------------------------|---|---------------------|--------------------------|---|---|---|
| Course Code | I090203T/HS114 | Title of the Course | Psychology of Resilience | L | T | P |
| Year | I | Semester | II | 3 | 0 | 0 |
| Pre-Requisite | Intermediate | Co-requisite | None | | | |
| Course Objectives | Aimed to develop the skills in students and will be able to learn about Interpersonal aspects of Positive Psychology, The science of Happiness and Life Satisfaction, and will be able to apply them in their own and in others' lives. It will also give the learner a clear understanding of the different factors responsible for creating resilience in oneself and in the environment. | | | | | |

| Course Outcomes | |
|-----------------|---|
| CO1 | Apply Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience |
| CO2 | The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations Flexibility and complexity and their role in well-being. |
| CO3 | Transforming, Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality. |
| CO4 | The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence. |

| Unit No. | Title of the Unit | Content of Unit | Contact Hrs. | Mapped CO |
|----------|--------------------------------------|--|--------------|-----------|
| 1 | Introduction to Positive psychology: | -Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience | 12 | CO1 |
| 2 | Subjective WellBeing: | The science of Happiness and Life Satisfaction - Resilience in Development-Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations.Flexibility and complexity and their role in well-being | 12 | CO2 |
| 3 | Transforming conflicts: | Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality. | 11 | CO3 |
| 4 | Applying Positive Psychology: | The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence. | 10 | CO4 |

Reference Books:

- Cornelissen, M., Mishra, G. & Verma, S. (2014). Foundations of Indian Psychology. New Delhi: Pearson Education.
- Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw-Hill.
- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). Positive psychology: The scientific and practical explorations of human strengths. Sage Publications.
- Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
- Balog, J. E. (1978). An historical review and philosophical analysis of alternative concepts of health and their relationship to health education (Unpublished dissertation). Maryland: University of Maryland

e-Learning Source: EGYANKOSH, ePathshala, SWAYAM

| PO-PSO | PO1 | PO2 | PO3 | PO4 | PSO1 | PSO2 | PSO3 | PSO4 |
|--------|-----|-----|-----|-----|------|------|------|------|
| CO | | | | | | | | |
| CO1 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 |
| CO2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 |
| CO3 | 3 | 2 | 3 | 2 | 2 | 3 | 1 | 3 |
| CO4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |

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

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| Name & Sign of Program Coordinator | Sign & Seal of HoD |
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Integral University, Lucknow

| Effective from Session: 2022-23 | | | | | | | |
|---------------------------------|--|---------------------|--|---|---|---|---|
| Course Code | A090202P/ HS113 | Title of the Course | Lab Work on Experiment/Psychological Testing | L | T | P | C |
| Year | I | Semester | II | 0 | 0 | 2 | 2 |
| Pre-Requisite | Intermediate (10+2) | Co-requisite | None | | | | |
| Course Objectives | To introduce students to the basic understanding of Psychological Research in the field of Psychology. | | | | | | |

| Course Outcomes | |
|---|---|
| After the successful course completion, learners will develop following attributes: | |
| CO1 | Understanding of the conduct experiments and reports the results. |
| CO2 | Knowledge about the use of Statistical Methods in Psychological Research. |
| CO3 | Use of the skills, techniques, tests required for Behavioural Assessments. |
| CO4 | Understanding of the standard steps for Empirical Research report writing and interpretations of the results. |

| Unit No. | Title of the Unit | Content of Unit | Contact Hrs. | Mapped CO |
|----------|-------------------|---|--------------|-----------|
| 1 | I | Plan, conduct and report an experiment using experimental method. | 8 (16 hrs) | CO1 |
| 2 | II | Ascertain the Reliability of any Psychological test using any method of Reliability and report. | 7 (14 hrs) | CO2 |
| 3 | III | Administer any one Self-Report Inventory on a subject, score and report | 7 (14 hrs) | CO3 |
| 4 | IV | Administer any one Intelligence Test on a subject/subjects, score and report | 8 (16 hrs) | CO4 |

| Reference Books: | |
|--|--|
| 1. Kerlinger F.N (1986). Foundations in Behavioural Research. New York: Holt Rinehart and Winston. | |
| e-Learning Source: | |
| <ul style="list-style-type: none"> • Swayam • Coursera | |

| Course Articulation Matrix: (Mapping of COs with POs and PSOs) | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|
| PO-PSO | PO1 | PO2 | PO3 | PO4 | PO5 | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | PSO7 |
| CO | | | | | | | | | | | | |
| CO1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 |
| CO2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

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

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| Name & Sign of Program Coordinator | Sign & Seal of HoD |