

B.Sc. Psychology

Syllabus

AFFILIATED COLLEGES

Program Code: 26U

2025 – 2026 onwards



BHARATHIAR UNIVERSITY

(A State University, Accredited with “A++” Grade by NAAC,
Ranked 21st among Indian Universities by MHRD-NIRF)

Coimbatore - 641 046, Tamil Nadu, India

PROGRAM EDUCATIONAL OBJECTIVES (POE)

1. To provide students to gain knowledge about the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. To impart active learning principles and encourage students to pursue active learning principles in other fields (clinical, education, research, human resources, etc.).
3. To give comprehensive training to understand and apply various inquiry skills and integrate research and scholarly activities into their academic and career development.
4. To demonstrate an effective communication skill with a professional convention in psychology to facilitating optimal human functioning.
5. To support students to cultivate skills to integrating scientific principles and knowledge with professional practice to more effectively address the needs of individuals, families, groups, and society.



PROGRAMME OUTCOME (PO)

1. Able to demonstrate substantial knowledge and competence in the extensiveness in the field of psychology.
2. Able to understand psychology as an applied discipline and recognize the unique features of the methods in psychology and its place in the broader field of scientific studies.
3. Develop as an effective trainer, consultant, therapist, and a collaborator to build an advanced competence in the work system.
4. Exhibit the ability to appreciate the values of others cultures, values, and background, follow the ethics, and work constructively with the team as a professional.
5. Acquire a specific skill and content, will high self-reflective, and create a meaningful professional direction for the life.



PROGRAMME SPECIFIC OUTCOMES (PSOs)

1. Students will be able to understand the theories, major concepts and underpinning mechanisms, which explain human thought and behaviour pertain to specific and larger context.
2. Students will also be well-versed in conceptualizing the issues, evolving appropriate techniques / strategies, monitoring the progress and outcomes across the different work settings (clinical, education, research, human resources, etc).
3. Students are able to comprehend and apply basic research methods in psychology to conduct, adopt appropriate design, analysis data, and interpretation.
4. Students will be able to well articulate the implications of evidence-based practice to facilitate the functioning of the individual, group and the community.
5. Students will be able to locate, evaluate, and apply psychological information that strengthen the individual, group, community and build public policies



BHARATHIAR UNIVERSITY:: COIMBATORE 641 046**B. Sc. PSYCHOLOGY (CBCS PATTERN)***(For the students admitted from the academic year 2025-2026 and onwards)***Scheme of Examination**

Part	Title of the Course	Hours / Week	Examination				Credits
			Duration in Hours	Maximum Marks			
				CIA	CEE	Total	
	Semester I						
I	Language – I	6	3	25	75	100	4
II	English – I	6	3	25	75	100	4
III	Core Paper I : General Psychology I	6	3	25	75	100	4
III	Core Paper II : Developmental Psychology I	6	3	25	75	100	4
III	Allied A: Paper I : Biopsychology - 1	4	3	25	75	100	4
IV	Environmental Studies*	2	3	-	50	50	2
	Total	30		125	425	550	22
	Semester II						
I	Language – II	6	3	25	75	100	4
II	English – II	4	3	25	25	50*	2
	Language Proficiency for Employability http://kb.naanmudhalvan.in/Special:Filepath/Cambridge_Course_Details.pdf	2	-	25	25	50**	2
III	Core Paper III : General Psychology II	6	3	25	75	100	4
III	Core Paper IV: Developmental Psychology II	6	3	25	75	100	4
III	Allied A: Paper II : Biopsychology - II	4	3	25	75	100	4
IV	Value Education – Human Rights*	2	3	-	50	50	2
	Total	30		150	400	550	22
	Semester III						
I	Language – III	6	3	25	75	100	4
II	English – III	6	3	25	75	100	4
III	Core Paper V : Abnormal Psychology I	4	3	25	75	100	4
III	Core Paper VI : Practical I- Experimental Psychology I	4	3	25	75	100	4
III	Allied B: Paper I : Psychological Statistics	3	3	20	55	75	3
IV	Skill based Subject 1: Counselling Psychology	2	3	20	55	75	3
IV	Tamil** / Advanced Tamil* (OR) Non-major elective - I (Yoga for Human Excellence)* / Women’s Rights*	2	3	-	50	50	2
IV	Health and Wellness**	1		25	-	25	1
	NAAN MUDHALVAN – Microsoft Skills3	2		25	75	100	2

	Total	30		190	535	725	27
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	Semester IV						
I	Language – IV	6	3	25	75	100	4
II	English – IV	6	3	25	75	100	4
III	Core Paper VII : Abnormal Psychology II	5	3	25	75	100	4
III	Core Paper VIII : Practical II- Experimental Psychology II	4	3	25	75	100	4
III	Allied B: Paper II : Research Methodology	3	3	12	38	50	2
IV	Skill based Subject 2: Testing and Assessment	2	3	12	38	50	2
IV	Tamil**/Advanced Tamil* (OR) Non- major elective -II (General Awareness*)	2	3	-	50	50	2
	NAAN MUTHALVAN-Digital Skills for Employability – Office Fundamentals http://kb.naanmudhalvan.in/Special:Filepath/Microsoft_Course_Details.xlsx	2		25	25	50**	2
	Total	30		149	451	600	24
	Semester V						
III	Core Paper IX : Social Psychology I	6	3	25	75	100	4
III	Core Paper X: Industrial/Organizational Psychology I	6	3	25	75	100	4
III	Core Paper XI: Health Psychology	5	3	25	75	100	4
III	Core Paper XII : Practical III - Experimental Psychology III	4	3	25	75	100	4
III	Elective I	4	3	25	75	100	4
IV	Skill based Subject 3: Life Skill Development	3	3	20	55	75	3
	NAAN MUTHALVAN – Digital Marketing	2		25	75	100	2
	Total	30		170	505	675	25
	Semester VI						
III	Core Paper XIII: Social Psychology II	6	3	25	75	100	4
III	Core Paper XIV: Industrial/Organizational Psychology II	6	3	25	75	100	4
III	Core Paper XV : Practical IV- Experimental Psychology IV	5	3	25	75	100	4
III	Elective II	5	3	25	75	100	4
III	Elective III	5	3	25	75	100	4
IV	Skill Based Subject 4 : Personality Assessment	3	3	20	55	75	3
V	Extension Activities**			50	-	50	2

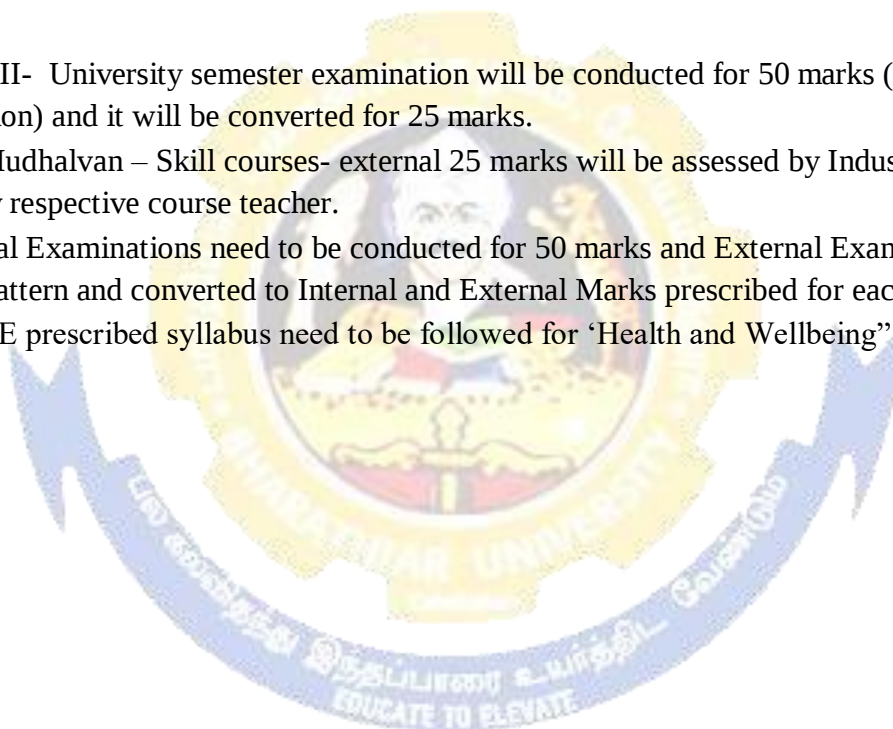
Employability Readiness- Naan Mudhalvan Course	-	-	-	-	-	-
Total	30		195	430	625	25
Grand Total			979	2746	3725	145

Note

* No Continuous Internal Assessment (CIA). Only University Examinations.

** No University Examinations. Only Continuous Internal Assessment (CIA).

- * English II- University semester examination will be conducted for 50 marks (As per existing pattern of Examination) and it will be converted for 25 marks.
- ***Naan Mudhalvan – Skill courses- external 25 marks will be assessed by Industry and internal will be offered by respective course teacher.
- All Internal Examinations need to be conducted for 50 marks and External Examinations for 75 Marks with existing pattern and converted to Internal and External Marks prescribed for each subject.
- TANSCHÉ prescribed syllabus need to be followed for ‘Health and Wellbeing’



1. Distribution of Marks for Continuous Internal Assessment (CIA) and Comprehensive External Examination (CEE):

Paper	Maximum Marks	Marks for		Components for CIA		
		CIA*	CEE	Tests	Assignment	Others*
Theory (Core / Elective)	50	12	38	09	03	-
Theory (Core / Elective)	75	20	55	10	05	05
Theory (Core / Elective)	100	25	75	15	05	05

- **Components for others may include the following:**
Class Participation, Case Studies, Presentation, Field Work, Field Survey, Group Discussion, Team Paper, Workshop/Conference Participation, Presentation of Papers in Conferences, Quiz, Report/Content Writing, Seminars etc.

* Two Internal test conducted for 50 marks (each), model exam conducted for 75 marks and converted to prescribed internal marks for each subject.

2. Distribution of Marks for Continuous Internal Assessment (CIA) and Comprehensive External Examination (CEE):

Paper	Maximum Marks	Marks for		Components for CIA		
		CIA	CEE	Tests	Observation Note	Record Note
Practical** (Core / Elective)	50	20	30	10	05	05
Practical** (Core / Elective)	75	30	45	20	05	05
Practical** (Core / Elective)	100	40	60	30	05	05

** The Student need to choose one experiment from among the three choices given and write the plan, procedure, conduct the experiment chosen and arrive at conclusion after discussion of the results obtained.

3. Distribution of Marks for Continuous Internal Assessment (CIA) and Comprehensive External Examination (CEE):

Paper	Maximum Marks	Marks for		
		CIA	CEE	
			Evaluation	Viva-voce
Project	100	25	50	25
Project	150	40	70	35
Project	200	50	100	50

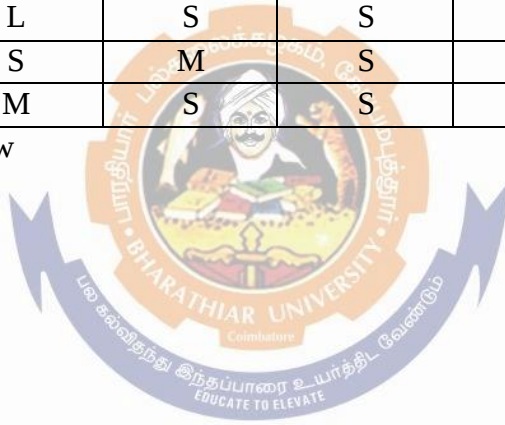
Course code	13A	GENERAL PSYCHOLOGY - I		L	T	P	C
Core I				6			4
Prerequisite		NIL		Syllabus Version		2025-26	
Instructional Hours Per Week :6 CIA : 25 ESE : 75 Total Marks : 100							
Course Objectives:							
The main objectives of this course are to:							
1. To understand the nature of Psychology							
2. Learn the role of the nervous system, endocrine systems and consciousness							
3. Understand the basic anatomy and functions of sensation and perception							
4. Describe the cognition and problem-solving strategies							
5. Know the fundamental principles and features of personality and motivation							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	To understand different models of human behavior based on science						K2
2	To analysis major components of biological systems studied in psychology						K4
3	Evaluate the methods to improve memory and problem solving						K5
4	Design, conduct, or evaluate basic psychological techniques to improve personality						K6
5	Apply psychological principles to everyday life						K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create							
Unit:1							
Unit:1		Introduction to Psychology			12 hours		
Introducing Psychology: Definition of Psychology. Origin of Psychology: Philosophical origins; Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Biological origins: - Darwin, Genetics. Development of Psychology in India. Branches & Scope of Psychology. Brief history of modern scientific psychology: Structuralism, Functionalism, Behaviorism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach -Psychology and other disciplines.							
Unit:2							
Unit:2		Experimentation and Critical Thinking in Psychology			12 hours		
Psychology as a science. Goals of scientific enterprise. Steps in scientific investigation. Methods of psychology: Naturalistic observation, case study, survey, correlational studies, experimental method:-Factors and characteristics of experimental method: variables – dependent, independent, extraneous variables – Experimental control –placebo effect, experimental effect, double blind procedure, lab and field experiment. Steps in conducting psychological research.							

Unit:3	Sensation, Attention and Perception	12 hours
Sense modalities. Psychophysics: Absolute threshold, Differential threshold, Just Noticeable Difference (JND).Attention – factors affecting attention:- subjective and objective factors - Selective attention - Phenomena associated with attention: span of attention, division of attention, distraction of attention. Perception - Subliminal perception - Perceptual set - Perceptual defense - Perceptual organization – Depth Perception: monocular and binocular cues - Perceptual styles - Perceptual constancies - Color perception – color theories- Illusions and its types - Habituation - Extra sensory perception – Enhancing perceptual accuracy.		
Unit:4	Mind, Consciousness and Altered States	12 Hours
Mind, Consciousness and Altered States: Awareness and consciousness states of mind, Nature of consciousness - Functions of consciousness. Changes in consciousness: Dream and Sleep, Circadian Rhythm, Sleep cycle, Stages of sleep. Altered states: Lucid dreaming, Hypnosis, meditation, Hallucinations, Religious ecstasy, drug induced states.		
Unit:5	Learning	12 Hours
Learning: Definition - Classical conditioning: Elements, principles, generalization, discrimination, second order conditioning. Operant conditioning: Reinforcement, punishment, shaping, chaining, stimulus control - Schedules of Reinforcement - Partial Reinforcement effect. Applications: Contingencies in schools, Premack principle. Behavior modification. Other types of learning: Trial and error learning - Verbal learning - Cognitive learning - Observational learning - Latent learning - cognitive map - Improving learning- Economy in learning.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson Education	
2	Lee. J A (2010) The Scientific Endeavour. New Delhi. Pearson	
3	Mishra, B. K. (2008). Psychology: The study of human behaviour. New Delhi: Prentice Hall of India	
Reference Books		
1	Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. (2008). Introduction to Psychology, 7th ed. New Delhi: Tata McGraw Hill	
2	Weiten, W. (2002). Psychology: Themes and variations, 5th ed. New York: Brooks/Cole Publishing Co	
3	Clifford Morgan, Richard A. King, John R. Weisz, John Schopler. (2017). Introduction to Psychology, 7th Edition. Tata McGrawHill, India.	
4.	Atkinson, R. L., Hilgard, E. R., & Nolen-Hoeksema, S. (2014). Atkinson & Hilgard's introduction to psychology. Cengage Learning.	

