

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
PSY 201 - INTRODUCTION TO PSYCHOLOGY I (3 CR.)**

**Course Description**

Examines human and animal behavior, relating experimental studies to practical problems. Includes topics such as sensation/perception, learning, memory, motivation, emotion, stress, development, intelligence, personality, psychopathology, therapy, and social psychology. Part I of II.  
Lecture 3 hours per week.

**General Course Purpose**

To provide the student with a basic understanding of psychological concepts and principles. PSY 200 and PSY 201-202 contain similar course content. Students who take PSY 200 cannot receive credit for either PSY 201 or PSY 202. Students who take either PSY 201 or PSY 202 cannot receive credit for PSY 200.

**Course Prerequisites/Corequisites**

English 111 and 112 are suggested

**Course Objectives**

Upon completion of the course, the student will be able to:

- Identify the major fields of study and theoretical perspectives within psychology and articulate their similarities and differences; recognize that behavior and mental processes can be approached from a number of different perspectives and identify the perspectives at play in real world scenarios
- Differentiate between the major observational, correlational, and experimental designs used by psychologists; explain several reasons why doing research ethically is a complex task; critically evaluate real world information sources
- Identify the major parts of the nervous and endocrine system including the brain and explain how they reciprocally influence emotion, behavior, and mental processes
- Define consciousness and describe altered states of consciousness as it relates to the student's life.
- Explain how environmental, genetic, and evolutionary influences contribute to diversity
- Explain how people change physically, mentally, emotionally, and socially over the course of the life span using the major concepts of development
- Differentiate between sensation and perception; articulate the major sensory pathways and how/where perceptual modifications can/does occur
- Describe the major theories of motivation and be able to apply them to their own behavior
- Describe the major roles that emotion plays in how people think about, influence, and relate to one another and themselves

**Major Topics to be Included**

- Introduction to Psychology
  - nature of psychology
  - history
  - basic theories
- Methodology
  - descriptive, correlational, and experimental method
  - statistics
- Brain and Central Nervous System

- physiology
  - brain and behavior
- Consciousness – states of awareness
- Nature-Nurture
  - genetic origins
  - social and cultural perspectives
- Lifespan Development
- Sensation and Perception – basic principles
- Motivation and Emotion

**Optional Topics**

- Human Sexuality
- Parapsychology
- Industrial-Organizational psychology