**Sports Psychology**

**Course Code: PSY-606 Credit Hours: 3(3-0)**

1. **Course Description:**

In this course, students will learn theories, concepts and intervention techniques of sport psychology. There is a focus on motivation theory applied to sport, team dynamic, psychological skill training and psychology of sport injury and burnout in sport.

1. **Course Objectives:**

* To establish a solid foundation of knowledge regarding psychological theories and research in sport settings
* To increase student understanding of how psychological factors impact involvement, enjoyment and performance in sport and physical activity
* To increase knowledge of how participation in sport and exercise can influence the psychological characteristics of the individual involved
* To help students acquire sport psychology knowledge and skills applicable to coaches, teachers observers and participants

1. **Course Contents:**
2. **Introduction to Sports Psychology**

* Historical background of sports psychology
* Significance of sports and physical activity

1. **Methods of measuring human activity**

* Indirect methods
  + Heart Rate, Core Body Temperature, Doubly Labeled Water
* Direct Methods
  + Pedometers/Digital Step Counters, Actigraphs

1. **Theories and Models of Sports Psychology**

* Neuromuscular theories of mental practice
* Cognitive theories of mental practice
* Bio-informational theory of mental practice

1. **Motivation**

* Introduction to Motives; Self-determination Theory; Competence Theory; Achievement goal Theory; Self-efficacy and Social Cognitive Theory; Significant other; Integrated Model of Youth Sport Participation and Withdrawal; Sport commitment Model

1. **Arousal, Anxiety and their Assessment and treatment**

* What is arousal?
* What is anxiety?
* How can anxiety be assessed?
* Treatment of sport anxiety

1. **Mental Toughness in Sports**

* What makes up mental toughness?
* Assessment of mental toughness
* Fostering mental toughness

1. **Mental training techniques**

* Goal setting, Imagery, Self-talk, Relaxation, Focusing

1. **Teams**

* Defining a team
* Team Cohesion
* Individual performance in team
* Leadership skills and team building

1. **Athlete’s Career**

* Gerontology theory; transition models

1. **Issues in Modern Day Sports**

* Ethics in sports
* Body Image and Eating Disorders in Sport
* Overtraining and Burnout
* The psychology of athletic injuries
* Psycho-physiological effects of banned substances

1. **Books Recommended:**
2. James, K. L., &Derek, D. R. (2011). *Behavioral Sport Psychology; Evidence-Based Approaches to Performance Enhancement*. Springer New York Dordrecht Heidelberg London. Doi: 10.1007/978-1-4614-0070-7
3. Lavallec, D., Kremer, J., Moran, A., & Williams. M. (2004). *Sports Psychology: Contemporary Themes.* Palgrave Macmillan Publishers.
4. LeUnes**,** A. (2011). *Introducing Sports Psychology: A Practical Guide.* Icon Books Ltd, Omnibus Business Center.
5. Moran, A. ( 2012).*sport and exercise psychology: A Critical Introduction.* (2nd ed.). Routledge
6. Raalte, J. L. V., & Brewer, B. W. (Eds.). (2002). *Exploring sports and exercise psychology*. American Psychological Association.
7. Weinberg, R., & Gould, D. (2010).*Foundations of Sport and Exercise Psychology with Web Study Guide* (5th ed.). Routledge

**Drug Use and Abuse**

**Course Code: PSY-608 Credit Hours: 3(3-0)**

1. **Course Description:**

This course has been design to impart knowledge pertaining to drug abuse problems, types of drugs, pattern and consequence of drug abuse and use. This course also covers the treatment methods of drug use and abuse.

1. **Course Objectives:**

* To impart knowledge related to the causing factors of drug initiation
* To enable students to comprehend the reasons of taking drugs
* To enable to comprehend the internal and external controls influence drug taking behavior
* To provide knowledge about the different kinds of drug and their use and abuse

1. **Course Contents:**
2. **Introduction:**

* Definition and concept of drug use and abuse
* Illegal and legal drugs
* Natural, synthetic and synthetic drugs
* Drug abuse scenario in World/South Asia/Pakistan
* Patterns of drug use and abuse

1. **Types of drugs:**

* Opiates, Opium, Morphine, Codeine, Heroin
* Cannabis, Bhang, Stimulants, Cocaine,
* Amphetamines, Methamphetamine, Methcathinone
* Depressant, Tranquilizers, Alcohol
* Inhalants, Volatile substance abuse
* Hallucinogens, Phencyclidines, Lysergic acid diethylamide
* Tobacco

1. **Perspectives in drug use and abuse:**

* Biological perspective,
* Psychodynamic perspective
* Behavior/Learning perspective
* Cognitive perspective
* Socio-economical perspective
* Family perspective
* Spiritual perspective