5.	Kalat, J. W. (2022). <i>Introduction to psychology</i> . Cengage.
6.	Michael S. Gazzaniga., Todd F. Heatherton., Diane F. Halpern & Steven J. Heine (2012). <i>Psychological Science</i> , 3rd Canadian Edition, W.W. Norton & Company, Inc., New York.
7.	Rod Plotnik and Haig Kouyoumdjian (2011). <i>Introduction to Psychology</i> , 9th Edition, Wadsworth Cengage Learning.
8.	David.G. Myers (2014). <i>Exploring Psychology</i> , 9th Edition, International Edition, Worth Publishers, Macmillan.
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://www.coursera.org/learn/introduction-psych
2	https://www.edx.org/course/introduction-tTodd F. Heathertono-psychology
3.	Saylor URL: http://www.saylor.org/books
Course Designed By: Dr. G. K. Sellakumar	

Cos	PO1	PO2	PO3	PO4	PO5
CO1	M	S	S	S	M
CO3	S	L	M	S	S
CO3	L	S	S	S	M
CO4	S	M	S	S	L
CO5	M	S	S	S	M

*S-Strong; M-Medium; L-Low



Course code	13B	DEVELOPMENTAL PSYCHOLOGY – I	L	T	P	C
Core II			6			4
Prerequisite		NIL	Syllabus Version		2025-26	
Instructional Hours Per Week :6 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To explain how theories are used to understand child behavior and development						
2. To learn the role of major theories of child development						
3. To analyze the interdependence of the cognitive, psychosocial and physical domains of development						
4. To Know the current research findings as they apply to child development						
5. Know the effect of biological, environmental and cultural influences on development						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To remember the basic concepts of human life span under various periods					K1
2	To analysis major components of human life transitions across different ages.					K4
3	Evaluate the different stages of life and it’s impact on health and well-being					K5
4	Understand the characteristics of each life span stage through empirical findings					K2
5	Apply psychological principles in the developmental process					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Introduction to Life Span Development			12 Hours			
Introduction to Life Span Development: Introduction. Importance of life span development, Historical perspective. Characteristics of life span perspective. Nature of development. Cross sectional and longitudinal approaches in developmental study. Theories by Freud - Erickson- Piaget- Vygotsky. Information processing Behavioral -Social cognitive- eclectic orientation.						
Unit:2						
Prenatal Development			12 Hours			
Prenatal Development: Fertilization - Germinal period- embryonic period- Fetal period. Prenatal diagnostic tests. Effects of teratogens. Neonatal health and responsiveness. Consequences of low birth weight.						
Unit:3						
Physical Development			12 Hours			
Physical Development: Newborn- reflexes- perception (vision, hearing, other senses, inter modal perception). Height and weight in infancy and childhood. Gross and fine motor skills. Handedness. Physical development in puberty. Changes in early, middle and late adulthood. Theories of aging. Gross and fine motor skills. Handedness. Physical development in puberty. Changes in early, middle and late adulthood. Theories of aging.						

Unit:4	Cognitive Development	12 Hours
Stages of cognitive development- sensory motor stage- object permanence Pre operational stage- intuitive thought. Concrete operations- semantics- pragmatics Language development - How language develops- babbling- two-word utterance. Advances in early, middle and late childhood- metalinguistic awareness.		
Unit:5	Emotional Development	12 Hours
Emotional Development: Introduction- Development of emotion through infancy, childhood, adolescence and adulthood. Describing and classifying temperament- Chess and Thomas, Kagan, Rothbart and Bates. Theories of attachment- care giving and attachment. Moral development- Piaget's and Kohlberg's theory- stages. Social conventional reasoning- basic processes- Resistance to temptation- self-control- Empathy- Moral characters.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Berk, L.E (2003) Child Development (3rd ed). New Delhi: Pearson Education Pvt Ltd	
2	Hurlock, E.B (1978) Child Development (6th ed.) London: McGraw Hill Book Company	
3	Santrock, J.E (2007) Child Development (2nd end) New Delhi: Tata McGrawHill Publishing Company	
Reference Books		
1	Papalia, D.E et.al (2004) Human Development (9th Ed). New Delhi: Tata McGraw Hill Publishing Company	
2	Hurlock, E.B (1996) Developmental Psychology-A Life span Approach. New Delhi: Tata McGraw Hill Publishing Company	
3	Leman, P., Bremner, A., Parke, R. D., & Gauvain, M. (2019). <i>Developmental psychology</i> . McGraw-Hill.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.coursera.org/courses?query=developmental%20psychology	
2	https://www.edx.org/course/introduction-to-developmental-psychology	
Course Designed By: Dr. C. Balakrishnamurthy		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	M	S	S	M
CO3	M	M	M	L	S
CO3	L	M	S	M	S
CO4	M	M	S	S	M
CO5	S	M	S	M	S

*S-Strong; M-Medium; L-Low

Course code	1AB	BIO-PSYCHOLOGY - I	L	T	P	C
Allied Paper I			4			4
Pre-requisite		NIL	Syllabus Version		2025-26	
Instructional Hours Per Week :4 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To understand the relationship between the body, mind and the brain.						
2. To explain the biological foundations of behavior, including theories, history, and research methods.						
3. Understand the evolution and development of the nervous system.						
4. To learn the structures and functions that underlie sensation, perception, and motor control.						
5. Describe the biological underpinnings of cognition and socio-emotional functioning						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	Able to evaluate basic brain structures and functional neural systems					K5
2	To remember process of signaling between nerve cells including chemical neurotransmitters					K1
3	To analysis the role of neurotransmitters in human functioning					K4
4	To understand the functional organization of the sensory systems					K2
5	To apply the bio-psycho premises to predict, enhance human emotions					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Unit:1		Introduction to Biopsychology			12 Hours	
Understanding human consciousness: A Physiological approach. Nature of Physiological approach: Goals of Research, Biological roots of Physiological Psychology. Natural selection and evolution: Functionalism and Inheritance of Traits, Evolution of human species, evolution of large brains. Ethical issues in research with animals. Careers in neuroscience.						
Unit:2						
Unit:2		Nervous System			12 Hours	
Cells of the Nervous System: Neurons, supporting cells. Neural Communication: Measuring electrical potentials of axons, Membrane potential, The action potential and its conduction. Communication between neurons- Non-synaptic communication.						
Unit:3						
Unit:3		The Structure of the Nervous System			12 Hours	
Basic feature of the Nervous System. The central nervous system: its development, The forebrain, The midbrain, The hindbrain, The spinal cord. The Peripheral Nervous System: Spinal nerves, cranial nerves, the autonomic nervous system.						
Unit:4						
Unit:4		Methods and Strategies of Research in Biopsychology			12 Hours	

Experimental ablation: Evaluating the behavioural effects of brain damage, producing brain lesions. Stereotaxic surgery, Histological methods, Tracing neural connections, Study of the living human brain. Recording and stimulating neural activity: neural activity, metabolic and synaptic activity, measuring brain's secretions, Stimulating neural activity, behavioural effects of electrical brain stimulation. Neurochemical methods-Genetic methods.		
Unit:5	Psychobiology of Sensory Systems	12 Hours
Psychobiology of Sensory Systems: Anatomy of the visual system: The eyes, Photoreceptors. Connections between eye and brain. Audition: The stimulus, Anatomy of the ear, Auditory hair cells and the transduction of auditory information. Somatosenses- Gustation, Olfaction.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Carlson.R.N. (2017). Foundations of Physiological Psychology (6th Ed.). New Delhi, Pearson Education, Inc	
2	Pineal, J. P. J. (2006).Biopsychology (6th Ed.), India, Dorling Kindersley.	
3	Kalat, J. W. (2004). Biological basis of human behavior (8th Ed.).New York: Brooks/Cole	
Reference Books		
1	Kalat, J.W. (2018). <i>Biological psychology</i> . Cengage.	
2	Schneider, A.M. & Tarshis, B. (1986).An Introduction to Physiological Psychology.(3rd Ed.). New York: Random House, Inc	
3	Winn, P., & Grealy, M. A. (2020). <i>Biological psychology</i> . Routledge.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.futurelearn.com/courses/biological-psychology	
Course Designed By: Dr. S. Rajakumari		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	L
CO3	M	S	S	M	S
CO3	L	M	L	S	M
CO4	M	M	M	M	S
CO5	L	S	S	L	M

*S-Strong; M-Medium; L-Low

SEMESTER – II

Course code	23A	TITLE OF THE COURSE			L	T	P	C
Core Paper - III		GENERAL PSYCHOLOGY – II			6			4
Prerequisite		NIL			Syllabus Version		2025 - 2026	
Instructional Hours Per Week :6			CIA : 25	ESE : 75	Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1. To explain the importance of memory in everyday life								
2. To discuss the thinking, and the processes of problem solving.								
3. The ways to improve the creativity and knowledge enhancement.								
4. To explain the concept of Intelligent Quotient.								
5. To facilitating the students to understand the dynamics seen in the human personality.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the fundamental concepts of psychology							K1
2	Identify the basic psychological processes underlying human behavior							K2
3	Develop knowledge about various levels of consciousness							K3
4	Apply Learning principles in influencing behavior and decision making							K3
5	Analyze various factors associated with stigma surrounding Psychological problems							K4
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Memory					12 Hours			
Memory: Encoding, storage and retrieval processes - Sensory, short term and long term memories. Organizing information: Chunking, Hierarchies - Information processing model of memory - Working memory - Levels of processing. Implicit and explicit memory, Semantic, episodic and procedural memory - State dependent memory - Memory construction. Other phenomena related to memory: Eyewitness testimony, false memory, childhood amnesia, flashbulb memory. Measuring memory: Recall, recognition, relearning and integration. Forgetting: Curve of forgetting - Reasons of forgetting: fading, interference, distortion, repression, amnesia, motivated forgetting. Strategies for improving memory: Rehearsal, elaboration, organization, giving meaning, mnemonics, Good sleep.								
Unit:2								
Thinking and language					12 Hours			

Thinking and language: Components of thought: Images and Concepts - Structure of language: Phonemes, Morphemes, Grammar - Language and thought. Reasoning: Deductive and inductive Problem solving - Barriers to effective problem solving: Mental set, Confirmation bias, Fixation - Strategies of problem solving: algorithms, heuristics, means to end analysis, backward search. Culture, cognitive style and problem solving. Creativity - Convergent and divergent thinking - Stages in creativity. Decision making: Using and misusing heuristics, Belief perseverance phenomenon, Overconfidence.		
Unit:3	Motivation and Emotion	12 Hours
Definition of motivation - Motivational concepts: Need, Instinct, drive, incentives - Drive reduction theory. Primary and secondary motives: Motivation of hunger and thirst, sexual motivation. Levels of arousal: Yerke's - Dodson law. Learned motives: affiliation, achievement and power motive - Hierarchy of motives. Definition of Emotion - Elements of emotional experience - Physiological correlates of emotion - Theories of emotion: James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Appraisal theory, Evolutionary theory, Opponent process theory, Facial feedback hypothesis. Cognition and emotion.		
Unit:4	Intelligence	12 Hours
Definition of Intelligence - Intelligence as a process: Piaget - Structure of intelligence - Approaches of Spearman, Thurstone and Cattell - Triarchic approach - Multiple intelligences: PASS model. Relationship of intelligence with Creativity. Concept of IQ - Evolution of intelligence testing: Stanford-Binet, Wechsler scales. Extremes of intelligence: Mental retardation and giftedness - Determiners of intelligence: heredity and environment - Emotional intelligence.		
Unit:5	Personality	12 Hours
Definition of Personality - Self Concept of personality - Determinants of Personality. Early approaches: Brief descriptions of ancient Indian typology (Gunas), Greek typology on humours, phrenology, somatotypes, limitations. Psychodynamic approaches: Freud's theory. Neo Freudian Approaches: Jung, Adler, Horney. Trait theories: Allport, Cattell, Eysenck - Humanistic perspective - The social-cognitive perspective.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson Education.	
2	Myers, D.G.(2010). Psychology 9th edition. New York, Worth publishers	
3	Bootzin, R., & Bower, G.H. (1991). <i>Psychology today-An Introduction</i> , 7th ed. New York: McGraw Hill Inc.	

Reference Books	
1	Coon, D. (1983). Introduction to psychology: Exploration and application. New York: West Publishing Co.
2	Mishra, B. K. (2008). Psychology: The study of human behaviour. New Delhi: Prentice Hall of India.
3	Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). Introduction to psychology, 7th ed. New Delhi: Tata McGraw Hill.
4	Weiten, W. (2002). Psychology: Themes and variations, 5th ed. New York: Brooks/Cole Publishing Co.
5	Kalat, J. W. (2022). <i>Introduction to psychology</i> . Cengage.
6.	Michael S. Gazzaniga., Todd F. Heatherton., Diane F. Halpern & Steven J. Heine (2012). Psychological Science, 3rd Canadian Edition, W.W. Norton & Company, Inc., New York.
7.	Rod Plotnik and Haig Kouyoumdjian (2011). Introduction to Psychology, 9th Edition, Wadsworth Cengage Learning.
8.	David.G. Myers (2014). Exploring Psychology, 9th Edition, International Edition, Worth Publishers, Macmillan.
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1.	https://study.com/academy/subj/psychology/general-psychology.html
2	https://www.edx.org/course/introduction-t-Todd-F-Heatherton-psychology
3.	Saylor URL: http://www.saylor.org/books
Course Designed By: Dr. G. K. Sellakumar	

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code	23B	DEVELOPMENTAL PSYCHOLOGY- II		L	T	P	C
Core Paper - IV				6			4
Prerequisite		NIL		Syllabus Version		2025 - 2026	
Instructional Hours Per Week :6		CIA : 25	ESE : 75	Total Marks : 100			
Course Objectives:							
The main objectives of this course are to:							
1. To understand the various periods of human life span							
2. To explain the characteristics of various stages of life span							
3. To understand the social and emotional behavior of children							
4. To explain the physiological and psychological changes							
5. To understand the hazards witnessed from puberty till the old age period							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	Recognize the physiological and psychological changes occurring in the adolescent years						K1
2	Express the importance of developing the life skills in the adulthood						K2
3	Interpret compassionate behavior seen towards fellow individuals in old age						K3
4	Predict the difficulties witnessed in making decisions upon middle age						K3
5	Analyze the interest seen in adolescents towards eradicating myths in psychology						K4
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create							
Unit:1	Childhood					12 Hours	
Childhood: Introduction- Characteristics of Early & Late Childhood. Speech Improvement in Childhood. Emotional Expression in Childhood. Social Behavior in Childhood, Moral development in Childhood. Hazards of Childhood.							
Unit:2	Adolescence					12 Hours	
Adolescence: Introduction- Characteristics of Adolescence. Development Tasks of Adolescence, Physical change in Adolescence. Social and Morality Change in Adolescence. Sex- Role typing in Adolescence, Family Relationships in Adolescence. Physical & Psychological Hazards of Adolescence.							
Unit:3	Adulthood					12 Hours	

