

UNIVERSITY OF LADAKH



**SYLLABUS
OF
THE FOUNDATION COURSE
OF
BEHAVIORAL SCIENCE
(UNDER NEP – 2020)**

(Implemented w.e.f Academic Session 2023-24)

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1st SEMESTER

EBS-EPP-101-C: INTRODUCTORY COURSE IN BEHAVIORAL SCIENCE-I

Total Credits= 4

Theory=3

Practicum=1

Max. Marks:100

Objective: The main objective of Introductory course in Behavioural Science (Education, Psychology and Physical Education) discipline, as a foundation course in undergraduate program is to deliver the basic understanding and importance of Behavioural science and their application in everyday life, and also its relationship with understanding of human behavior and its impact on physical changes.

UNIT 1 INTRODUCTION TO PSYCHOLOGY

1.1: Psychology: Meaning, Nature and history

1.2: Early perspectives: Structuralism, Functionalism, and Gestalt

1.3: Modern perspectives: psychodynamic, behavioural, humanistic, biological and cognitive. Psychology in India.

1.4: Perceptual processes: Perception, Laws of perceptual organization. perceptual constancies, depth perception, illusion

UNIT 2 INTRODUCTION TO PHYSICAL EDUCATION & SPORTS

2.1: Meaning, definition & Nature of Physical Education (physical education as an art of science).

2.2: Aims and objectives of physical Education.

2.3: Scope of Physical education & sports, misconceptions about physical education.

2.4 Physical education in the modern Era.

UNIT 3 EDUCATION AND AGENCIES OF EDUCATION

3.1: Meaning and definition of education.

3.2: Aims of Education.

3.3: Agencies of Education.

3.4: Curriculum; Concept.

UNIT 4 METHODS IN BEHAVIOURAL SCIENCE

4.1: Posing Questions, Explanations and Theories, Hypothesis

4.2: Finding Answers, Research Methods: Naturalistic Observation, Survey Research-Interview and Questionnaire, Case Study, Correlational Research, Experimental Research.

4.3: Measures of Central tendency: Mean, Median, Mode

Practicum

One experiment/practical/field work to be conducted from each discipline.

References:

Essential Readings:-

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Chadha, N.K.(1991) Statistics for Behavioural and Social Sciences. Reliance Pub. House: New Delhi
3. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
4. Dr. Ajmer Singh & Jagdish Bians (2016). Essentials Of Physical Education. Kalyani Publication, New Delhi.
5. Dr. M. L. Kamlesh (2016). Principles and History of Physical Education. Khel sahitya Kendra, New Delhi.
6. Aggarwal, J.C (2001) '*Theory and Principles of Education*'. New Delhi: Vikas Publishing House Pvt Ltd
7. Dhimman O. P. (2008). *Foundations of Education*; New Delhi: A.P.H. Publishing House
8. D. Conner, D.J. '*Introduction to Education*'
9. Aggarwal, J.C '*Theory and Principals of Education*' New Delhi Vikas Publishing House Pvt
10. Dewey John '*Democràcy and Education*'
11. Sharma S. P Basic '*Principles of Education*'
12. Kneller, George F. '*Philosophy of Education*'
13. Saundra K. Ciccarelli, Noland white J. Adopted by Mishra G. *Psychology fifth edition (2019)*.
14. Robert A. Baron. Misra G. *Psychology 5th edition. Indian subcontinent edition (2018)*.
15. Hussain A. *Experiment in Psychology. Eastern economy edition (2014)*.

Suggested Readings:-

1. Bhatt, B. D & Sharma, S. R. (2006). Sociology of Education, New Delhi: Kasnishka Publishing House Pvt. Ltd.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, NewDelhi.
3. Chandra, S. S. and Sharma, R. K. (2004). Principles of Education. New Delhi: Atlantic Publishers and Distributors.
4. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi:Pearson
5. Daryl L. Siedentop & Hans Van Der Mars (9th Edition). Introduction to Physical Education, Fitness, and Sport. Human Kinetics, New York.
6. Feldman. S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc GrawHill.
7. Giddens, A. (1987) Sociology - An Introduction: New Delhi: John Wiley India Pvt. Ltd.
8. Glassman, W.E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.