1. **Consequences of drug use and abuse :**

* Physical health consequences
* Psychological health consequences
* Social health consequences
* Spiritual health consequences
* Family health consequences
* Economic consequences

1. **Phases of Treatment for Drug Users/Abusers:**

* Detoxification
* Rehabilitation
* Individual counseling
* Group counseling/ therapy
* Life Skill training
* Family counseling
* Aftercare
* Self-Help Groups
* Family support group
* Narcotic Anonymous (NA meetings)
* Follow-up

1. **Books Recommended:**
2. Ratliff-Crain, J. (2010). *Drugs and Human Behavior: A Bio-psycho-social perspective*. UMM Bookstore
3. Sadiq, R. (2019). *Helping families of Drug Abusers*. Drug Free Nation.
4. Scheier, L. M. (2010). *Handbook of Drug Use Etiology: Theory, Method and Empirical Findings* (ed). American Psychological Association.
5. Thombs, D.L., & Osborn, C. J. (2013). *Introduction to Addictive Behavior*(4th eds.). Guilford Press.

**Special Problem**

**Course Code: PSY-630 Credit Hours: 1(0-1)**

1. **Course Description:**

This course involves practical activity related to any topic from the field of psychology. Students are required to complete a small project or assignment given by teacher.

1. **Course Objectives:**
2. To indulge students in practical work based on the theoretical concepts learnt during degree program
3. To boost their intellectual and creative resources to produce quality of work
4. To develop skills to be able to work in the market

**Industrial / Organizational Psychology**

**Course Code: PSY-604 Credit Hours: 4(3-1)**

1. **Course Description:**

The specialty of industrial-organizational psychology (also called I/O psychology) is characterized by the scientific study of human behavior in organizations and the work place. This course focuses on deriving principles of individual, group and organizational behavior and applying this knowledge to the solution of problems at work.

1. **Course Objectives:**

* To introduce the students to the basic infrastructure and nature of organizations
* To develop understanding of the basic principles of industrial / organizational psychology, assessment at work places and counseling techniques for employees’ psychological problems.

1. **Course Contents:**
   * + 1. **Introduction:**

* Definition of Industrial and Organizational Psychology
* Nature and scope of Industrial and Organization Psychology
* Brief history of Industrial and Organization Psychology
* Research methods in Industrial and Organizational psychology
  + - 1. **Dynamics of Interaction:**
* Elements of communication
* Flow of communication
* Formal and informal work groups
* Group work: Problem solving and decision making
  + - 1. **Leadership:**
* Theories of leadership
* New directions
* Training: leadership skills
* Special leaders and special situations
  + - 1. **Motivation at Workplace:**
* Nature of motivation
* Theories of motivation
* Using motivation at work
  + - 1. **Job Satisfaction and Job Commitment:**
* Definition
* Theories of job satisfaction
* Assessment of job satisfaction
* Differences between people
* Job commitment
  + - 1. **Job Stress:**
* Definition and Nature
* Theoretical models of stress
* Stressors and consequences of stress
  + - 1. **Work Conditions:**
* Arranging time and space for work
* Effective work systems and equipment
  + - 1. **Employee Health:**
* Mental health and injuries at work
* Preventing injuries and illness
* Interventions
  + - 1. **Managing Human Resource:**
* General Practices in Personnel Selection
* Non-test Methods of Personnel Selection
* Personnel training
* Job Design, Job Analysis, Job Evaluation
* Performance Appraisal
* Career Development
* Developing Team Work Ski

1. **Books Recommended:**
2. Debra, L. N. & James, C. Q. (2000). *Organizational behavior.* (3rd Ed.). Cincinnati: South-Western Inc.
3. Decenzo, D.A. (2005) . *Fundamentals of human resource management*
4. Jerald, G. & Baron, R. A. (2000). *Behavior in organizations.* (7th Ed.). Upper Saddle River, N.J: Prentice Hall.
5. Noe, R. A., Hollenbeck, J., Gerhart, B., & Wright, P. (2020). *Human Resource Management*

**Military Psychology**

**Course Code: PSY- 610 Credit Hours: 3(3-0)**

1. **Course Description:**

This course has been designed to provide the systematic view of group dynamics to learners to reach out all the organizational goals and consequently to learn effective command and control young mil leaders in future. Theoretical contents will increase their practical vision producing group coherence and build their self-confidence to accomplish difficult tasks as commander.

1. **Course Objectives:**

* To enable them to understand, monitor and organize under commands’ behavior and to solve interpersonal problems in field situations.
* To develop group coherence and self-confidence to accomplish difficult tasks as commander.
* To analyze objectively group conflicts of various natures with reference to social cultural background, internalized social norms and developmental factors.