Adulthood: Introduction- Characteristics of Early & Late Adulthood Developmental Tasks of Early & Late Adulthood, Personal & Social Hazards of Early Adulthood Vocational & Family Adjustment in Early Adulthood, Marital Adjustment in Adulthood. Hazards of Adulthood		
Unit:4	Middle Age	12 Hours
Middle Age: Introduction- Characteristics of Middle Age.		
Developmental Tasks of Middle Age. Adjustment to Mental Changes, Adjustment to Social Changes, Vocational Adjustment in Middle Age, Family Adjustment. Hazards of Middle Age.		
Unit:5	Old Age	12 Hours
Old Age: Introduction- Characteristics of Old Age. Problems Unique to Old Age. Physical Adjustment, Adjustment to Motor Ability, Mental Adjustment, Vocational Adjustment, Adjustment to Retirement, Coping with Family Life. Hazards of Old Age.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Hurlock, E.B (1978) Child Development (6th ed.) London: McGraw Hill Book Company	
2	Hurlock, E.B (1981) Developmental Psychology-A Life span Approach.(5th ed.) New Delhi: Tata McGraw Hill Publishing Company	
Reference Books		
1	Berk, L.E (2003) Child Development (3rd ed). New Delhi: Pearson Education Pvt Ltd	
2	Papalia, D.E et.al (2004) Human Development (9th Ed). New Delhi: Tata McGraw Hill Publishing Company	
3	Santrock, J.E (2007) Child Development (2nd end) New Delhi: Tata McGraw Hill Publishing Company	
4	Leman, P., Bremner, A., Parke, R. D., & Gauvain, M. (2019). <i>Developmental psychology</i> . McGraw-Hill	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.coursera.org/courses?query=developmental%20psychology		
Course Designed By: Dr. C. Balakrishnamurthy		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code	2AB	BIOPSYCHOLOGY - II			L	T	P	C
Allied Paper II					4			4
Prerequisite		NIL			Syllabus Version		2025 - 2026	
Instructional Hours Per Week : 4		CIA : 25		ESE : 75	Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1. To understand the importance of physiology of emotion								
2. To explain the physiology basis of learning								
3. To understand the physiology basis of memory								
4. To explain the influence of stress, drug – intake on the brain functioning								
5. To understand the concept of cerebral lateralization.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Recall the influence of brain over various physiological human motives							K1
2	Identify the importance of brain damage and various disorders related to human brain							K2
3	Examine the role of limbic system in managing human emotions							K3
4	Illustrate the role of left cerebral hemisphere in decision making							K3
5	Analyze the impact of neural degeneration in an individual							K4
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1	Physiology of Emotions					12 Hours		
Physiology of Emotions – Emotion as response patterns: Fear, Anger and Aggression								
Hormonal control of aggressive behavior.								
Communication of emotions: Facial expression emotions.								
Neural basis of the communication of emotions.								
Feelings of Emotions.								
Unit:2	Physiological basis of Learning					12 Hours		
Physiological basis of Learning: The nature of learning.								
Learning and synaptic plasticity: Induction of long-term potentiation, Role of NMDA receptors.								
Mechanisms of synaptic plasticity, Long term depression.								
Perceptual learning.								
Physiology of Classical conditioning - Physiology of instrumental conditioning.								
Unit:3	Physiological basis of Memory					12 Hours		

Physiological basis of Memory: Relational learning. Human anterograde amnesia: Basic description- Spared learning abilities – Declarative and non-declarative memories. Anatomy of anterograde amnesia. Failure of relational learning – Role of hippocampal formation in spatial memory. Relational learning in laboratory animals.		
Unit:4	Physiology of Reproductive Behaviour	12 Hours
Physiology of Reproductive Behaviour: Hormonal control of sexual behavior: female reproductive cycles Hormonal control of sexual behavior of laboratory animals. Androgens and behavior: Masculinization and defeminization. Effects of pheromones-Human sexual behavior-Sexual orientation. Neural control of sexual behavior-Parental behaviour.		
Unit:5	Neurological Disorders	12 Hours
Neurological Disorders: Tumors –Seizure disorders – Cerebrovascular accidents. Disorders of development. Degenerative disorders: Transmissible spongiform encephalopathies, Parkinson’s disease Huntington’s disease, Alzheimer’s disease, Multiple sclerosis. Disorders caused by infectious diseases.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Carlson.R.N. (2017). Foundations of Physiological Psychology (6th Ed.). New Delhi, Pearson Education, Inc.	
2	Pineal, J. P. J. (2006).Biopsychology (6th Ed.), India, Dorling Kindersley.	
Reference Books		
1	Kalat, J.W. (2018). <i>Biological psychology</i> . Cengage.	
2	Schneider, A.M. & Tarshis, B. (1986). An Introduction to Physiological Psychology.(3rd Ed.). New York: Random House, Inc.	
3	Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson Education.	
4	Gerrig, R. J & Zimbardo, P. G.(2002). Psychology and life(16th Ed). USA: Allyn& Bacon publishers	
5	Myers, D.G.(2010). Psychology 9th edition. New York, Worth publishers.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.mooc-list.com/course/introduction-psychology-science-1-methodological-and-biological-foundations-coursera		
Course Designed By:		

Mapping with Programme Outcomes										
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M	M	M	S	M	M	M	M	M	S
CO2	M	M	M	S	M	S	M	M	S	S
CO3	M	M	M	M	M	M	M	M	M	S
CO4	M	M	M	M	S	M	M	M	M	M
CO5	M	M	M	M	S	M	M	M	M	M

*S-Strong; M-Medium; L-Low



Course code		Effective English - Language Proficiency for Employability (NAAN MUDHALVAN)	L	T	P	C
						2
Prerequisite	NIL		Syllabus Version		2025 – 2026	
Instructional Hours Per Week :2		CIA : 25	ESE : 25		Total Marks : 50	

http://kb.naanmudhalvan.in/Special:Filepath/Cambridge_Course_Details.pdf



SEMESTER III

Course code	33A	ABNORMAL PSYCHOLOGY I	L	T	P	C
Core V			4	-	-	4
Prerequisite		NIL	Syllabus rsion		2025-26	
Instructional Hours Per Week : 5 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To learn the historical antecedents to modern understandings of abnormal behavior.						
2. Describe the major classes and characteristics of psychological disorders						
3. Understand the factors and theoretical perspectives of abnormal behaviour						
4. To learn current research and methodological issues in the study of abnormal behavior						
5. Know the primary treatments for psychological disorders.						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	Analysis the interaction of biological, cognitive and socio-cultural factors in abnormal behavior					K4
2	Evaluate psychological research relevant to the study of abnormal behaviour					K5
3	Remember the cultural and ethical considerations in diagnosis the disorders					K1
4	Design, conduct, or evaluate treatment process					K6
5	Apply the contemporary theories and research related to causes and treatments of psychological disorders					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Introduction and Paradigms in Abnormality		12 Hours				
Introduction and Paradigms in Abnormality – Range of Abnormal behavior. Triggers, stigma and adaptive and Maladaptive behavior. Historical background- Epidemiology of Maladaptive Behaviour. Theoretical perspectives on Maladaptive Behaviour - Biological perspective- Psychodynamic- Behavioural- Cognitive- Humanistic. Existential- Community- Cultural Perspective- Interactional approach.						
Unit:2		Classification and Assessment			12 Hours	
Classification and Assessment: Classification: Advantages and Disadvantages. Vulnerability- Resilience- Coping - Multiaxial Approach- DSM IV TR.DSM V – Beyond DSM V -Major Diagnostic Categories- Evaluation. Assessment: Basis of Classification – Interview- Intelligence tests- Neuropsychological tests. Personality- Behavioural and Cognitive Assessment- Relational and Bodily assessment.						
Unit:3		Stress, Coping and Maladaptive Behaviour			12 Hours	
Stress, Coping and Maladaptive Behaviour: Stress and Coping. Coping Skills- Process- Social Support. Stressful Situations and Life transitions. Clinical Reactions to Stress- Adjustment Disorder- Acute Stress disorder- Dissociative Disorder. Treating Stress related Problems.						

Colleges - SCAA DATED: 09.07.2025

Unit:4	Anxiety Disorder	12 Hours
Anxiety Disorders: Generalized Anxiety Disorder. Panic Disorder - Phobias. Obsessive Compulsive Disorder. Posttraumatic Stress Disorder. Interpreting and Treating Anxiety disorders.		
Unit:5	Bodily Maladaptations	12 Hours
Bodily Maladaptations: Biopsychosocial Model. Stress and Illness. Eating disorders- Sleep disorders. Psychophysiological disorders - diagnostic dilemmas. Disorders of Bodily reoccupation- Somatoform disorders.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Sarason., I. G. & Sarason B. R. (2012). Abnormal Psychology- The Problem of Maladaptive Behaviour, 11th Edition: New Delhi: Prentice Hall of India	
Reference Books		
1	Barlow H.D. & Durand M.V. (2016). Abnormal Psychology: an integrative approach (7 th Ed.), New Delhi. Cengage Learning	
2	Ray, W. J. (2021). <i>Abnormal psychology</i> (3rd ed.). SAGE Publications, Inc.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.coursera.org/courses?query=clinical%20psychology	
Course Designed By: Prof. N. Annalakshmi		

COs	PO1	PO2	PO3	PO4	PO5
CO1	M	S	S	M	M
CO3	S	S	S	S	M
CO3	L	S	L	M	M
CO4	S	S	S	S	M
CO5	L	S	S	S	M

*S-Strong; M-Medium; L-Low

Course code	33P	EXPERIMENTAL PSYCHOLOGY- I	L	T	P	C
Core VI				-	4	4
Prerequisite		NIL	Syllabus Version		2025-26	
Instructional Hours Per Week :4 CIA : 40 ESE : 60 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To enable students to understand the experimental approach in scientific investigation.						
2. To develop the structured report writing skill of the experiments.						
3. To enable students to identify and apply appropriate experimental tests according to the requirements.						
4. To familiarize the students with the procedures in conducting experiments and psychological tests.						
5. To enhance the skills needed for conducting experiments and psychological tests.						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To become proficient in measuring sensory dimensions of human behaviour					K5
2	To become proficient in measuring personality tests					K4
3	To become proficient in measuring sensory motor test in assessing human efficiency					K4
4	To become proficient in measuring attention aspects of human behaviour					K5
5	To become proficient in measuring tests to learning and association					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Suggestion					15 Hours	
Size Weight Illusion. Progressive Weights. Two Hand Coordination. Suggestible Questions						
Unit:2						
Association					15 Hours	
Free Association (Word list method). Free Association (Chain method)						
Unit:3						
Sensory and Motor Test					15 Hours	
Colour Blindness. Finger Maze Apparatus. Finger Dexterity. Tweezers Dexterity. Minnesota Rate of Manipulation test (MRMT)						
Unit:4						
Attention					15 Hours	
Division of Attention. Clerical Aptitude. Span of attention. Cutaneous Sensitivity						

Unit:5	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Anastasi and Urbina (2010). Psychological Testing (7th Ed.) New Delhi. PHI Learning Pvt. Ltd.	
2	Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company	
3	Collins, and Drever, J (1968). Experimental Psychology: Ludhiana: Lyall Book Depot	
Reference Books		
1	Kuppuswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press	
2	Woodworth, R.S. and Schlosberg .H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.ucl.ac.uk/pals/research/experimental-psychology/	
Course Designed By: Dr. C. Balakrishnamurthy		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	M	S	M	S
CO3	M	M	S	M	S
CO3	M	M	L	S	M
CO4	L	S	M	S	M
CO5	S	M	S	M	S

*S-Strong; M-Medium; L-Low

Course code	3AA	PSYCHOLOGICAL STATISTICS	L	T	P	C
Allied Paper III			3	-		3
Prerequisite		NIL	Syllabus version		2025-26	
Instructional Hours Per Week :4 CIA : 20 ESE : 55 Total Marks : 75						
Course Objectives:						
The main objectives of this course are to:						
1. To learn the major methods of statistics in psychology						
2. Recognize the importance of the use of statistical analyses and the reporting of statistical results						
3. To learn the basic assumptions of different statistical methods						
4. To draw a meaningful conclusion based on the assessment results and data						
5. Demonstrate knowledge of ethical principles and limitations of research in psychology						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	Evaluate the primary methods of inquiry and statistical analysis in psychology					K5
2	Understand the advantages and limitations of different statistical methods used in psychological research					K2
3	To apply an appropriate statistical analysis for the data					K3
4	To analysis the role of different statatical techniques in psychological research					K4
5	Remember the ethics in preparing the data for analysis					K1
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Introduction to statistics			12 Hours			
Meaning and Definition of Statistics. Nature and Scope of Statistics – Uses and Limitations of Statistics. Application of Statistics in Psychology. Meaning and Definition of variable – Dependent variable – Independent variable. Descriptive Statistics – Inferential Statistics.						
Unit:2						
Organization of Data			12 Hours			
Introduction – Meaning of Enquiry – Planning and Designing of Enquiry. Primary Data – Secondary Data. Framing a schedule – Classification and Tabulation of Data. Frequency Distribution. Diagrammatic and Graphical Representation of Data.						
Unit:3						
Measures of Central Tendency			12 Hours			
Meaning and Purpose of Measures of Central Tendency. Characteristics and Types of Measures. Characteristics and Uses of Mean, Median and Mode. Computation of Mean, Median and Mode. Meaning, Purpose and Uses of Percentiles and Percentile Ranks.						
Unit:4						
Measures of Variability			12 Hours			

Concept of Variability. Meaning and Importance of Variability – Range. Quartile Deviations- Mean Deviation – Standard Deviation. Computation and Uses. Application in Psychology.		
Unit:5	Parametric and Non-parametric Tests	12 Hours
Parametric and Non-parametric Tests: Meaning, purpose and assumptions of Analysis of variance. One way ANOVA. Meaning and assumptions of distribution free statistics – Chi-square. Meaning and Characteristics of Correlation. Types of Correlation – Person’s Product Moment Correlation – Spearman’s Rank order Correlation.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Garrett, H.E. (2004). Statistics in Psychology and Education, 6th Edition, New Delhi: Paragon International Publishers.	
2	Guilford, J.P., and Fruchter. (1987). Fundamental Statistics in Psychology and Education, 6th Edition, Singapore: McGraw Hill.	
3	Mangal, S.K. (2004). Statistics in Psychology and Education, 2th Edition, New Delhi: Prentice Hall.	
Reference Books		
1	Girija, M., Sasikala, L.,andGirija. (2004). Introduction to Statistics, 1st Edition, New Delhi: Vrinda Publications.	
2	Bhandarkar, K.M. (2006). Statistics in Education, 1st Edition, Hyderabad: Neelkamal.	
3.	Aron, A., Coups, E. J., Aron, E., & Cooley, E. (2023). <i>Statistics for psychology</i> . Pearson.	
4.	Faulkenberry, T. J. (2022). <i>Psychological statistics: The basics</i> . Routledge.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.coursera.org/courses?query=research%20methods%20in%20psychology	
Course Designed By:Prof. N. Annalakshmi		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	S	S	M	M
CO2	S	L	M	S	S
CO3	M	S	S	M	M
CO4	M	M	L	S	S
CO5	L	M	S	S	L

*S-Strong; M-Medium; L-Low

Course code	3ZA	COUNSELLING PSYCHOLOGY	L	T	P	C
Skill Based 1			2	-		3
Prerequisite		NIL	Syllabus version		2025-26	
Instructional Hours Per Week :3 CIA : 25 ESE : 25 Total Marks : 50						
Course Objectives:						
The main objectives of this course are to:						
1. Develop knowledge of the core theoretical areas, major models, and basic techniques of counseling						
2. Demonstrate theories and methods of cognitive and personality related to counseling						
3. Apply skills and knowledge of counselling in various settings.						
4. Understand the theories of counselling						
5. Familiarize the evaluation of counselling						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To apply the counselling models across all stages of development					K3
2	To evaluate about need of counselling in career and work, and dealing life transition					K5
3	Understand the role of counselling in Crisis intervention, disaster and trauma.					K2
4	Analysis the different models of counselling psychology					K4
5	Apply in relationship difficulties- including marital and family difficulties					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1	Counselling The Art and Science of Helping				09 Hours	
Definition. Goals of Counselling. Role of a counsellor. Ethical issues. Professional issues..						
Unit:2	Counselling Process				09 Hours	
Theoretical approaches- Psychodynamic approaches (Freud). Behavioural- cognitive approaches (Albert Ellis).Humanistic approaches (Rogers).Eclectic approaches. Characteristics of an effective counselor- Counselling relationship.						
Unit:3	Counselling Skills				09 Hours	
Observing - Attentive listening. Responding, Probing, Paraphrasing. Respect, Empathy. Diagnosing. Goal setting.						
Unit:4	Special areas of ounselling				09 hours	
Individual Vs Group Counselling. Career Counselling. Family & Marital Counselling. Addicts & anti-socials. Crisis intervention & Trauma Counselling - Hospice Care.						
Unit:5	Counselling Today				09 Hours	
Counselling Today: Counseling around the globe. Professional association for counseling. Modern trends. Counselling in India.						

Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	45 Hours
Text Book(s)		
1	Jones, R.N.(2005),Practical Counselling and Helping Skills, Sage Publication Ltd, London	
2	Nelson-Jones R., (2012). Basic Counselling Skills: A Helper's Manual, SAGE South Asia	
Reference Books		
1	Patri, VasanthaR , (2001). Counselling Psychology, New Delhi: Authors Press	
2	Narayana Rao, S. (2013), Counseling and Guidance -3rd edition, Tata McGraw Hill, New Delhi	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.edx.org/course/counseling-and-psychotherapy-theory	
Course Designed By:		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	S	S	S	M
CO2	L	M	S	M	S
CO3	S	L	M	S	M
CO4	S	S	M	S	M
CO5	L	M	S	L	M

*S-Strong; M-Medium; L-Low



SEMESTER IV

Course code	43A	ABNORMAL PSYCHOLOGY - II		L	T	P	C
Core Paper VII				5			4
Prerequisite		NIL		Syllabus Version		2025-26	
Instructional Hours Per Week : 5		CIA : 25	ESE : 75	Total Marks : 100			
Course Objectives:							
The main objectives of this course are to:							
1. To understand the maladaptive behavior in humans							
2. To explain the causes and risk factors of psychiatry disorders							
3. To understand the types of personality disorders							
4. To explain the treatment and therapeutic approaches							
5. To understand the cognitive impairment disorder.							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	Define the experience of anxiety and related disorders in an individual						K1
2	Outline the disorders of sexual variance and cognitive impairment						K2
3	Identify the spectrum disorders of schizophrenia						K3
4	Identify the bipolar tendencies experienced by an individual						K4
5	Examine the various forms of therapies and their effectiveness						K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create							
Unit:1	Mood Disorders					12 Hours	
Mood Disorders – Introduction. Depression vulnerability factors-Depressive disorders. Causes and treatment of depression. Bipolar disorders- Causes and treatment. Suicide and prevention of suicide.							
Unit:2	Personality disorders					12 Hours	
Personality disorders: Classifying personality disorders. Odd or eccentric behavior. Dramatic, emotional or erratic behavior. Anxious or fearful behavior. Treatment of personality disorder.							
Unit:3	Sexual disorders					12 Hours	
Sexual disorders: Changing views of sexual behaviour. Sexual dysfunction types and treatment. Gender identity disorder. Paraphilias. Sexual victimization.							
Unit:4	Schizophrenia and other psychotic disorders					12 Hours	
Schizophrenia and other psychotic disorders: Psychotic disorders. Schizophrenia- subtypes. Positive and negative symptoms- development of schizophrenia- vulnerability. Therapeutic approaches. Other psychotic disorders.							

Unit:5	Cognitive impairment disorders	12 Hours
Cognitive impairment disorders: Vulnerability to brain disorders. Delirium tremens- dementia - cognitive impairment disorders. Disorders of childhood and adolescence. Externalizing and internalizing disorders. Pervasive developmental disorders.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Sarason., I. G. & Sarason B. R. (2012). Abnormal Psychology- The Problem of Maladaptive Behaviour, 11th Edition: New Delhi: Prentice Hall of India.	
Reference Books		
1	Barlow H.D. & Durand M.V. (2016). Abnormal Psychology: an integrative approach (7th Ed.), New Delhi. Cengage Learning.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.classcentral.com/tag/abnormal-psychology		
Course Designed By: Prof. N. Annalakshmi		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	M	M
CO2	M	M	M	M	M
CO3	M	M	M	M	S
CO4	M	M	M	M	S
CO5	M	M	M	M	M

*S-Strong; M-Medium; L-Low

Course code	43P	EXPERIMENTAL PSYCHOLOGY- II	L	T	P	C
Core Paper VIII					4	4
Prerequisite		NIL	Syllabus Version		2025-26	
Instructional Hours Per Week : 4		CIA : 25	ESE : 75		Total Marks : 100	
Course Objectives:						
The main objectives of this course are to:						
1. To provide students with practical exposure.						
2. To assess, apply and interpret various questionnaires.						
3. To understand the various types of test related to perception.						
4. To explain the motivation analysis test						
5. To know the reaction time and habit interference of individual						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To asses and interpret the Perception of an individual.					K2
2	To assess the various emotion pattern of an individual.					K4
3	To analyze the need pattern of social motive					K4
4	To evaluate the reaction time of an individual					K5
5	To analyze the learning process of an individual					K4
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1		Perception			12 Hours	
Depth Perception. Size Constancy Apparatus. Kinesthetic Figural After effect. Muller Lyre Illusion						
Unit:2		Feeling and Emotion			12 Hours	
Judging Emotions from Photographs						
Unit:3		Motivation			12 Hours	
Motivation Analysis Test. Need Pattern Scale. Social Motive Scale. Achievement Motivation Scale						
Unit:4		Reaction Time			12 Hours	
Simple Reaction Time. Choice Reaction Time. Association Reaction Time. Discrimination Reaction Time.						
Unit:5		Learning			12 Hours	
Maze Learning Apparatus. Habit Interference						
					Total Practical hours	60 Hours
Text Book(s)						
1	Anastasi and Urbina (2010). Psychological Testing (7th Ed.) New Delhi. PHI Learning Pvt. Ltd.					

2	Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company
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Reference Books	
1	Collins, and Drever, J (1968). Experimental Psychology: Ludhiana: Lyall Book Depot
2	Kuppuswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press
3	Woodworth, R.S. and Schlosberg .H. (1971) Experimental Psychology. New Delhi: Oxford Publishing Co.
4	Freeman F.S. (1976). Theory and Practice of Psychological Testing: New Delhi: Oxford and IBH Publishing Co.

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
https://swayam.gov.in/nd1_noc20_hs45/preview	
Course Designed By: Dr. C. Balakrishnamurthy	

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	M	M
CO2	M	M	M	M	M
CO3	M	S	S	M	M
CO4	S	M	M	M	M
CO5	M	M	M	M	M

*S-Strong; M-Medium; L-Low



Course code	4AA	RESEARCH METHODOLOGY			L	T	P	C
Allied Paper II					3			2
Prerequisite		NIL			Syllabus Version		2025 - 26	
Instructional Hours Per Week : 4		CIA : 20		ESE : 55		Total Marks : 75		
Course Objectives:								
The main objectives of this course are to:								
1. To make the students to understand the importance of statistics in psychology								
2. To help them compute basic and descriptive level of statistics								
3. To explain the different types of research design								
4. To understand the process of data collection								
5. To help the students to know about APA format for writing the report								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the various types of research in psychology							K1
2	Outline the formation of hypothesis							K2
3	Identify the various methods of research design							K3
4	Identify the various methods used for testing the hypothesis							K4
5	Examine the statistical techniques and report writing							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Introduction				12 Hours				
Introduction: Objectives, importance, characteristics and utility of research. Defining research problems. Sources of research ideas. Developing good research questions. Ethical consideration in Psychological research.								
Unit:2								
Testing of Hypothesis				12Hours				
Testing of Hypothesis: Hypothesis Meaning of statistical inference. Population and Sample, Sampling distribution. Standard Errors of Mean, Degrees of freedom. Computation and interpretation of t-values, Level of significance. Type I and Type II Errors.								
Unit:3								
Research Design				12 Hours				
Research Design: Meaning, Need of good design. Characteristics of Good Design. Internal and External Validity. Need for sampling. Types and implications of sampling.								
Unit:4								
Data Collection				12 Hours				
Data Collection: Meaning and Importance of Data. Types of Data: Primary and Secondary Data. Methods of Data Collection: Observation Method, Interview Method and Questionnaire Method. Experimental method. Collection of Secondary data.								

Unit:5	Analysis and Report Writing	12 Hours
Analysis and Report Writing: Statistical techniques for Data Analysis. Uses of Statistical software packages. Techniques of Data presentation and interpretation. Steps involved in report writing. APA writing style. Industry 4.0: statistical Softwares: SPSS, Minitab, SAS, Graph pad Prism, STATA Introduction to R Programming.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Kenneth, B.S., & Bruce, A. B. (2001). Research Design and Methods: A Process Approach, 5th Edition, McGraw Hill.	
Reference Books		
1	Kothari, C. R. (2007). Research Methodology: Methods and Techniques, 2nd Edition, New Age International Publishers.	
2.	Bell, D. (2019). R programming: A step-by-step guide for absolute beginners. Guzzler Media.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://onlinecourses.swayam2.ac.in/cec20_hs17/preview		
Course Designed By: Prof. N. Annalakshmi		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	M	M
CO2	M	M	M	M	M
CO3	M	M	M	M	S
CO4	M	M	M	M	S
CO5	M	M	M	M	M

*S-Strong; M-Medium; L-Low

Course code	4ZB		TESTING AND ASSESSMENT			L	T	P
SKILL BASED SUBJECT 2						2	-	2
Prerequisite			NIL			Syllabus Version		2025-26
Instructional Hours Per Week : 2				CIA : 25	ESE : 25	Total Marks : 50		
Course Objectives:								
The main objectives of this course are to:								
1. To know the basic concepts of testing in psychology								
2. To understand the importance of reliability and validity								
3. To explain the process of test development								
4. To know the different types of personality assessment								
5. To make the student to aware of psychometric properties seen in testing								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the fundamental concepts of testing and assessment							K1
2	Classify the various scales of measurement and psychometric properties							K2
3	Identify the various assessment tools available under intelligence							K3
4	Identify the meaning and various assessment tools used for measuring personality							K4
5	Examine various interest, ability and aptitude scales used for career-based assessments							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1 Introduction to Assessment 10 hours								
Introduction to Assessment – Definition -Nature and Uses of Assessment. Process of Assessment, Ethics Measurement. Norms, Scoring, Administration, Test Development Groups meet, Tests, testing and norms. Norms – sampling to develop norms, types of norms, fixed reference group scoring systems.Norm-referenced versus criterion-referenced evaluation, Inference from Measurement – meta analysis; culture and inference.								
Unit:2 Reliability and Validity 10 Hours								
Reliability and Validity: Reliability; The concept of Reliability. Reliability estimates: Test-Retest, Parallel and Alternate Forms, Split- Half, Inter-Item Consistency – Kuder-Richardson formulas, Cronbach’s Coefficient Alpha; Inter- Scorer Reliability. Using and interpreting a coefficient of Reliability. Purpose and nature of the test Validity; The concept of Validity. Content Validity, Criterion-related Validity, Construct Validity, Validity, bias and fairness.								
Unit:3 Test Development 09 Hours								
Test Development: Test conceptualization: Test construction. Test try-out, Item analysis, Test revision. Types of scores. Types of scales: Nominal, ordinal. Interval and ratio scales of measurement.								

Unit:4	Personality Assessment	08 Hours
Personality Assessment: Personality Assessment: some basic questions. Developing instruments to assess personality. Objective methods of personality assessment, Projective methods of personality assessment. Inkblots as Projective stimuli - the Rorschach. Pictures as Projective stimuli – Thematic Apperception Test; Projective methods in perspective.		
Unit:5	Clinical and Counseling Assessment	08 Hours
Clinical and Counseling Assessment: Clinical Interviewing: Nature and its types. Aptitude Testing- Concept – Purpose – types. General aptitude test battery. Differential aptitude test battery. Special aptitude tests.		
	Total Lecture hours	45 Hours
Text Book(s)		
1	Cohen, J. R., &Swerdlik, M. E. (2012). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition.	
2	Hoffman, E. (2002). Psychological Testing at Work. New Delhi: Tata McGraw-Hill	
3	Aiken, L. R., &Groth-Marnat, G. (2006). Psychological Testing and Assessment. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi	
4	Theory and Practice of Psychological Testing, by Freeman.	
Reference Books		
1	Archer, R. P., & Smith, S. R. (Ed.)(2008). Personality Assessment. New York, NY: Routledge.	
2	Graham,J.R.(2006).MMPI: Assessing personality and psychopathology, 4th Edition. New York: Oxford UniversityPress.	
3	Meyer, G.J. et al. (2001). Psychological testing and psychological assessment: A review of evidence and issues. American Psychologist, 56,128-165.	
4	Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, Indian reprint 2002	
5	McIntire, S.A., & Miller, L.A. (2000). Foundations of Psychological Testing. (1st ed.). McGraw-Hill HigherEducation	
6	Geisinger, K. F., & Bracken, B. A. (2013). <i>Apa Handbook of Testing and Assessment in Psychology</i> . American Psychological Association.	
7.	Urbina, S. (2003). <i>Essentials of psychological testing</i> . Wiley.	
8	Murphy, K. R., & Davidshofer, C. O. (2014). <i>Psychological testing: Principles and applications</i> . Pearson.	

