

The Hong Kong Polytechnic University

Subject Code	APSS111											
Subject Title	Introduction to Psychology											
Credit Value	3											
Level	1											
Pre-requisite / Co-requisite/ Exclusion	Nil											
Assessment Methods	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">100% Continuous Assessment</th> <th style="width: 25%;">Individual Assessment</th> <th style="width: 25%;">Group Assessment</th> </tr> </thead> <tbody> <tr> <td>1. Practice Quizzes and Assessment Tests</td> <td style="text-align: center;">60 %</td> <td style="text-align: center;">--</td> </tr> <tr> <td>2. Seminar or Research Participation and/or Group Seminar Report</td> <td style="text-align: center;">--</td> <td style="text-align: center;">40 %</td> </tr> </tbody> </table>			100% Continuous Assessment	Individual Assessment	Group Assessment	1. Practice Quizzes and Assessment Tests	60 %	--	2. Seminar or Research Participation and/or Group Seminar Report	--	40 %
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Objectives	<p>The subject aims to enable the students to:</p> <ol style="list-style-type: none"> 1. carry out a preliminary survey of representative work in various areas of psychological investigations; and 2. understand how to apply the psychological concepts acquired in daily lives. 											
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> A. Gain an understanding of the fundamentals of psychology; B. Survey and appreciate research in psychology; C. Develop their interest and critical thinking in human thought and behavior; D. Apply basic psychological knowledge and skills to their everyday life; E. Practice skills through research participation and/or report writing through teamwork. 											

**Subject Synopsis/
Indicative Syllabus**

1. The Dimensions of Psychology
 - Aspects of Psychology
 - A Brief History of Psychology
 - Value and Contributions of Psychology to Human Life
2. The Neuro-biological Foundations of Psychology
 - Central Core and Limbic System
 - Endocrine System
 - Genetic Influence on Behaviour
3. Variations in Consciousness
 - Sleep and Dreams
 - Consciousness and Drugs
4. Sensation and Perception
 - Sensory Processes
 - Principles of Perceptual Organization
 - Perceptual Constancy and Development
5. Learning
 - Classical Conditioning
 - Operant Conditioning
 - Social and Cognitive Approaches to Learning
6. Memory
 - Memory Processes from Sensory Input to Long-term Memory
 - Improving Memory
 - Constructive Memory
7. Intelligence, Cognition and Language
 - Intelligence: Classical and Contemporary theories
 - Forming Concepts and Solving Problems
 - Development of Language, Reason and Thought
8. The Dynamics of Motivation and Emotion
 - Theories of Motivation and Emotion
 - Hunger, Obesity and Anorexia
 - Sexual Behaviour
9. Perspectives of Human Development
 - Cognitive Development
 - Social and Personality Development
 - Emotional Development
 - Moral Development
10. Social Influence and Human Behaviour
 - Perceiving Others and Attribution
 - Attitudes and Behaviour
 - Interpersonal Attraction
 - Social and Group Influence

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| | <ol style="list-style-type: none">11. Brief Overview of Personality Theories, Research and Assessment12. Key Issues of Health, Stress and Coping<ul style="list-style-type: none">- Effects of Stress on Psychological Functioning and Physical Health- Factors Moderating the Impact of Stress- Reactions to Illness13. A Survey of Mental / Psychological Disorders<ul style="list-style-type: none">- Brief Overview of Abnormal Behaviour: Myths, Realities and Controversies- Culture and Psychopathology14. Major Approaches of Treatment for Psychological Disorders<ul style="list-style-type: none">- Elements of the Treatment Processes- Current Trends and Issues in Treatment |
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