

# PSYC 1101 - Introductory Psychology ( version 201312L )

## Course Title                      Course Development      Learning Support

Introductory Psychology              Standard                      No

## Course Description

Introduces the major fields of contemporary psychology. Emphasis is on critical thinking and fundamental principles of psychology as a science. Topics include research design, the organization and operation of the nervous system, sensation and perception, learning and memory, motivation and emotion, thinking and intelligence, lifespan development, personality, psychological disorders and treatment, stress and health, and social psychology.

## Pre-requisites

Appropriate Degree Level Writing (English) and Reading Placement Test Scores

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## Regstr. Co-requisites

Regstr. Co-requisites: None

## True Co-requisites

True Co-requisites: None

## Course Length

|                                    | Lecture<br>Contact Time | Regular Lab<br>Type | Reg. Lab<br>Contact Time | Other Lab<br>Type | Oth. Lab<br>Contact Time | Total Contact<br>Hrs |
|------------------------------------|-------------------------|---------------------|--------------------------|-------------------|--------------------------|----------------------|
| Contact Hours<br>Per Week          | 3 hrs                   | N/A                 | 0 hrs                    | N/A               | 0 hrs                    | 3 hrs                |
| Contact<br>Min/Hrs Per<br>Semester | 2250 min                |                     | 0 min                    |                   | 0 min                    | 45 hrs               |
|                                    | Lecture Credit Hours    |                     | Lab Credit Hours         |                   | Total Credit hours       | WLU                  |
| Semester Credit<br>Hours           | 3                       |                     | 0                        |                   | 3                        | 101.25               |

## Competencies & Outcomes

### Order    Description

#### 1      Foundations and Research Methods

| Order | Description                                      | Learning<br>Domain | Level of<br>Learning |
|-------|--|--------------------|----------------------|
| 1     | Describe the foundations of modern psychology.   | Cognitive          | Knowledge            |
| 2     | Identify who psychologists are and what they do. | Cognitive          | Knowledge            |
| 3     | Outline methods of research.                     | Cognitive          | Synthesis            |
| 4     | Demonstrate critical thinking skills.            | Cognitive          | Application          |

#### 2      Biological Foundations of Behavior

| Order | Description   | Learning<br>Domain | Level of<br>Learning |
|-------|---|--------------------|----------------------|
| 1     | Describe the structure of neurons and the process of neural transmission. | Cognitive          | Comprehension        |

|   |   |           |               |
|---|---|-----------|---------------|
| 2 | Outline the structure and function of the nervous system.   | Cognitive | Synthesis     |
| 3 | Outline the structure and function of the endocrine system. | Cognitive | Synthesis     |
| 4 | Explain genetic influences on behavior.                     | Cognitive | Comprehension |

### 3 Sensation and Perception

| Order | Description  | Learning Domain | Level of Learning |
|-------|--|-----------------|-------------------|
| 1     | Describe basic concepts related to sensation.  | Cognitive       | Comprehension     |
| 2     | Identify the structure and function of the visual, auditory, chemical, skin and other body senses. | Cognitive       | Knowledge         |
| 3     | Describe perceptual organization and the perception of distance, depth, movement and illusions.    | Cognitive       | Comprehension     |

### 4 States of Consciousness

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Differentiate states of conscious, sleeping, and dreaming.                              | Cognitive       | Analysis          |
| 2     | Describe sleep disorders.   | Cognitive       | Comprehension     |
| 3     | Compare and contrast altering consciousness through drug use, meditation, and hypnosis. | Cognitive       | Analysis          |

### 5 Learning

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Differentiate classical conditioning, operant conditioning, and cognitive learning. | Cognitive       | Analysis          |
| 2     | Describe elements of classical conditioning.  | Cognitive       | Comprehension     |
| 3     | Demonstrate classical conditioning in human behavior.                               | Cognitive       | Application       |
| 4     | Describe the elements of operant conditioning.                                      | Cognitive       | Comprehension     |
| 5     | Differentiate principles of reinforcement and punishment.                           | Cognitive       | Analysis          |
| 6     | Demonstrate operant conditioning in human behavior.                                 | Cognitive       | Application       |
| 7     | Identify the types of cognitive learning and their application to humans.           | Cognitive       | Knowledge         |

### 6 Memory

| Order | Description  | Learning Domain | Level of Learning |
|-------|--|-----------------|-------------------|
| 1     | Describe theories of remembering and forgetting.                 | Cognitive       | Comprehension     |
| 2     | Compare sensory memory, short-term memory, and long-term memory. | Cognitive       | Analysis          |
| 3     | Identify and practice methods of improving memory.               | Cognitive       | Application       |