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://www.classcentral.com/course/psychodiagnostics-8619
Course Designed By: Dr. C. Balakrishnamurthy

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	M	M
CO2	M	M	M	M	M
CO3	M	M	M	M	S
CO4	M	M	M	M	S
CO5	M	M	M	M	M

*S-Strong; M-Medium; L-Low



B.Sc. Psychology 2025-26 onwards - Affiliated
Colleges - SCAA DATED: 09.07.2025

Course code		Office Fundamentals -Digital Skills for Employability (NAAN MUTHALVAN)	L	T	P	C
						2
Pre-requisite	NIL		Syllabus Version		2025-26	
Instructional Hours Per Week : 2		CIA : 25	ESE : 25		Total Marks : 50	

http://kb.naanmudhalvan.in/Special:Filepath/Microsoft_Course_Details.xlsx



SEMESTER V

Course code	53A	SOCIAL PSYCHOLOGY I	L	T	P	C
Core IX			6	-		4
Prerequisite		NIL	Syllabus version		2025-26	
Instructional Hours Per Week :6 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To understand the theories, concepts, perspectives in social psychology.						
2. To explain how theories used to describe human attitude and behaviour.						
3. Analysis the nature of human diversity and attitudes toward diversity						
4. Recognize the factors that influence the individuals in patterns of social behavior						
5. Understand the dynamics of intergroup relationships, conflict, and cooperation						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To understand the key substantive content of the field of social psychology					K2
2	Use existing knowledge and concepts to identify the causes of the social behavior					K3
3	Develop the abilities to analysis regarding the principles of social behaviour					K4
4	Able to evaluate empirical findings to explain, predict, and influence behavior.					K5
5	Remember the ethics in social psychology research					K1
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Introduction to Social Psychology			12 Hours			
Definition - The Boundaries of Social Psychology. The roots of Social Psychology. The Future of Social Psychology. Research in Social Psychology: Theories and Hypotheses. Experimental Research, Correlation Research.						
Unit:2						
Perceiving And Understanding Others			12 Hours			
Non-verbal communication. Attribution: Situational and Dispositional Causes. Theories of Attribution: Jones and Davis's Theory - Kelley's Theory. Impression formation and impression management.						
Unit:3						
Prejudice, Discrimination and Stereotypes			12 Hours			
Prejudice- Discrimination and Stereotypes. The causes, effects and cures. Nature and origins stereotyping-Prejudice and Discrimination. Feelings and action toward Social groups. Techniques for countering its effects.						
Unit:4						
The Self and Attitude			12 Hours			

Self presentation-Self-knowledge-Thinking about the self. Personal versus social identity- Self-Esteem-Attitudes towards our selves- Social comparison - Evaluation of ourselves. Attitude formation-Development of attitudes-Attitude influence and guide behavior. Fine art of persuasion. Cognitive Dissonance.

Unit:5	Interpersonal Attraction: Close Relationships	12 Hours
Interpersonal Attraction: Close Relationships: Internal determination and external determinants of attraction. Factors based interacting with others. Interdependent relationships with family and friends. Marriage. Troubled Relationships and the effects of Marital Failure.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Feldman, Robert S., Social Psychology, (Second Edition). New Jersey, USA: Prentice Hall, 1998.	
2	Baron, R.A. and Byrne,D., Social Psychology, (8th Edition). New Delhi: Prentice Hall of India, 1997.	
Reference Books		
1	Baron,R.A., Bharadwaj.,G., Branscombe.N.R. and Byrne,D. Social Psychology, (8th Edition). New Delhi; Pearson Education (2009)	
2	Baumeister, R. F., & Bushman, B. J. (2021). <i>Social Psychology and human nature</i> . Cengage.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.edx.org/course/introduction-to-social-psychology	
2		
Course Designed By: Mr. S. Dhanraj		

COs	PO1	PO2	PO3	PO4	PO5
CO1	M	S	S	S	M
CO2	S	M	S	M	M
CO3	M	S	L	S	L
CO4	S	L	S	L	M
CO5	M	M	L	S	S

*S-Strong; M-Medium; L-Low

Course code	53B	INDUSTRIAL / ORGANIZATIONAL PSYCHOLOGY – I		L	T	P	C
Core X				6	-		4
Prerequisite		NIL		Syllabus version		2025-26	
Instructional Hours Per Week :6 CIA : 25 ESE : 75 Total Marks : 100							
Course Objectives:							
The main objectives of this course are to:							
1. To understand the nature of organizational behaviour							
2. To explain the individual behaviour related to motivation and rewards through models							
3. To identify the processes used in developing communication and resolving conflicts							
4. To explain group dynamics and demonstrate skills required for working in groups							
5. To discuss the implementation of organizational change							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	To analyze the psychological principles influence behavior in the workplace.						K4
2	Evaluate individual behavior in the workplace as influenced by personality, values, perceptions, and motivations						K5
3	Understand the management style as it relates to influencing and managing behavior in work settings						K2
4	Create modules to enhance group dynamics, communication, leadership						K6
5	Apply relevant contemporary theories, concepts and models to analyze real life management situations.						K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create							
Unit:1							
Introduction to Organizational Behaviour				12 Hours			
Introduction – Definition – Historical development of I-O Psychology. Scope of I-O Psychology. Challenges for I-O Psychology. I-O Psychology as a career. Working Conditions - Physical working conditions – Work schedules.							
Unit:2							
Job Analysis And Job Evaluation				12 Hours			
Job Analysis – Definition, Applications and Scope. Various Methods of Job Analysis. Job Evaluation: - Various Methods of Job Evaluation.							
Unit:3							
Employee Selection Principles And Techniques				12 Hours			
Employee preferences – The recruitment process. Selection Techniques: Biographical information – Application Blanks – Biographical Inventories – Interviews – References and Letters of recommendation - Assessment Centers.							
Unit:4							
Training and Development				12 Hours			

Training And Development: Scope of organizational training programs. Goals of organizational training programs. The Pretraining Environment - Psychological factors in training. Training Methods – Evaluating organizational training programs. Career development and planning.		
Unit:5	Performance Appraisal	12 Hours
The need for Performance Appraisal. Techniques of Performance Appraisals: Objective Performance Appraisal Methods – Judgemental Performance Appraisal Methods. Performance Appraisal for Managers. Bias in Performance Appraisal. Improving Performance Appraisals – The Post appraisal Interview.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Stephen P. Robbins and Timothy A. Judge, “Organizational Behavior”, Pearson Education, 16 th edition,2016	
2	Don Hellriegel and John Slocum, “Organizational Behavior”, South-Western Cengage Learning, 13 th edition, 2010.	
3.	Schneider, C. (2019). <i>Industrial psychology</i> . Willford Press.	
Reference Books		
1	Jaffa Harris and Sandra Hartman, “Organizational Behaviour”, Jaico, 2006.	
2	J. S.Chand, “Principals of Management”, Vikas Publishing House Pvt. Ltd. 2nd edition, 2014.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://swayam.gov.in/nd2_cec20_mg03/preview	
2	https://www.coursera.org/learn/organisational-behaviour-know-your-people	
Course Designed By: Dr. G. K. Sellakumar		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	M	S	S	M
CO3	M	M	M	S	S
CO3	M	M	S	M	S
CO4	M	M	S	S	M
CO5	S	M	S	M	S

*S-Strong; M-Medium; L-Low

Course code	53C	HEALTH PSYCHOLOGY		L	T	P	C
Core XI				5	-		4
Prerequisite		NIL		Syllabus version		2025-26	
Instructional Hours Per Week : 6 CIA : 25 ESE : 75 Total Marks : 100							
Course Objectives:							
The main objectives of this course are to:							
1. To learn the biological, behavioural, cognitive and social determinants of health							
2. Understanding of basic human biology such as the functioning of the endocrine, immune and nervous systems							
3. Learn the role of individual, group and community-based approaches to the prevention and management of health.							
4. To critically evaluate research in health psychology							
5. Understanding of the ethics and principles in professional practices							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	To understand the effects of bio, psycho and social factors on a person's health						K2
2	Knowledge about research in health psychology and critically evaluate the key studies						K5
3	Apply health psychology theories and research findings to address health-related issues						K3
4	Analysis the effects of health status and changes in health based on a person's emotions, thinking, and behaviour						K4
5	Create the healthy relationship and to understand health compromising behaviors						K6
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create							
Unit:1		Foundation of Health Psychology				12 Hours	
Introducing Health Psychology. Conducting Health Research. Seeking and Receiving Health Care. Adhering to healthy behaviour.							
Unit:2		Stress, Pain and Coping				12 Hours	
Defining, Measuring and Managing Stress. Understanding Stress, Immunity and Disease. Understanding and Managing Pain. Considering Alternative Approaches.							
Unit:3		Behaviour and Chronic Disease				12 Hours	
Behavioural Factors in Cardiovascular disease. Behavioural Factors in Cancer. Living with Chronic illness.							
Unit:4		Behavioural Health				12 Hours	
Behavioural Health: Smoking Tobacco. Using Alcohol and other drugs. Eating and Weight-Exercising.							

Unit:5	Looking Toward the Future	12 Hours
Future Challenges.Challenges for Healthier People, Increasing the Span of Healthy Life, Reducing Health Disparities		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Brannon, L., & Feist (2007). Health Psychology. San Francisco: Wadsworth	
2	Friedman, H.S. (2002). Health Psychology, 2nd edition. Upper Saddle River, NJ: Prentice Hall.	
3	Kalat, J. W. (2004). Biological basis of human behavior (8th Ed.).New York: Brooks/Cole	
4	Brannon, L., Feis, J., & Updegraff, J (2013). Health PsychologyL Introduction ot Behaviour and Health, Wandsworth, Cengage Learning.	
Reference Books		
1	Allen, F. Health Psychology: Theory and Practice. Allen & Unwin. (1998).	
2	Bennett, P., Sprugeon, P., & Weinman, J. (1990). Current Developments in Health Psychology. Gordon & Breach Publishing.	
3.	Taylor, S. E. (2012). <i>Health psychology</i> (8th ed.). McGraw-Hill.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://onlinecourses.swayam2.ac.in/cec19_hs03/preview	
Course Designed By:		

Cos	PO1	PO2	PO3	PO4	PO5
CO1	M	S	S	S	M
CO3	S	S	S	S	M
CO3	S	S	S	S	M
CO4	S	S	S	S	M
CO5	M	S	S	S	M

*S-Strong; M-Medium; L-Low

Course code	53P	EXPERIMENTAL PSYCHOLOGY- III	L	T	P	C
Core XII				-	4	4
Prerequisite		NIL	Syllabus version		2025-26	
Instructional Hours Per Week :4 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To enable students to understand the experimental approach in scientific investigation.						
2. To develop the structured report writing skill of the experiments.						
3. To enable students to identify and apply appropriate experimental tests according to the requirements.						
4. To familiarize the students with the procedures in conducting experiments and psychological tests.						
5. To enhance the skills needed for conducting experiments and psychological tests.						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To become proficient in measuring social dimensions of human behaviour					K5
2	To become proficient in measuring personality tests					K4
3	To become proficient in measuring memory and learning aspects of human behaviour					K4
4	To become proficient in measuring individual's aspiration					K5
5	To become proficient in measuring tests related to imagination					K3
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Imagination						
12 Hours						
Vividness of Imagery.						
Unit:2						
Personality						
12 Hours						
Eysenck Personality Inventory. Rotter's I-E Locus of Control. Myers-Briggs Type Indicator (MBTI). Big Five Personality Factor						
Unit:3						
Memory						
12 Hours						
Short Term Memory Test (Asthana). Long Term Memory Test (Asthana).Span of Immediate Memory (Rakhi Bhargava). P. G. I. Memory Scale (D.Pershad and N. N. Wig).						
Unit:4						
Aspiration						
12 Hours						
Level of Aspiration Measure (Mahesh Bhargava and M.A. Shah). Target Dart Test (Rajamanickam). Occupational Aspiration Scale (J. S. Grewal). Educational Aspiration Inventory (T. Pradeep Kumar)						
Unit:5						
Adjustment						
12 Hours						

Bells Adjustment Inventory. Youth Problem Inventory(M. Verma)		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Anastasi and Urbina (2010). Psychological Testing (7th Ed.) New Delhi. PHI Learning Pvt. Ltd.	
2	Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company	
Reference Books		
1	Collins, and Drever, J(1968).Experimental Psychology: Ludhiana: Lyall Book Depot	
2	Woodworth, R.S. and Schlosberg .H. (1971) Experimental Psychology. New Delhi: - Oxford Publishing Co.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1		
Course Designed By:Dr.C.Balakrishnamurthy		

COs	PO1	PO2	PO3	PO4	PO5
CO1	M	S	M	L	M
CO3	S	M	S	M	S
CO3	L	S	M	M	S
CO4	M	S	S	S	S
CO5	S	M	L	M	L

-Strong; M-Medium; L-Low

Course code	5ZC	LIFE SKILL DEVELOPMENT	L	T	P	C
Skill Based Subject 3			3	-		3
Prerequisite		NIL	Syllabus version		2025 - 26	
Instructional Hours Per Week : 3 CIA : 25 ESE : 25 Total Marks : 50						
Course Objectives:						
The main objectives of this course are to:						
1. Develop and exhibit and accurate sense of self						
2. Develop and nurture a deep understanding of personal motivation						
3. Develop and exhibit and accurate sense of self						
4. Demonstrate knowledge of personal beliefs and values and a commitment						
5. Assert strengthened personal character and further, an enhanced ethical sense						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To Identify, understand, and apply contemporary theories of leadership					K3
2	Understand the communication process, its benefits and challenges					K2
3	Create strategies to work with others to achieve specific goals					K6
4	Explore, understand, and lead, guided by the values of self-awareness					K3
5	Evaluate and improve upon presentation skills strengths and weaknesses					K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1		Introduction to Life skills			09 Hours	
Introduction to Life skills – Definition – communication and action skills: verbal and vocal communication skills. Body language. Mind skills, rules skill, self-talk skills, explanation skills. Expectation skills, time management skills, self-awareness.						
Unit:2		Presentation Skills			08 Hours	
Presentation Skills: Planning, structuring and delivering a presentation. Effective use of language and audio visual aid. Managing Performance Anxiety. Relaxation techniques, Interviews and Group Discussions.						
Unit:3		Relationship Skills			08 Hours	
Relationship Skills: Introduction- Skills for Listening and Understanding Skills for choosing and starting relationship. Skills for anger management. Coping with emotions and stress.						
Unit:4		Critical Thinking Skills			10 Hours	

Critical Thinking Skills: Critical Thinking, Creative Thinking-Stages. Looking at things differently, Analyzing information. Strategies to improve creativity, Decision Making. Problem Solving- Steps of problem solving - Factors affecting problem solving. Activities: Make a Plan for Critical Thinking.		
Unit:5	Leadership Skills	10 Hours
Leadership Skills: Introduction - Types of leadership. Tips for becoming a leader, Decision Making. Conflict Management, Crisis Management. Delegation of Work, Communication System in an Organization. Leadership Training.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	45 Hours
Text Book(s)		
1	Jones,R.N.(2007) Life coaching skills-how to develop skilled clients. New Delhi: Sage Publications.	
2	Lewis,H.(2000) Body Language- A guide to Professionals. New Delhi: Response Books.	
3	Sherfield, R.M., Montgomery, R.J. &Moody, P.G.(2009). Developing Soft Skills. 4th Ed NewDelhi: Pearson Education	
Reference Books		
1	Mishra, B.K.(2008). Psychology- The Study Of Human Behaviour. New Delhi: Prentice Hall India Ltd.	
2	Luthans,F(1995).Organizational Behaviour.NewYork:Mc Graw Hill International Edition.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.mooc4dev.org/lifeskills1	
Course Designed By:		

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	L	S	M	M
CO2	M	S	S	S	L
CO3	S	M	L	S	L
CO4	M	S	S	M	S
CO5	S	M	S	M	M

*S-Strong; M-Medium; L-Lo

SEMESTER VI

Course code	63A	SOCIAL PSYCHOLOGY II			L	T	P	C
Core Paper XIII					6			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week :5		CIA : 25		ESE : 75		Total Marks : 100		
Course Objectives:								
The main objectives of this course are to:								
1. To know about social behavior of people in the society								
2. To explain the prosocial behavior of an individual								
3. To know about the causes of human aggression								
4. To understand the influence of attitude, stereotypes upon social behavior								
5. To explain the interpersonal attractions and close relationship								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the basic concepts under social influence							K1
2	Outline various factors associated with aggressive tendencies of a person							K2
3	Identify the dynamics of close relationships in an individual							K3
4	Identify the extent of individual contribution towards the group success							K4
5	Examine the effectiveness of various leadership styles							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create								
Unit:1								
		Prosocial Behavior					12 Hours	
Prosocial Behavior – Prosocial Behaviour and Altruism: Dealing with emergencies. Motives for prosocial behavior. Responding to an emergency. External and internal influence on helping behavior. Long term commitment to prosocial acts.								
Unit:2								
		Aggression					12 Hours	
Aggression: Perspectives on aggression. Causes of human aggression: Social, culture, personal, and Situational Aggression in ongoing relationship: bullying and aggression at work. The prevention and control of aggression: some useful techniques.								
Unit:3								
		Groups And Individuals					12 Hours	
Groups And Individuals: Benefits of joining : Effects of the presence of others : From task performance to Behavior in Crowds. Social loafing : Letting others do the work Coordination in groups. Perceived fairness in groups: Its nature and effects. Decision making by groups.								

