



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Introduction to Psychology							
Course Code		PSİ173		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	56 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		By making students comprehend how human being is handled and examined in psychology as a scientific field, students learn the factors underlying the behaviors of individuals. To enable them to understand and explain various human behaviors with psychological concepts.							
Course Content		In general terms, it includes the main study subjects, methods used, basic concepts and theories and professional fields of psychology.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion					
Name of Lecturer(s)		Res. Assist. Ayşe Vildan ACAR BAYRAKTAR, Res. Assist. Gamze KARADAYI KAYNAK							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	R. PLOTNİK, Psikolojiye Giriş, Kaknüs yayınları, 2009.
2	C.G.MORRIS, Psikolojiyi Anlamak (Psikolojiye Giriş), Türk Psikologlar Derneği yay.
3	D. CÜCELOĞLU, İnsan ve Davranışı, Remzi Kitabevi.
4	R.L. ATKINSON, R.C. ATKINSON, E.E. SMITH, D.J.BEM ve S. NOLEN HOEKSEMA Psikolojiye Giriş, Arkadaş Yayınevi.
5	A.MASLOW, İnsan Olmanın Psikolojisi, Kuraldışı Yay.
6	D. P. SCHULTZ, S. E. SCHULTZ, Modern Psikoloji Tarihi, İstanbul: Kaknüs, 2002.
7	D. EVANS ve O. ZARATE, Evrimsel Psikolojiye Giriş, Ankara: Türk Psikologlar Derneği, 2004.
8	A.R. DAMASIO, Descartes'in Yanılgısı, Duygu, Akıl ve İnsan Beyni, Varlık Yayınları.

Week	Weekly Detailed Course Contents	
1	Theoretical	-COURSE INTRODUCTION; WHAT IS PSYCHOLOGY, WHY IS IT NECESSARY? HISTORICAL DEVELOPMENT OF PSYCHOLOGY
2	Theoretical	-SUBJECT AND FIELD OF PSYCHOLOGY; BASIC THEORETICAL APPROACHES, METHODS
3	Theoretical	-NEUROBIOLOGICAL BASIS OF BEHAVIOR
4	Theoretical	-CONSCIOUSNESS AND DIFFERENT STATES OF CONSCIOUSNESS
5	Theoretical	-LIFETIME DEVELOPMENT
6	Theoretical	-SENSATION AND PERCEPTION
7	Theoretical	-EMOTIONS AND MOTIVATION
8	Intermediate Exam	Mid-term
9	Theoretical	-LEARNING AND MEMORY
10	Theoretical	-THINKING AND LANGUAGE
11	Theoretical	INTELLIGENCE
12	Theoretical	PERSONALITY AND -THEORIES OF PERSONALITY
13	Theoretical	-STRESS AND COPING
14	Theoretical	-PSYCHOLOGICAL DISORDERS AND THEIR TREATMENT
15	Theoretical	-APPLICATIONS IN PSYCHOLOGY
16	Final Exam	Final Exams

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Midterm Examination	1	5	1	6



Final Examination	1	6	2	8
Total Workload (Hours)				56
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

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Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5	L6	L7	L8	L9
P1	2	2	2	1	2	2	3	2	3
P2	2	1	2	1	2	2	3	2	2
P3	2	1	2	2	3	3	2	3	2
P4	3	1	2	2	3	3	2	3	1
P5	3	2	1	1	3	2	3	2	2
P6	3	2	1	1	2	2	3	3	2



P7	1	3	1	1	2	3	2	3	3
P8	1	3	2	2	3		2	1	
P9	1	2	2	2		3	3	2	2
P10	2	1	3	2	1	2	3	2	3
P11	3	2	2	1	2	3	2	3	3
P12	2	2	2	1	1	2	1	2	3
P13	2	2	1	2	2	2	2	3	2
P14	1	1	2	2	2	3	2	3	2