1st SEMESTER

EBS-PY-101-G: PSYCHOLOGY AND MENTAL HEALTH

Total Credit: 4
Max. Marks:100

COURSE LEARNING OUTCOMES

- Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.
- Basic understanding of common mental health problems like anxiety and depression.
- Understanding and enhancing positive mental health and wellbeing

UNIT 1

Mental Health: Concept of Mental Health; Importance of Mental Health, Reducing the stigma of Mental Illness; Mental Health Issues in Adolescence and Young Adults: Bullying, Academic Grades, Body Image, Relational Issues, Sexual Orientation

UNIT 2

The Dark Clouds: Anxiety, Depression, and Suicide: Basic Understanding and Preventive Treatment Measures

UNIT 3

Mental Health Disorders: Overview of Important Psychological Disorders (Schizophrenia, OCD, Developmental Disorders- Autism, Learning Disabilities)

UNIT 4

Mental Health Intervention: Recognizing the signs that someone may need support; Knowing what to do and what not to do when a person reaches out for help; Psychological First Aid, Guiding the person towards appropriate professional help: Medical Aid, Counselling, Therapy, Guidance

REFERENCES

- Butcher, J.N., Hooley, J. M, Mineka, S., & Dwivedi, C.B (2017). *Abnormal Psychology*. New Delhi: Pearson.
- Muir-Cochrane, E., Bark way, P. & Nizette, D. (2018). *Pocketbook of Mental Health* (3rd Edition). Australia: Elsevier.
- Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers. Retrieved from http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf
- World Health Organization. (2003). Investing in mental health. World Health Organization. Retrieved from <http://www.who.int/iris/handle/10665/42823>

External experts:

Signature

1. Prof. Jagat Mohan Jerath _____
2. Prof. Shawkat Ahmad Shah _____
3. Prof. Seema Vinayak _____

9. Khan, M. A. & Bhat, S. A. (2013). Basics in Education, New Delhi: Delpreet Publishing House.
10. Kulbeer Singh & Jaswinder Singh (2016) Foundation of Physical Education, Khel Sahitya Kendra, New Delhi.
11. M L Kamlesh Foundation of Physical Education, Sports Publications. New Delhi.
12. Mattoo, M. I. (2013). Foundations of Education. Srinagar: Ali Mohammad & Sons.
13. Mattoo, M. I. (2019). Fundamentals of Education. New Delhi: Kumud Publications.

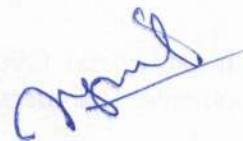
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2nd SEMESTER

Total Credits= 4

Theory=3

Practicum=1

EBS-EPP-201-C: INTRODUCTORY COURSE IN BEHAVIORAL SCIENCE-II

Objective:- the basic objective of foundation course in behavioural sciences (Education, Psychology and Physical Education) is to impart basic knowledge about the subjects to the learner which will help them to decide the discipline of interest and also to acquaint the student with the breadth of inter-disciplinary fields and to provide a broad basis of knowledge for taking up more advanced courses in subsequent semesters.

UNIT 1 BASIC PSYCHOLOGICAL PROCESSES

1.1: Learning: Principles and Applications of Classical Conditioning, Operant Conditioning and Observational Learning.

1.2: Memory: Process, Information Processing Model. Forgetting, Improving memory.

1.3: Motivation: Nature of motivation; Motives: biogenic, sociogenic and psychogenic. theory of motivation: Freud, Maslow, and Vroom.

1.4: Emotions: Nature of emotions and key emotions. theories of emotion; James-Lange, Cannon-Bard, and Schacter-Singer.

UNIT 2 HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

2.1: History of Physical Education in ancient civilization in reference to Greece, Rome & China.

2.2: History of physical education of Europe in reference to Germany, Sweden, Denmark, USSR & USA.

2.3: Historical development of physical education in India during pre & post-Independence.

2.4: Foundation & Principles of physical Education; Philosophical, biological, psychological & sociological foundations.

UNIT 3 EDUCATION AND ITS RELATIONSHIP WITH OTHER SCIENCES

3.1: Meaning and definition of educational sociology, Relationship between education and sociology.

3.2: Meaning and definition of educational psychology; Relationship between education and psychology.

3.3: Meaning and definition of educational philosophy; Relationship between education and philosophy.

3.4: Meaning and definition of educational technology; Relationship between education and technology.

UNIT 4 APPLICATIONS OF BEHAVIORAL SCIENCE

4.1: Human resource development through sports, nation building, character building & patriotism in sports.

4.2: Main Applications of Psychology: Educational psychology, Counselling psychology, Clinical psychology, Industrial and Organizational psychology, Health psychology, Sports psychology, Forensic psychology, Environmental psychology.

4.3 Scope of education; distinction between education and training, education and literacy, education and instruction.

Practicum

One experiment/practical/field work to be conducted from each discipline.