Unit:4	Conformity, Compliance And Obedience	12 Hours
Conformity, Compliance And Obedience: Conformity: Factors affecting Conformity - The bases of Conformity Compliance: The Foot-in- the-Door Technique – The Door-in-the-Face Technique. The That's-Not-All Technique - The Lowballing Technique - On-the-Job Influence Obedience: Obedience to Authority - Milgram Studies - Defying Social Pressure.		
Unit:5	Applying Social Psychology	12 Hours
Applying Social Psychology: Applying Social Psychology to the interpersonal aspects of the legal System. The Testimony of Eyewitnesses - Problems and solutions. Processing Health Related Information World of work – Job satisfaction – Helping – and Leadership.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Feldman, Robert S., Social Psychology, (Second Edition). New Jersey, USA: Prentice Hall,1998.	
2	Baron, R.A. and Byrne, D., Social Psychology, (8th Edition). New Delhi: Prentice Hall of India,1997.	
Reference Books		
1	Myers,.DavidG.Social Psychology.(8 th Edition). New Delhi: Tata McGraw – Hill Publishing Company Limited.2006.	
2	Baron,R.A., Bhardwaj.,G.,Branscombe.N.R. and Byrne,D. Social Psychology, (8th Edition). New Delhi; Pearson Education(2009)	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.mooc-list.com/course/social-psychology-coursera-0		
Course Designed By: Mr.S.Dhanraj		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code	63B	INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY – II			L	T	P	C
Core Paper XIV					6	-		4
Prerequisite					Syllabus Version		2025-26	
Instructional Hours Per Week :5		CIA : 25	ESE : 75		Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1. To comprehend motivation in the industry and job satisfaction								
2. To know the accident and prevention techniques								
3. To learn the stressors in the work place								
4. To explain the engineering psychology								
5. To understand the Industrial clinical psychology								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the motivation and job satisfaction.							K1
2	Outline the various components of job involvement							K2
3	Identify the stress in the workplace.							K3
4	Identify the various aspects of engineering psychology							K4
5	Examine the effectiveness of Industrial Clinical Psychology							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Motivation, Job Satisfaction and Job Involvement		12 Hours						
Motivation, Job Satisfaction And Job Involvement – Motivation: - Content Theories of Motivation. Process Theories of Motivation. Job Satisfaction:- Impact of Personal Characteristics. Job Satisfaction and On the Job Behaviour. Job Involvement and Organizational Commitment.								
Unit:2								
Accident and Safety		12 Hours						
Accident And Safety: Accident Statistics Causes of Accidents.-individual differences, Environmental conditions of work: Heating, Speed of Work, Age and experience: Accident rate by age, Health, Absenteeism, Psychological factors. Accident Proneness. Accident Prevention.Kind of accidents, chance. Industrial Safety Programs: Organization Responsibility,Committees, Prizes, Management Support, Records, Contests. Psychological Tests-Vision, personality, In transportation industry.								
Unit:3								
Stress in The Workplace		12 Hours						
Stress In The Workplace: Occupational Health Psychology – Physiological Effects of Stress Individual Differences in Stress Responses – Work Family Conflicts Causes of Stress in the Workplace Effects of Stress in the Workplace. Treating Stress in the Workplace								

Unit:4	Engineering Psychology	12 Hours
Engineering Psychology: History and Scope of Engineering Psychology. Time and Motion Study. Person Machine Systems Workspace Design – Displays – Controls. Design of Computer Work Stations.		
Unit:5	Industrial Clinical Psychology	12 Hours
Industrial Clinical Psychology: Meaning – The Clinical Model and Performance Control. Individual Causes of Failure – Group Causes of Failure. Organizational/Contextual Causes of Failures Treatment and Corrective Action.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Schultz, D. and Schultz. E. Sydney. Psychology and Work Today, An Introduction to Industrial and Organizational Psychology, New Delhi: Pearson Education, 2004.	
2.	Schneider, C. (2019). <i>Industrial psychology</i> . Willford Press.	
3.	Thomas W.Harrel (1958). <i>Industrial Psychology</i> , Oxford & IBH Publishing Co Pvt Ltd. New Delhi.	
Reference Books		
1	Miner John, B., <i>Industrial and Organisational Psychology</i> , New York: McGraw - Hill, 1992.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.coursera.org/courses?query=organizational%20psychology		
Course Designed By: Dr.G.K.Sellakumar		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

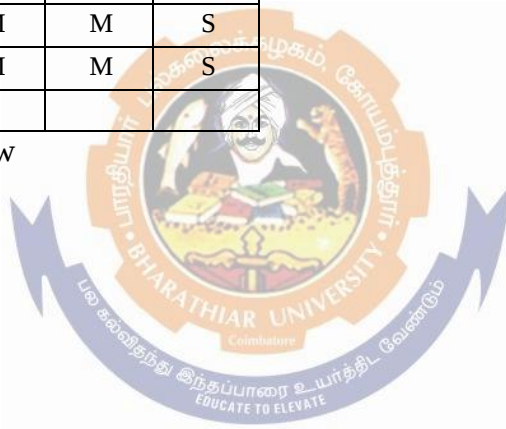
*S-Strong; M-Medium; L-Low

Course code	63P	EXPERIMENTAL PSYCHOLOGY- IV	L	T	P	C
Core Paper XV					5	4
Prerequisite		NIL	Syllabus Version		2025-26	
Instructional Hours Per Week : 4		CIA : 25	ESE : 75		Total Marks : 100	
Course Objectives:						
The main objectives of this course are to:						
1. To provide students with practical exposure.						
2. To assess, apply and interpret various questionnaires.						
3. To understand the various types of test related to thinking.						
4. To explain the social psychology test						
5. To know the testing and assessment						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To asses and interpret the thinking of an individual.				K2	
2	To assess the various social skills of an individual.				K4	
3	To analyze the level of aspiration				K4	
4	To evaluate the intelligence of an individual				K5	
5	To analyze the ability of an individual				K4	
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Thinking						
15 Hours						
Concept formation. Creativity test						
Unit:2						
Social Psychology						
15 Hours						
Aggression Scale. Altruism Scale. Social Skills Problem Behaviour Checklist (Madhu Mathur and Saroj Aurora). Marital Adjustment Inventory (H. M. Singh). Global Adjustment Scale (Sanjay Vohra)						
Unit:3						
Aspiration						
15 Hours						
Level of Aspiration Measure (Mahesh Bhargava and M.A. Shah). Target Dart Test (Rajamanickam) Occupational Aspiration Scale (J. S. Grewal). Educational Aspiration Inventory (T. Pradeep Kumar)						
Unit:4						
Testing and Assessment						
15 Hours						
Alexander Pass-along Test. Raven's Progressive Matrices. Bhatia's Battery. Binet Kamath Test of Intelligence. Reasoning Ability Test (Shailaja Bhagwat).						
Total Practical Hours						
60 Hours						
Text Book(s)						
1	Anastasi and Urbina (2010). Psychological Testing (7 th Ed.) New Delhi. PHI Learning Pvt.Ltd.					

2	Rajamanickam (2005). Experimental Psychology, Vol 1 & Vol II, New Delhi : Concept Publishing Company
Reference Books	
1	Collins, and Drever, J (1968). Experimental Psychology: Ludhiana: Lyall Book Depot
2	Kuppuswamy .B (1954). Elementary Experiments In Psychology, Madras: Oxford Publishing Press
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
https://swayam.gov.in/nd1_noc20_hs45/preview	
Course Designed By: Dr.C Balakrishnamurthy	

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low



Course code	6ZD	PERSONALITY ASSESSMENT			L	T	P	C
SKILL BASED SUBJECT 4					3			3
Prerequisite		NIL			Syllabus Version		2025 - 26	
Instructional Hours Per Week : 3		CIA : 25	ESE : 25		Total Marks : 50			
Course Objectives:								
The main objectives of this course are to:								
6. To know the basic concepts of personality assessment								
7. To understand the importance of self-report inventories								
8. To explain the Minnesota Multiphasic Personality Inventory								
9. To know the different types of personality assessment								
10. To make the student to aware of performance based measure								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the fundamental concepts of personality assessment							K1
2	Classify the various scales of self – report.							K2
3	Identify the various assessment tools available under clinical disorders							K3
4	Identify the various performance based measures.							K4
5	Examine various interest, ability and aptitude scales used for career based assessments							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create								
Unit:1								
Unit:1		Basic Considerations				09 hours		
Basic Considerations – History of Personality Assessment – Emergence of personality Psychology- world War II and the expansion of clinical psychology. Trends over time : Shrinkage and Growth- The Personality Assessment. Purpose of personality Assessment-Preparing of Personality Assessment. Conducting Personality Assessments-Interpreting Personality Assessment Data. Reporting Personality Assessment Findings.								
Unit:2								
Unit:2		Self - Report Inventories				09 Hours		
Self - Report Inventories: Nature of self-report inventories - Item characteristics-Administration and Scoring. Standardization (Normative) Group - Method of scale Development - Validity Assessment.								
Unit:3								
Unit:3		Self - Report Inventories				09 Hours		
Self - Report Inventories: Minnesota Multiphasic Personality Inventory-history-administration Scoring- Assessing Validity-Psychometric Foundations. Million Clinical Multi-axial Inventory III- history-administration. Scoring-Assessing Validity-Psychometric Foundations.								

Unit:4	Performance Based Measures	09 Hours
Performance Based Measures: Nature of the Rorschach Inkblot Method- history- administration-coding and Scoring. Interpretation Structural, Behavioural and Thematic Variables-Psychometric foundations. Thematic Apperception Test- history- administration-coding Interpretation: card pull, story meaning- Psychometric foundations		
Unit:5	Performance Based Measures	09 Hours
Performance Based Measures: Figure Drawing Methods- Nature and history of Figure Drawing Methods- administration- Scoring Interpretation-Applications- Psychometric foundations Sentence Completion methods- Nature and history of Sentence Completion methods-administration- Scoring. Interpretation- Applications- Psychometric foundations.		
	Total Lecture hours	45 Hours
Text Book(s)		
1	Weiner, Irving B. (2008). Handbook of Personality Assessment New Jersey: John Wiley and Sons.	
Reference Books		
1	Randy.J.Larsen and David.M.Buss. (2005). Personality Psychology – Domains of Knowledge about Human Nature. Second Edition.	
2.	Archer, R. P., & Smith, S. R. (2014). <i>Personality assessment</i> . Routledge.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://psyasia.com/psychometrics-mooc/		
Course Designed By:		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code		Project Based Learning: Advanced Platform Technology / Data Analytics & Visualization	L	T	P	C
						2
Pre-requisite	NIL		Syllabus Version		2025-26	
Instructional Hours Per Week : 3		CIA : 25	ESE : 25		Total Marks : 50	

[http://kb.naanmudhalvan.in/BharathiarUniversity_\(BU\)](http://kb.naanmudhalvan.in/BharathiarUniversity_(BU))



Course code	5EA	SPORTS PSYCHOLOGY		L	T	P	C
Elective I A				4	-		4
Prerequisite		NIL		Syllabus Version		2025-26	
Instructional Hours Per Week : 5 CIA : 25 ESE : 75 Total Marks : 100							
Course Objectives:							
The main objectives of this course are to:							
1. To understand the theoretical foundation of the psychological processes related to sports							
2. To learn foundations and philosophical questions related to the development of sport program							
3. Describe biomechanical foundations of human movement and sports performance							
4. Identify motor control processes and mechanisms underlying the learning sports skills							
5. Integrate psycho-sociocultural perspectives on sport							
Expected Course Outcomes:							
On the successful completion of the course, student will be able to:							
1	To apply psychological techniques and strategies to enhance performance in sport						K3
2	Evaluate research in sport psychology and psychological factors related to performance						K5
3	Apply sport psychology theories and research that best fit different performance						K3
4	Evaluate the effectiveness of their work with individuals in sport, exercise, and performance psychology						K5
5	Create a methods to work with clients in sport, exercise, and performance psychology						K6
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 – Create							
Unit:1		The Field of Sport Psychology				12 Hours	
Introduction to Sport Psychology: Meaning and scope, Importance, Sport Psychology in India. Factors influencing the mental demands of a given sport, Sport and exercise psychology as an academic discipline. History of sport and exercise psychology. Orientation in sport psychology: Psychophysiological, Cognitive- behavioral, Social Psychological. Research methods in sport and exercise psychology, what do sport psychologist do?							
Unit:2		Exercise and Health in Sports Psychology				12 Hours	
Exercise and Psychological Well-being: Reducing anxiety and depression with exercise, Enhancing mood with exercise. Effect of exercise on psychological wellbeing. Developing personality and cognitive functioning with exercise. Enhancing Quality of life with exercise. Examining the runner’s high, Exercise and positive prevention.							
Unit:3		Personality and Motivation in Sport psychology				12 Hours	