## 7 **Thinking, Intelligence, and Language**

| Order | Description  | Learning Domain | Level of Learning |
|-------|--|-----------------|-------------------|
| 1     | Describe the building blocks of thought: language, images, and concepts.             | Cognitive       | Comprehension     |
| 2     | Apply principles of cognition to strategies for problem-solving and decision-making. | Cognitive       | Application       |
| 3     | Identify the components of language and the stages of language development.          | Cognitive       | Knowledge         |
| 4     | Discuss the influences of culture on language and how humans think.                  | Cognitive       | Comprehension     |
| 5     | Define intelligence and describe how intelligence is measured.                       | Cognitive       | Knowledge         |
| 6     | Identify gender differences in cognitive abilities.                                  | Cognitive       | Knowledge         |
| 7     | Describe the influences of heredity and environment on intelligence.                 | Cognitive       | Comprehension     |

## 8 **Motivation and Emotion**

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Explain the biological and psychological sources of motivation. | Cognitive       | Comprehension     |
| 2     | Contrast the theories of emotion.                               | Cognitive       | Analysis          |
| 3     | Identify the basic emotions and how they are communicated.      | Cognitive       | Knowledge         |
| 4     | Describe emotional intelligence and how to manage emotions.     | Cognitive       | Comprehension     |

## 9 **Lifespan Development**

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Identify stages of prenatal development and threats to development.                                       | Cognitive       | Knowledge         |
| 2     | Describe cognitive, physical, psychosocial and gender- and sex-role development in infancy and childhood. | Cognitive       | Comprehension     |
| 3     | Describe cognitive, physical, psychosocial and gender- and sex-role development in adolescence.           | Cognitive       | Comprehension     |
| 4     | Describe cognitive, physical, psychosocial and gender- and sex-role development in adulthood.             | Cognitive       | Comprehension     |
| 5     | Describe cognitive, physical, psychosocial and gender- and sex-role development in late adulthood.        | Cognitive       | Comprehension     |

## 10 **Personality**

| Order | Description                                       | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Explain psychodynamic theories of personality.    | Cognitive       | Comprehension     |
| 2     | Explain humanistic theories of personality.       | Cognitive       | Comprehension     |
| 3     | Explain trait theories.                           | Cognitive       | Comprehension     |
| 4     | Explain social-cognitive theories of personality. | Cognitive       | Comprehension     |

11 **Psychological Disorders and Treatment**

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Differentiate between abnormal and normal behavior.                               | Cognitive       | Analysis          |
| 2     | Discuss psychological disorders and models of abnormal behavior.                  | Cognitive       | Comprehension     |
| 3     | Examine the types, causes and treatment of anxiety disorders.                     | Cognitive       | Analysis          |
| 4     | Examine the types, causes and treatment of mood disorders.                        | Cognitive       | Analysis          |
| 5     | Examine the types, causes and treatment of dissociative and somatoform disorders. | Cognitive       | Analysis          |
| 6     | Examine the types, causes and treatment of schizophrenia.                         | Cognitive       | Analysis          |
| 7     | Examine the types, causes and treatment of sexual and gender identity disorders.  | Cognitive       | Analysis          |
| 8     | Examine the types, causes and treatment of developmental and cognitive disorders. | Cognitive       | Analysis          |
| 9     | Examine the types, causes and treatment of eating and sleep disorders.            | Cognitive       | Analysis          |
| 10    | Examine the types, causes and treatment of personality disorders.                 | Cognitive       | Analysis          |

12 **Stress and Health Psychology**

| Order | Description  | Learning Domain | Level of Learning |
|-------|--|-----------------|-------------------|
| 1     | Define stress and describe what it does to the body.   | Cognitive       | Knowledge         |
| 2     | Identify ways to cope with stress and to stay healthy. | Cognitive       | Knowledge         |
| 3     | Describe psychosocial effects on physical disorders.   | Cognitive       | Comprehension     |
| 4     | Describe psychosocial treatment of physical disorders. | Cognitive       | Comprehension     |

13 **Social Psychology**

| Order | Description   | Learning Domain | Level of Learning |
|-------|---|-----------------|-------------------|
| 1     | Describe fundamentals of social cognition.                                  | Cognitive       | Comprehension     |
| 2     | Examine the nature of attitudes, prejudice and discrimination.              | Cognitive       | Analysis          |
| 3     | Describe social and cultural influences on behavior, thoughts and emotions. | Cognitive       | Comprehension     |
| 4     | Examine the psychological processes involved in social influence.           | Cognitive       | Analysis          |