References:

Essential Readings:-

1. Saxena Swaroop, N.R. (2001) '*Philosophical and Sociological Foundations of Education*' Meerut: Surya Publication.
2. Sodhi, T.S. & Suri, Aruna (1998) '*Philosophical and Sociological Foundations of Education*' Patiala: Bawa Publication
3. Aggarwal, J.C. (2001): '*Essentials of Educational Psychology*' Vikas Publishing House, New Delhi.
4. Bhatia, H.R. (1968): '*Elements of Educational Psychology*' 3rd Edition, Orient Longman, Calcutta
5. Bhatnagar, Suresh (2001): '*Advanced Educational Psychology*' R. Lal Book Depot, Meerut
6. Chauhan, S.S. (1978): '*Advanced Educational Psychology*' Vikas Publishing House Pvt. Ltd, New Delhi:
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8. Barlow D.H. & Durand, V.M. *Abnormal Psychology: An Integrated Approach 4th edition. Wadsworth: New York (2005).*
9. Bucher, C. A. (n.d.) *Foundation of physical education.* St. Louis: The C.V. Mosby Co.
10. Deshpande, S. H. (2014). *Physical Education in Ancient India.* Amravati: Degree college of Physical education.
11. Dr. Ajmer Singh & Jagdish Bians (2016). *Essentials Of Physical Education.* Kalyani Publication, New Delhi.
12. Dr. M. L. Kamlesh (2016). *Principles and History of Physical Education.* Khel sahitya Kendra, New Delhi.

Suggested Readings:-

1. Barlow D.H. and Durand, V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.
2. Carsson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Earle F. Zeigler (2006). Sport and Physical Education in the Middle Ages Trafford Publishing
4. Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.
5. Jerrold S. Greenberg, George B. Dintiman (3rd edition). Lifetime Physical Fitness and Wellness. Human Kinetics, New York.
6. Krishnaswamy Rajagopalan (2014). A Brief History of Physical Education in India, Authorhouse UK.
7. Mattoo, M. I. (2019). Fundamentals of Education. New Delhi: Kumud Publications.
8. Peter, I. Berger. (1979). Introduction to Sociology. New York: Garden City Doubleday.
9. Sharma, Y. K. (2003). Foundations in Sociology of Education. New Delhi: Kanishka Publishers and Distributors.
10. Sollivan, E. E. (1988). Education and Social Change. New Delhi: Asia Publishing House.

External experts:

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3. Prof. Seema Vinayak



2nd SEMESTER

Total Credits= 4
Max. Marks= 100

EBS-PY-201-G: GUIDANCE AND COUNSELING

OBJECTIVE: - the main objective of introducing interdisciplinary course in psychology is to bring close relation to more than one branch of knowledge and share the multiple approaches to integrate the vast area of behavioral sciences. The course offers the importance of valid understanding of guidance and counseling at different critical stages of life.

Unit-1: Introduction to Guidance and Counseling

- 1.1 Meaning and definition.
- 1.2 Difference between guidance and counseling.
- 1.3 Guidance and counseling; goals, issues, ethics.

Unit-2: Guidance and Counseling Applications

- 2.1 Counseling across human life-span; a mental health perspective.
- 2.2 Guidance and counseling in the educational setting.
- 2.3 career guidance and counseling.

Unit-3: Approaches to Counseling

- 3.1 The psychodynamic approach.
- 3.2 Humanistic approach, Roger's client-centered.
- 3.3 Behaviorist approach to counseling,

Unit-4: The Status of the Guidance and Counseling Movement in India

- 4.1 Introduction
- 4.2 Counseling movement in modern times.
- 4.3 Present status of guidance and Counseling.

References:

Essential Readings: -

1. Rao, S. N & Sahaj pal. P. *Counselling and Guidance*. The McGraw Hill Education (India) Private Limited (2013).
2. Nelson-Jones, R. (2000). *Practical Counseling and Helping Skills*. New York.
3. Gladding, S. T. (2012). *Counseling: A Comprehensive Profession*. (7th ed). Pearson.
4. Aggarwal J. C., (2004) *Educational and Vocational Guidance and Counseling*, 7th Edition, Doaba House; Delhi.
5. Gladding Samuel (2011). *Counseling - A Comprehensive Profession*, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi.
6. Dev Kapil (2006). *Educational Counseling*, Pragun Publications, New Delhi.

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1. Gladding Samuel (2011) *Counseling - A Comprehensive Profession*, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi.
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3. Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.
4. Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi.
5. Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.
6. Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.
7. Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.
8. Sharma R.A. Fundamentals of Guidance and Counseling.
9. Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delh

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