Personality and Motivation in Sport psychology: Personality and sport performance- Theories specific to sport behavior: Trait theories- Eysenk, Cattell and Big five dimensions. Narrow band theories of Personality: Sensation seeking, Telic dominance, Mental toughness and attentional style, Interactional approaches. Applying the interactional model to sports: Mood profiling. Motivation and Goal setting in Sport: Intrinsic and extrinsic motivation. Theories of motivation, Self-efficacy, Pathological motivation and sport. Goal setting: Effectiveness of goal setting, Principles of goal setting. Anxiety in Sport performance: Anxiety reduction techniques.		
Unit:4	Psychological skill training	12 Hours
Psychological skill training: Psychological skill training- Importance of Psychological skill training. Effectiveness of Phases of Psychological skill training. Goal of Psychological skill training- Self regulation, Increasing self-awareness, Coping with adversity. Imagery in sport: Factors affecting the effect of imagery in sports, How imagery works? Self-confidence- How does expectations influence performance? Building self-confidence.		
Unit:5	Social Psychology of Sport	12 Hours
Social Psychology of Sport: Group definition, Understanding group structure, Creating effective teams, Maximizing individual performance in groups. Group cohesion: Relationship between group cohesion and performance, Factors affecting group cohesion, Strategies to enhance cohesion. Social Facilitation: Coaction and audience effect, Home advantage, Negative effects of group performance: Social Loafing and group think. Violence and Aggression in Sport: Hostile aggression, instrumental aggression and assertiveness, Link between aggression and performance, Social learning theory, Frustration aggression hypothesis. Individual differences in aggression: gender, identification with team. Situational factors affecting aggression: Physical environment, Game circumstances, Reducing aggression in sports.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Jarvis, M. (2006) . Sport Psychology. New York, Routledge.	
2	Weinberg RS and Gould D (2006).Foundations of Sport and Exercise Psychology (4th En).Human Kinetics. USA.	
Reference Books		
1	Moran, A. P. (2004). Sport and Exercise Psychology , a critical Introduction . New York, Routledge.	
2	Kremer, J., & Scully, D. (2001). Psychology in Sport. Taylor and Francis publishers Tenenbaum, G., & Ecklund, R. C. (2007).Handbook of Sport Psychology(3rdEdn.). New Jersey, John Wiley & Sons	

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://www.coursera.org/learn/youth-sports
Course Designed By: Dr. G. K. Sellakumar	

COs	PO1	PO2	PO3	PO4	PO5
CO1	S	S	S	M	L
CO2	S	M	S	S	S
CO3	S	M	L	S	M
CO4	L	S	S	M	S
CO5	M	S	S	S	L

-Strong; M-Medium; L-Low



Course Code	5EB	HUMAN RESOURCE MANAGEMENT	L	T	P	C
Elective I B			4	-		4
Prerequisite		NIL	Syllabus revision		2025-26	
Instructional Hours Per Week : 5 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. To understand the importance of human resources and their effective management in organizations						
2. Demonstrate a basic understanding of different tools used in forecasting and planning human resource needs						
3. Learn current theory and practice of recruitment and selection						
4. To interpret the role of resistance and commitment in relation to change, propose change strategies for enhancing organizational development						
5. Understand the nature and sources of conflict and the different strategies and approaches used in the resolution of conflict.						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To understand a the current theory and practice of recruitment, selection, performance appraisal and training.					K2
2	Evaluate the role of recruitment and selection in relation to the organization's business					K5
3	Analyze the key issues related to administering the human elements					K4
4	Apply advanced training strategies and specifications for the delivery of training programs					K3
5	To create a unique selection strategy for a specific job					K6
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1	Introduction to Human Resource Management				12 Hours	
Definition- Nature of Human Resource Management: Action oriented- People Oriented- Individually oriented- Future oriented- Inter Disciplinary function. Scope of Human Resource Management: Personal- Welfare- Industrial Relations. History of Human Resource Management: The Industrial revolution- Scientific Management. Human Relation Movement- Human Resource Approach						
Unit:2	Human Resource Planning				12 Hours	
Introduction- Definition- Need: Reservoir of talents- Prepare people for the future- Cut Costs- Succession Planning. The Process of Human Resource Planning: Forecasting the Demand for Human Resources. Preparing Man Power Inventory- Determining Man Power Gaps. Formulating HR plans - Job Stress, Counselling and Mentoring.						

Unit:3	Job Design and Motivation	12 Hours
Introduction- Definition. Techniques used in Job Design: Job Simplification- Job Enlargement- Job Rotation- Job Enrichment- Total Quality Management (TQM). Motivation- Definition- Theories of motivation: Maslow's Need Hierarchy Theory - Herzberg's theory of motivation. Achievement Motivation Theory- Theory X and Theory Y. Motivating employees: Individual differences- Match people to jobs- Goals- Rewards.		
Unit:4	Job Evaluation and Performance Appraisal	12 Hours
Introduction- Definition. Methods in Job Evaluation : Ranking Method- Factor Comparison method. Performance Appraisal: Definition- Performance Appraisal Process: Performance Standards- Communicate the Standards – Measure Actual performance- Taking corrective action. Methods of Performance Appraisal: Confidential report- Critical Incident Technique- Checklist- Rating Scales- Forced Choice Method- Management by Objectives (MBO).		
Unit:5	Career Planning	12 Hours
Career Planning and Human Resource Management: Introduction- Definition. Main concepts in career planning: Career- Career goals- Career cycle- Career paths- career anchors- Career progression - Career planning- Career development- Career Counseling- Career Management- Mid Career Crisis. Career Stages : Exploration- Establishment- Decline. Career Development: Performance- Exposure- Networking- Loyalty Career- Mentors. Effective Career Planning: Support- Goals- Reward Performance- Placement- Career Paths- Publicity.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Rao V.S.P —Human Resources Management: Text and Cases, Second Edition, Excel Books New Delhi 2007	
2	Gary Dessler, —Human Resources management, Tenth Edition, Pearson-Prentice Hall, New Delhi, 2005	

Reference Books	
1	David A DeCenzp and Stephen P Robbins, —Personnel and/Human Resource Management , Third Edition, New Delhi 2004
2	Raymond J. Stone, —Human Resources Management, John Wiley & Sons, New York 2005
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
1	https://www.coursera.org/specializations/human-resource-management
2	
Course Designed By: Mr. S. Dhanraj	

COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	S	M	S
CO3	M	M	L	S	L
CO3	S	L	S	S	S
CO4	S	S	M	L	M
CO5	L	S	S	S	M

*S-Strong; M-Medium; L-Low



Course code	5EC	CONSUMER BEHAVIOUR	L	T	P	C
Elective I C			4			4
Prerequisite		NIL	Syllabus version		2025-26	
Instructional Hours Per Week : 5 CIA : 25 ESE : 75 Total Marks : 100						
Course Objectives:						
The main objectives of this course are to:						
1. Demonstrate how knowledge of consumer behaviour can be applied to marketing						
2. To learn about factors which influence consumer behaviour						
3. Relate psychological aspects such as personality, perception, and attitude to the choice's consumers make.						
4. Understand the impact of marketing on consumer behavior						
5. Demonstrate methods to improve customer satisfaction						
Expected Course Outcomes:						
On the successful completion of the course, student will be able to:						
1	To understand consumer behaviour in an informed and systematic way					K2
2	To analyses personal, socio-cultural, and environmental dimensions related to consumer behaviour					K4
3	To enable students in designing and evaluating the marketing strategies					K5
4	Application of market research in framing effective marketing strategies					K3
5	Analyze the major stages which consumers usually go through when making a consumption					K4
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create						
Unit:1						
Introduction to Consumer Behaviour			12 Hours			
The marketing concept. The role of technology in exchange between consumers and markets. Consumer values, satisfaction and retention. Consumer decision making.						
Unit:2						
Segmentation, Targeting and Positioning			12 Hours			
Market segmentation and effective targeting. Bases for segmentation: Demographics and other bases. Behavioural targeting. Positioning and repositioning. Perceptual mapping.						
Unit:3						
Consumer Motivation and Personality			12 Hours			
The dynamics of motivation. Systems of need – Measurement of motives. The nature and theories of personality. Personality traits and consumer behavior. Product and brand personification – Self and self-image.						
Unit:4						
Consumer Perception			12 Hours			
The elements of perception. Perceptual selection – Perceptual organization. Perceptual interpretation – Consumer imagery Perceived quality – Perceived risk.						

Unit:5	Consumer Learning	12 Hours
The elements of consumer learning. Classical conditioning – Instrumental conditioning - Observational learning. Information processing – Cognitive learning. Consumer involvement and Hemispheric lateralization Outcomes and measures of consumer learning.		
Unit:6	Contemporary Issues	02 Hours
Expert lectures, online seminars - webinars		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Schiffman, .G.L, Wisenblit, J. & Kumar, R.S. (2018). Consumer Behaviour (11th Ed.), Noida. Pearson Education.	
2	Loudon, D., Consumer Behaviour, Concepts and Applications, Albert Biutta, McGraw Hill, 2004	
Reference Books		
1	Kurder, K. Consumer Behaviour, PHI/Pearson, 2002	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
1	https://www.coursera.org/courses?query=consumer%20behavior	
Course Designed By:Dr.C.Balakrishnamurthy		

COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	S	M	S
CO3	M	M	M	S	M
CO3	S	L	S	M	S
CO4	L	S	M	S	M
CO5	L	M	S	M	S

*S-Strong; M-Medium; L-Low

Course code	6EA	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER II A		BEHAVIOUR MODIFICATION			5			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week : 5		CIA : 25	ESE : 75		Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1. To understand the basics of behaviour and essence of behaviour modification								
2. Explaining various principles and theories of behaviour modification								
3. To introduce various methods and techniques of behaviour modification								
4. To learn various applications of behaviour modification								
5. To use behaviour modification techniques in their everyday life								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Students will gain knowledge on behaviour modification and its uses							K1
2	To understand the theoretical principles underlying in various behaviour modification techniques							K2
3	Can apply behaviour modification techniques in their field of interest							K3
4	Will be able to use behaviour modification in their appropriate time and need							K4
5	Can find the effectiveness of each behaviour modification techniques.							K5
6	will be able to develop or modify techniques innovatively suitable based on the need							
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Unit:1		Introduction to Behaviour Modification				12 Hours		
Human Behavior: Meaning - Behavior Modification: Meaning - Characteristics - Historical Roots - Areas of Application: Developmental Disabilities - Mental illness – Education- - Rehabilitation - Community - Business, Industry, and Human Services - Self Management- Child Management – Sports								
Unit:2								
Unit:2		Basic Principles of Behaviour Modification				12 Hours		
Reinforcement: Factors Influencing the Effectiveness of Reinforcement- Schedules of Reinforcement – Extinction: Factors Influencing Extinction – Punishment: Factors Influencing the Effectiveness of Punishment - Stimulus Control: Discrimination and Generalization - Shaping - Modelling.								
Unit:3								
Unit:3		Measurement of Behaviour and Behaviour Change				12 Hours		
Target Behaviour: Definition - Observing and Recording Behaviour- - The Logistic of Recording - The Observer- Principles and methods of Recording - Recording Instrument – Graphing Behaviour and Measuring Change.								

Unit:4	Behaviour Modification Techniques	12 Hours
Systematic Desensitization Process- Application- Basic Techniques: JPMR - REBT- Aversive techniques - Flooding- Modeling- Shaping- Prompting - Fading- Chaining- Token Economy- Time Out		

Unit 5	Cognitive Behaviour Modification	12 Hours
Cognitive Behaviour Modification: Cognitive Therapy- Cognitive Restructuring- Self Management methods. Risk Factor Modification - Lifestyle Management - Interventions for Chronic Illness.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Raymond G Miltenberger (2008). Behaviour Modification: Principles and Procedures (4th Edition), Thomson Wardsworth, USA.	
Reference Books		
1	Miltenberger, R. G ., (2000). Behavior Modification (2nd ed). Library of Congress Cataloging-in-Publication Data.	
2	Martin,G; Pear, J (2007). Behavior Modification: What it is and how to do it (8th ed). Upper Saddle River, NJ: Pearson Prentice Hall,	
3	Wolpe.J., (1972). The Practice of Behavior Therapy. NJ: Pearson Prentice Hall.Introduction Behaviour Modification.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
Course Designed By: Dr.G.K.Sellakumar		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	S	M	L
CO2	M	S	M	L	L
CO3	M	L	M	S	M
CO4	S	M	M	M	M
CO5	M	M	S	S	L
CO6	M	M	M	M	L

*S-Strong; M-Medium; L-Low

Course code	6EB	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER II B		GUIDANCE AND COUNSELLING SERVICES			5			4
Pre-requisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week : 5		CIA : 25		ESE : 75	Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1.To understand the principles of Guidance.								
2.To know the historical context of Guidance service.								
3.To understand the essential features of a Guidance.								
4.To explain the Vocational Guidance								
5.To know the Agencies of Guidance in India.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the meaning and types of guidance							K1
2	Outline the various testing and non – testing devices							K2
3	Identify the need and principles of personal guidance							K3
4	Identify the importance of guidance services							K4
5	Examine the general issues and current trends							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Unit:1		Introduction				12 Hours		
Introduction – Need for Guidance - Meaning, Nature, Types of Guidance -Bases, Objectives, Functions. Principles of Guidance. Educational Guidance-Philosophy and Programme.								
Unit:2								
Unit:2		History and Development				12 Hours		
History and Development: The History of Guidance Services. Methods of Guidance. Testing and Non-Testing Devices and Guidance.								
Unit:3								
Unit:3		Organising Guidance Services in the School				12 Hours		
Organising Guidance Services in the School: Essential Features and Principles of a Guidance Programme. Class Talks and Parents’ Role in Guidance Pupil Personal Records. Personal Guidance: Need and Principles.								
Unit:4								
Unit:4		Guidance Services				12 Hours		
Guidance Services: Adolescence and Guidance. Guidance in the Adjustment of students. Guiding Students Solving Educational Problems. Guiding slow learners and gifted children. Vocational Guidance.								

Unit:5	General Issues and current trends	12 Hours
General Issues and current trends: Organization and Popularization of Guidance Services in India. Agencies of Guidance: NCERT and Others. Career Resource Center: Its Importance.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Aggarwal J.C. (2012). Educational vocational guidance & counselling, Doaba House, Delhi- 110006	
Reference Books		
1	Kochhar, S.K. (2012): Educational and Vocational Guidance in Secondary Schools, New Delhi: SterlingPublication.	
2	Chauhan, S. S. (2008). a book of Principles and Techniques of Guidance. Up: Vikas Publishing House PvtLtd.	
3	Pandey, K.P.(2000), Educational and Vocational guidance in India. Varanasi:Viswa VidyalyaPrakashan	
4	Nayak, A.K. (2007). Guidance and Counselling, APH Publishing corporation,Delhi	
5	Ismail, T. , Krishnan, D. (2013),, Guidance and Counselling, APH Publishing Corp., New Delhi	
6	Yogesh Kumar S (2005) Guidance and Career Counselling, APH Publishing Corporation, NewDelhi	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://onlinecourses.swayam2.ac.in/ntr20_ed21/preview		
Course Designed By: Prof. N. Annalakshmi		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code	6EC	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER II C		PSYCHOLOGY OF ADJUSTMENT			5			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week : 5		CIA : 25	ESE : 75		Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
11. To understand the characteristics of Self - Concept.								
12. To know the types of emotions.								
13. To understand the sense of belongingness.								
14. To explain the Health and Adjustment.								
15. To know the Stress and Adjustment.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the meaning and types of Adjustment.							K1
2	Outline the negative emotions and adjustment							K2
3	Identify the Social and Psychology of Adjustment							K3
4	Identify the importance of quality of life							K4
5	Examinethe methods to cope stress.							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Unit:1		Introduction to Psychology of Adjustment				12 Hours		
Introduction to Psychology of Adjustment – Introduction- Definition- Dimensions of Adjustment: Adjustment as an Achievement. Adjustment as a process.								
Types Of Adjustment: Normal Adjustment- Abnormal adjustment- Social Adjustment. The Dynamics of Change and Behavior- Personal Growth and Development.								
Self-Concept and Psychology of Adjustment: Introduction- Definition- The Components of the Self –Core.								
Characteristics of Self-Concept								
The Self-Concept and Personal Growth.								
Development of Self- Concept: Cultural Differences- Gender Differences- Media. The two aspects of Self Concept The Existential Self - The Categorical Self.								

