



Code	Subject Title	Cr. Hrs	Semester
APSY-111	Fundamentals of Psychology	3	I
			II
APSY-321			V
Year		Discipline	
1	English, Social Work, Political Science		
1	Urdu		
3	History		

1) **Introduction to Psychology**

- Nature and Application of Psychology with special reference to Pakistan.
- Historical Background and Schools of Psychology (A Brief Survey)

2) **Methods of Psychology**

- Observation
- Case History Method Experimental Method
- Survey Method
- Interviewing Techniques

3) **Biological Basis of Behavior**

- Neuron: Structure and Functions
- Central Nervous System and Peripheral Nervous System
- Endocrine Glands

4) **Sensation, Perception and Attention**

- Sensation
 - Characteristics and Major Functions of Different Sensations
 - Vision: Structure and functions of the Eye.
 - Audition: Structure and functions of the Ear.
- Perception
 - Nature of Perception
 - Factors of Perception: Subjective, Objective and Social
 - Kinds of Perception:
 - Spatial Perception (Perception of Depth and Distance)
 - Temporal Perception; Auditory Perception.
- Attention
 - Factors, Subjective and Objective
 - Span of Attention
 - Fluctuation of Attention
 - Distraction of Attention (Causes and Control)

5) **Motives**

- Definition and Nature
- Classification

Primary (Biogenic) Motives: Hunger, Thirst, Defecation and Urination, Fatigue, Sleep, Pain, Temperature, Regulation, Maternal Behavior, Sex

Secondary (Sociogenic) Motives: Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self



Actualization.

6) Emotions

- a) Definition and Nature
- b) Physiological changes during Emotions (Neural, Cardial, Visceral, Glandular), Galvanic Skin Response; Pupillometrics
- c) Theories of Emotion
- d) James Lange Theory; Cannon-Bard Theory
- e) Schachter –Singer Theory

7) Learning

- a) Definition of Learning
- b) Types of Learning: Classical and Operant Conditioning Methods of Learning: Trial and Error; Learning by Insight; Observational Learning

8) Memory

- a) Definition and Nature
- b) Memory Processes: Retention, Recall and Recognition
- c) Forgetting: Nature and Causes

9) Thinking

- a) Definition and Nature
- b) Tools of Thinking: Imagery; Language; Concepts
- c) Kinds of Thinking
- d) Problem Solving; Decision Making; Reasoning

10) Individual differences

- a) Definition concepts of;
- b) Intelligence, personality, aptitude, achievement

Recommended Books:

1. Atkinson R. C., & Smith E. E. (2000). *Introduction to psychology* (13th ed.). Harcourt Brace College Publishers.
2. Fernald, L. D., & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
3. Glassman, W. E. (2000). *Approaches to psychology*. Open University Press. Hayes, N. (2000). *Foundation of psychology* (3rd ed.). Thomson Learning. Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). McGraw-Hill Companies, Inc.
4. Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
5. Myers, D. G. (1992). *Psychology*. (3rd ed.). New York: Wadsworth Publishers.
6. Ormord, J. E. (1995). *Educational psychology: Developing learners*. Prentice- Hall, Inc