

Bio-psychology Spring 2010

Dates: 3/29, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24 & 5/31

Times: Online

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1. Introduction

Welcome to Physiological Psychology. This course is a modern introduction to the biological basis of human behavior. We will look at the biological underpinnings of behavior by considering how molecules, hormones, nerve cells and the brain influence behavior. Biological perspectives are playing an increasingly important role in modern psychology. This course provides a foundation for understanding how biological processes influence human behavior.

2. Course Description

The course covers the structure and function of cells and interconnections that comprise the nervous system and the behaviors that arise from them. The course will explain how information enters the nervous system through our senses, gets processed in the central nervous system and is output through the motor system and autonomic system. The course includes emotional and cognitive behavior and the biological bases of mental health/illness. The biological basis of energy psychology will also be addressed.

3. Course Length

The course lasts 10 weeks from March to May

4. Educational Objectives

The goal of this course is to familiarize the student with the basics of physiological psychology.

- Neurons and Synapses
- Structure and function of the central and peripheral nervous system
- Methods of studying the nervous system
- Structure and function of the brain
- Autonomic system and the biology of stress
- The nature and functions of hormones

- Behavioral genetics
- Sensory and Motor Systems
- Biology of Emotion
- Biology of Cognitive Processes including learning and memory
- Biology of Mental disorders: Anxiety, Mood Disorders, Schizophrenia
- Biological treatment of mental disorders: psychopharmacology
- Biological bases of energy psychology

5. Instructional Methods

The format of this class will include readings, DVD programs, material from Internet sites, online discussions, weekly assignments, a special interest paper and an integrative final paper.

6. Requirements and Grading

- Attendance — students are expected to follow CIHS guidelines for online classes.
Grading ---40% 10 Weekly Assignments
20% Weekly Discussions
10% Special Interest Paper
30% Final Project.

7. Textbooks and Required Materials

- Required Text — Kalat, J. (2006). *Biological Psychology, 9th Edition*
- Required DVD — *Biology and Human Behavior 2nd Edition* by Robert Sapolsky. Purchase online from The Teaching Company.
- Assigned Internet readings, visualizations and resources

8. Sequential Class Schedule

The class schedule will typically cover 1 chapter in the text and 2 DVD programs each week. Additional material on the Internet will be assigned for certain topics.

Week 1 Course Overview
 Week 2 Neurons
 Week 3 Synapses
 Week 4 Anatomy of the Nervous System
 Week 5 Energy Psychology
 Week 6 Sensory Systems: Focus on Vision
 Week 7 Motor Systems: Movement
 Week 8 Emotion including Stress
 Week 9 Cognition including Learning/Memory

Week 10 Biology of Mental Illness

9. Other Information

The final project is intended to help you integrate the material studied in the course. Write a 15 -20 page paper explaining the physiological mechanisms involved in the following scenario. "You see someone who previously injured you. You become frightened and run away."

10. Academic Honesty

The use of another's published or unpublished ideas, words, or views on a paper, report, or oral presentation must be accompanied by specific citations and references to avoid plagiarism.