

Name of Faculty	:	Faculty of Humanities & Social Science
Name of Program	:	Master of Arts - Psychology
Course Code	:	1MAP01
Course Title	:	Applied Psychology
Type of Course	:	Professional Core (PC)
Year of Introduction	:	2023-24

Course Objective	:	<p>To outline various theories of applied psychology and gain conceptual clarity about related fields.</p> <p>To understand principles related to social and political context of education, and providing information about various psychological vulnerabilities and distress faced by school going children.</p> <p>To highlight the role of multiple psychological variables responsible for performance in sports, and to acquaint the students with various methods and techniques for psychological skills training.</p> <p>To understand the role of school psychologist, sports psychologist, psychologist at workplace, applied social psychologist, military psychologist, forensic psychologist and health psychologist.</p> <p>To focus on the origin of military psychology in India, highlighting the historical issues and the emerging trends.</p>
Course Outcomes	:	<p>At the end of this course, students will be able to:</p> <p>CO1 Will have acquired in-depth knowledge about the nature and fields related to Applied Psychology</p> <p>CO2 apply the acquired theoretical knowledge in practical framework</p> <p>CO3 apply the concepts of applied psychology to fields of education, sports, military, forensic and healthcare.</p> <p>CO4 Evaluate contemporary local and global issues and topic from applied psychological perspective</p>

Teaching and Examination Scheme

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
				Theory Marks		Practical Marks		Total Marks
L	T	P	C	SEE	CIA	SEE	CIA	
5	0	0	5	70	30	0	0	100

Legends: L-Lecture; T-Tutorial/Teacher Guided Theory Practice; P – Practical, C – Credit, SEE – Semester End Examination, CIA - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)

Course Content

Unit No.	Topics	Teaching Hours	Weightage %	Mapping with COs
1	Nature, Historical Origin and Significance Definition and Nature of applied psychology; Research and applied psychology; Emerging areas of applied psychology	12	20	CO1
2	School Psychology The social and political context of education and its stresses and demands on human capacities; The role of the teacher as a meek dictator: Understanding distress of teachers and students with reference to powerlessness and mechanization and state-control of educational agendas; The developmental nature of psychological vulnerabilities and distress that are faced by students in schools, eg., exam anxiety, learned helplessness, peer pressure, negative media influences (including social media), school pressures, substance abuse, child abuse, bullying, juvenile delinquency, issues of gender identity and sexuality, consumerism, authority relations, crisis of values etc.	12	20	CO1 CO2
3	Psychology in Sports Introduction- sports psychology in India; Role of psychological variables in sports performance; Psychological skills training- improving concentration, imagery training, muscle relaxation; Yoga for sports person. Psychology at Workplace What is work psychology? Theories of work psychology; Professional activities of work psychologists	12	20	CO3
4	Applied Social Psychology Research Methods in Applied social psychology; Role of applied social psychologist; Applied Social Issues; Understanding others- nonverbal communication, basic channels, recognizing deception; Gender	12	20	CO3
5	Military Psychology	12	20	CO3 CO4

	<p>Nature, scope, historical perspective, contemporary issues and emerging trends in military psychology; Selection of military personnel; Assessment of psychomotor, spatial abilities, interest, aptitudes, and personality; Human errors, safety and accidents, ergonomics and system design; Vigilance, Complacency.</p> <p>Forensic Psychology Introduction; Eyewitness and the use and application of cognitive theory; Training in forensic psychology and professional issues; Psychology in courtroom; Terrorism</p> <p>Applied Health Psychology What is health psychology? A bio psychosocial approach to health; Training and working as a health psychologist</p>			
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Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	25	50	-	-	25	-

NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Reference Books

Sr. No.	Name of Reference Books
1	Anastasi, A. Fields of Applied Psychology. McGraw Hill (International Student Edition), 1979
2	Baron, R. A., & Byrne, D. Social Psychology. Prentice-Hall of India, 1998.
3	Goldstein, A. P., & Krasner, B. Modern Applied Psychology. Pergmon Press, 1987.
4	McCormick, E. J., & Tiffin, J. Industrial Psychology. Allen & Unwin, 1975.
5	Misra, G. Psychological Perspective on Stress and Health. Concept Publishing Co.1999.