Unit:2	Emotions and Psychology of Adjustment	12 Hours
Emotions and Psychology of Adjustment: Introduction – Definition. Types of Emotions: Primary Emotions - Happiness, Surprise, Disgust, Fear, Anger and Sadness Secondary Emotions: Positive Emotions: Love, Appreciation, Happiness, Hope, Enthusiasm, Vitality, Confidence, Gratitude, Patience, Trust, Vulnerable, Optimistic, Appreciative, Ashamed, and Astonished. Negative Emotions: Fear, Anger, Guilt, Depression, Pride, Jealousy, Self-pity, Anxiety, Resentment, Envy, Frustration, Shame, Denial, Offended, Regret, Resentful, Sad, Worried, Grief.		
Unit:3	Social and Psychology of Adjustment	12 Hours
Social and Psychology of Adjustment: Introduction- Making Friends: Commitment- Trust- Companionship- Sense of Belongingness. Keeping Friends: Relying on first impressions- Friendships take time to develop-Focus on maintaining the friendships. Loosing Friends: No proper Appreciation- Condemning- Criticizing- Complaining- Fault Finding – Not willing to offer timely help. Loneliness: Life without Friends.		
Unit:4	Health and Adjustment	12 Hours
Health and Adjustment: Introduction- Definition- Exercise. Types of Exercise: Aerobic exercises, Anaerobic exercises, Flexibility exercises. Alcoholism and Smoking- Quality of life- Happiness Perspectives of Happiness: Buddhism- Judaism- Catholicism. Health and the Mind–Body Relationship.		
Unit:5	Stress and Adjustment	12 Hours
Stress and Adjustment: Introduction- Definition- Stages of General Adaptation syndrome: Alarm Reaction- Resistance- Recovery. Symptoms of Stress: Cognitive symptoms- Emotional symptoms- Physical symptoms- Behavioral symptoms. Methods to Cope stress: Alter the Situation-Adapt the Stressor- Accept things you cannot change- Make time for relaxation.		
Total Lecture hours		60 Hours
Text Book(s)		
1	Wayne Weiten, Dana S Dunn, and Elizabeth Yost Hammer (2011).Psychology Applied to Modern Life:Adjustment in the 21st Century. Wadsworth publishing (10th edition).	

Reference Books	
1	Steven J. Kirsh, Karen Gr. Duffy (2014) Psychology for Living: Adjustment, Growth and Behavior Today - New Delhi Pearson
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
https://nptel.ac.in/courses/109/104/109104070/	
Course Designed By: Mr. S. Dhanraj	

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low



Course code	6ED	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER III A		ENVIRONMENTAL PSYCHOLOGY			5			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week : 5		CIA : 25		ESE : 75	Total Marks : 100			
Course Objectives:								
The main objectives of this course are to:								
1. To understand the Indian Perspective on Human and environment.								
2. To know the components of ecosystems.								
3. To understand the characteristics of environmental perception.								
4. To explain the features of crowding.								
5. To know the environmental psychology and community.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Understand the research methods in environmental psychology							K2
2	Outline the ecology and development.							K2
3	Identify the effect of environment on behavior.							K3
4	Identify the importance of saving the environment.							K4
5	Examine the specific environmental problems.							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Unit:1		Environmental Psychology			12 Hours			
Environmental Psychology – Nature and Characteristics; Classification of Environment - Indian Perspective on Human- environment Relationship - World view in Psychology and Environmental Psychology.								
Environment Behavior theories: Arousal, Environmental Load, adaptation level - Behavior constraints, Ecological and Environmental Stress Approach.								
Research Methods in Environmental Psychology: Experimental, Simulation.								
Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire.								
Experimental, correlational and descriptive methods of data collection in environmental Research.								
Unit:2								
Unit:2		Ecology and Development			12 Hours			

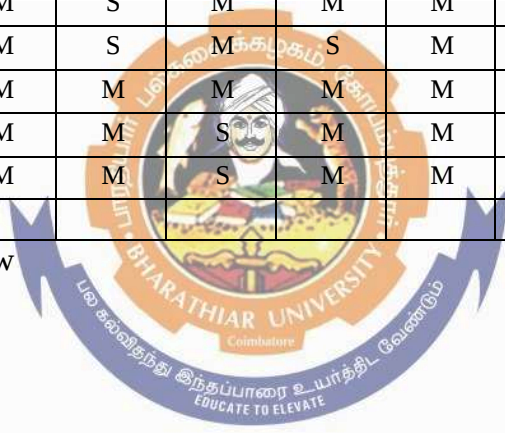
Ecology and Development: Human Nature and Environmental Problems; Prosocial and Pro-environmental Behaviours, Ecosystems and Their Components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological adaptation. Environmental Stress: Nature and Characteristics. Types of Stress: Natural Disasters, Technological Catastrophe, Noise and Air-pollution. Nature and characteristics: Natural disasters, Technological catastrophe. Noise, Heat and Air pollution: Nature, characteristics and their influences on behavior with special reference to Indian conditions.
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Unit:3	Environmental Perception, Cognition and Attitudes	12 Hours
Environmental Perception, Cognition and Attitudes: Nature and Characteristics of Environmental Perception: Social and Cultural Influences. Environmental Cognition and Cognitive Mapping. Acquisition of Environmental Attitudes, Perception of movement, adaptation and change. Effect of Environment on Behavior: Personal Space and Territoriality: Nature Functions and Determinants of Personal Space. Consequences of Personal Space Invasion Territoriality Functions and Types. Personal Space: Nature, measurement, determinants, consequences of personal space invasion.		
Unit:4	Crowding	12 Hours
Crowding: Nature and Characteristics. Features and Effects of Crowding on Animals and Human Beings, Concept, physiological and behavioral consequences. Theories of crowding, overload, arousal, density intensify, behavior constraints, control. Environmental Psychology and Saving the Environment: Environmental Education. Prompts and Reinforcement Techniques in Indian Context.		
Unit:5	Environmental psychology and community	12 Hours
Environmental psychology and community: Quality of life, social process and socialites, preventive intervention. Social support and personal control: areas of intervention. Residential neighborhood and urban environments. Changing behavior to save the environment: environmental education, prompt, reinforcement, techniques. Specific environmental problems: Littering energy conservation, transportation and vandalism.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.	
2	Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone;Shambala	
Reference Books		
1	Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart andWinston.	

2	Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York:Wiley.
3	Tewari, P. S. N. (2000). ParyavaraniyaManovigyan. New Delhi: Moti Lal BanarsiDas.
4	Sahoo, F.M. Mishra P.K. & Pinta, R.S. (1985) Environment and Behavior: Ecology Perspective. New Delhi: AkshatPublications.
5	Bell, P.A. Fisher, J.D. & Loomis, R.J. (1973) Environmental Psychology,Philadelphia.
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]	
https://www.openlearning.com/courses/environmental-psychology-for-interior-design/	
Course Designed By: Dr.G.K.Sellakumar	

Mapping with Programme Outcomes										
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	M	M	M	S	M	M	M	M	M	S
CO2	M	M	M	S	M	S	M	M	S	S
CO3	M	M	M	M	M	M	M	M	M	S
CO4	M	M	M	M	S	M	M	M	M	M
CO5	M	M	M	M	S	M	M	M	M	M

*S-Strong; M-Medium; L-Low



Course code	6EE	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER III B		FORENSIC PSYCHOLOGY			5			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week:5		CIA: 25		ESE: 75	Total Marks: 100			
Course Objectives:								
The main objectives of this course are to:								
1. To understand the principles of forensic psychology.								
2. To know an early model of memory.								
3. To understand the compliance and coerced internalization.								
4. To explain the historical and political figures.								
5. To know the development of violent behaviour.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the meaning and origins of legal psychology.							K1
2	Outline the strength and validity of the evidence.							K2
3	Identify the psychology of confession.							K3
4	Analyze the Profiling criminals from the crime scene.							K4
5	Examine the offending behavior programmes.							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1								
Introduction				12 Hours				
Introduction – The meaning of forensic.								
The origins of legal psychology.								
Unit:2								
Eyewitness Memory				12 Hours				
Eyewitness Memory: An early model of memory.								
Acquisition- Retention retrieval.								
The strength and validity of the Evidence.								
Unit:3								
The Psychology Of Confession				12 Hours				
The Psychology Of Confession: Voluntary false confessions								
Interrogational tactics								
Coerced false confessions.								
Coerced compliance and coerced internalization								
Unit:4								
The Psychology Of Investigation				12 Hours				

The Psychology Of Investigation: The cognitive interview Detecting lies and deceit. Offender profiling – Profiling- historical and political figures Profiling criminals from the crime scene. Profiling criminals from the crime scene.		
Unit:5	Criminological Psychology	12 Hours
Criminological Psychology: Violent offenders – Development of violent behavior Psychological profile of violence Role of Anger, Moral reasoning. Working with offenders – Using meta-analysis to inform Treatment programmes – offending behaviour programmes. Industry 4.0: Digital Forensic, Cyber security. Scope of digital forensic Psychology.		
Total Lecture hours		60 Hours
Text Book(s)		
1	Goldstein, A.M.(2003). Handbook of Psychology (Vol 11), Forensic Psychology USA : John Wiley & Sons, Inc.	
2	Bartol, C.R, & Bartol,A.M (2005) History of Forensic Psychology. In I.B. Weiner &A.K.Hess (Ed), The Handbook of Forensic Psychology (pp 1-27), Hoboken, NJ:Wiley	
Reference Books		
1	DeMatteo, D., Marczyk, G., Krauss, D., & Burl, J. (2009). Educational and training models in forensic psychology. Training and Education in Professional Psychology, 3(3), 184-191. doi: 10.1037/a0014582	
2	Franklin, K. (2014). Forensic psychology: Is it the career for me? Psychology Today. Retrieved from http://www.psychologytoday.com/blog/witness/201409/forensic-psychology-is-it-the-career-me Weiner, I. B., & Goldstein, A. M. (2003). Handbook of Psychology, Forensic Psychology. Hoboken, New Jersey: John Wiley and Sons.	
Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]		
https://www.open.edu/openlearn/health-sports-psychology/forensic-psychology/content-section-overview-0		
Course Designed By: Mr.S.Dhanraj		

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low

Course code	6EF	TITLE OF THE COURSE			L	T	P	C
ELECTIVE PAPER III C		PSYCHOLOGY AND GENDER ISSUES			5			4
Prerequisite		NIL			Syllabus Version		2025-26	
Instructional Hours Per Week: 5		CIA: 25		ESE: 75		Total Marks: 100		
Course Objectives:								
The main objectives of this course are to:								
1. To understand the gender stereotypes.								
2. To know the theoretical Positions about gender development.								
3. To understand the Women's health.								
4. To explain the Gender Identity and Career.								
5. To know the Psychopathology and Gender Issues.								
Expected Course Outcomes:								
On the successful completion of the course, student will be able to:								
1	Define the meaning and concepts of gender.							K1
2	Outline the theories of Gender Development.							K2
3	Identify the Perspectives on marital interaction.							K3
4	Analyze the importance of Victimization issues.							K4
5	Examine the Women and the Criminal Justice System.							K5
K1 - Remember; K2 - Understand; K3 - Apply; K4 - Analyze; K5 - Evaluate; K6 - Create								
Unit:1	Gender Concepts					12 Hours		
Gender Concepts – Concepts: gender, sex, masculinity, femininity, feminism, men and masculinity. Studying gender: Methods and History of Gender Research. Gender Stereotypes: Masculinity and Femininity Gender-Role Attitude. Introduction to the Psychology of Women, History of the feminine Psychology, Women and Feminist Pedagogy, Feminist child-rearing. Women's conception of self and morality. Are women morally superior to men?								
Unit:2	Gender Stereotypes and Other Gender Biases					12 Hours		
Gender Stereotypes and Other Gender Biases: Gender Comparisons in Cognitive Abilities and Attitudes About Achievements Gender Comparisons in Social and Personality Characteristics. Race and gender as psychological variables: Social and ethical issues. Theoretical Positions about gender development and Functioning. Hormones and Chromosomes. Theories of Gender Development, Developing Gender Identity, Social Cognitive Theory of gender development and functioning; Sex role theory.								
Unit:3	Gender Issues, Family and Health					12 Hours		

Gender Issues, Family and Health: Current perspectives on dual-career families, The social psychophysiology of marriage. Perspectives on marital interaction, Male sexual proprietaries and violence against wives. Women's health: Mothering and Reproductive Rights; Pregnancy, Childbirth, and Motherhood, Menstruation, menopause, abortion, AIDS. Biological influences. Implications for single-sex schooling. Health compromising behavior: alcoholism, smoking; Health enhancing behavior: proper diet, exercise		
Unit:4	Gender Identity and Career	12 Hours
Gender Identity and Career: Intelligence and Cognitive Abilities, Emotions, Relationships and Sexuality; Lesbian and bisexual women. Intelligence and Cognitive Abilities, Emotions, Relationships and Sexuality; Lesbian and bisexual women. Victimization issues: Rape, battering, harassment. Careers and Work; Examining personal characteristics and influences, gender differences in pay and in occupational pursuits, gender gap in political attitudes. Women, men, work, and family: An expansionist theory.		
Unit:5	Psychopathology and Gender Issues	12 Hours
Psychopathology and Gender Issues: Sex Treatment for Mental Disorders, Stress, Coping, and Differences in Health: Evidence and Explanations. Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers issues. Women and the Criminal Justice System; women as criminal offenders, women as victims. Successful practices to prevent violence against women. Effective strategies and practices to support victims of violence, including victims of sexual assault.		
	Total Lecture hours	60 Hours
Text Book(s)		
1	BrannonL. (2012). Gender: Psychological Perspectives, 6/E, McNeese State University Helgeson, V. S.(2010) Psychology of Gender, 4/E Carnegie Mellon University.	
2	Magnusson E. and Marecek, J. (2012). Gender and Culture in Psychology: Theories and Practices.	
Reference Books		
1	NoremJ. K. andClinchy B. M. (1998). The Gender and Psychology Reader	
2	Rudman, L. A. and Glick, P.(2008). The Social Psychology of Gender: How Power and Intimacy Shape Gender Relations.	

Related Online Contents [MOOC, SWAYAM, NPTEL, Websites etc.]
https://opentext.wsu.edu/psychology-of-gender/
Course Designed By: Dr.S.Rajakumari

Mapping with Programme Outcomes					
COs	PO1	PO2	PO3	PO4	PO5
CO1	M	M	M	S	M
CO2	M	M	M	S	M
CO3	M	M	M	M	M
CO4	M	M	M	M	S
CO5	M	M	M	M	S

*S-Strong; M-Medium; L-Low



List of Elective papers (Colleges can choose any one the paper as electives)		
Elective –I	A	Sports Psychology
	B	HRM
	C	Consumer Behaviour
Elective –II	A	Behaviour Modification
	B	Guidance and Counseling Services
	C	Psychology of Adjustment
Elective –III	A	Environmental Psychology
	B	Forensic Psychology
	C	Psychology & Gender Issues