C. **Course Contents:**

* + - 1. **Introduction :**
* History and scope of Military Psychology
* Fields of Psychology developed after World War I & II and up to present era and Psychological testing, Abnormal Psychology, organizational psychology etc.
  + - 1. **Psychosocial perspectives of military and civil culture:**
* Transformation of civil cultural into military culture among the soldiers and officers
* Development and role of faith and conviction of army personnel
* Psycho-physical factors / skillsrequired in combat i.e. dynamism, stress tolerance, initiative, confidence, mental toughness, courage, self-motivation etc
* Adhering of social norms and values in military culture
* Theories of attitude formation, attitude change, persuasion, interrogation and brainwashing
* Propaganda and rumors in war and peace
* Mass media and its Impact on morale and motivation of Armed Forces.
  + - 1. **Issues of Psychological health of soldiers, officers and families:**
* Psycho dynamic, humanistic, Eric Fromm view of mental health
* Sado-masochistic tendencies
* Four nonproductive personality orientations
* Bio-Psycho-Social-Spiritual Aspects of Combat / war on terror /LIC
* Psychological issues after war injury or permanently disabled in battle and being a prisoner-of-war
* Conflict, anxiety frustration; reaction to stress and coping techniques
* The screening, assessment, and treatment of personnel with acute and long-term combat-related post-traumatic stress disorders (PTSD), along with impact on the family and community.
  + - 1. **Role of Psychologist in Armed forces:**
* In selection at preliminary level and at higher level and in placement
* In training as instructor, as researcher and behavior analyst, as clinical psychologist/ counselor & advisor
* Responsibilities as Psychometric and Brief review of Individual differences, intelligence, aptitude and personality and Emotional Intelligence
* Biases and errors in judgment /selection and decision making.
  + - 1. **Theories and Models in Military Psychology**
* Personality traits of a military leader civil leadership
* Models of Military leadership
* Organizational structure of leadership in different world Armies and in Pakistan Armed forces. Group dynamics and leadership development in military set up
* Effective model of training and learning under stressful conditions
* Theories of camouflage.
* Model of motivation in war and peace
* Biological, Psychodynamic, Behaviorist, Cognitive and Humanistic models of human behavior and their application in combat and Training.
  + - 1. **Psychological operation:**
* Psychology of intelligence, Human skills required in psych-operations
* Psychology of Terrorism, factors leading to develop the terrorist behavior and Theories of terrorism
* Different types of terrorist organizations based on various criteria including motives, means, and objectives.

**D. Books Recommended:**

1. Bowles, S. V., & Bartone, P. T. (2017). *Handbook of Military**Psychology Clinical and Organizational Practice*.Springer International Publishing
2. [Kennedy](http://www.amazon.com/Carrie-H.-Kennedy/e/B003FBUR8G), C.H., & Zillmer, E.A. (2006). *Military psychology: Clinical and operational applications* (2nd ed.). The Guilford Press.
3. Lawrence, L. (2002). *The Psychology of War: Comprehending its Mystique and its madness.* Watson-Guptill Publications.
4. Laurence, J. H. & Matthews, M. D. (2012). *Military Psychology* (4thed.). Oxford University Press.
5. Maheshwari, N., & Kumar, V. V. (Eds.). (2016). *Military Psychology: Concepts, Trends and Interventions*. SAGE Publications.
6. Murray, L. (2013). Brains and bullets. How Psychology Wins Wars. Biteback.
7. Sinclair, R. and Britt, T., 2013. *Building Psychological Resilience in Military Personnel*. American Psychological Association.

**Counseling Psychology**

**Course Code: PSY-602 Credit Hours: 4(3-1)**

* + - 1. **Course Description:**

This course covers the basic to advanced level of concepts related to the field of counseling psychology. It also includes the theoretical and practical applications of counseling techniques.

* + - 1. **Course Objectives:**
* To understand and modify the maladaptive behavior, cognition and emotions through the application of counseling principles and techniques
* To equip the students with a strong knowledge, skill and acumen in them the detection, evaluation of various psychological conditions
  + - 1. **Course Contents:**

1. **Introduction:**

Definition, goals and scope of Counseling Psychology

* Brief history of Counseling Psychology
* Currents trends and future directions
* Difference between Guidance, Counseling and Psychotherapy
* Ethical and cross-cultural issues in Counseling

1. **On Becoming a Counselor:**

* Characteristics and values of affective counselor
* Role & responsibilities of a counselor
* The basis and importance of theory in counseling

1. **Counseling Process:**

* Phases/Stages of counseling process
* Building a Counseling Relationship
  + Therapeutic alliance
  + Factors that influence the counseling process: Structure, Initiative, Physical setting, Client qualities
  + The core conditions: Genuineness, Unconditional positive regard, Empathic understanding, Concreteness
* Working in Counseling Relationship**:**
  + Detailed counselor skills in the understanding and action phases
* Termination of Counseling Relationship**:**
  + - Function, Process, Timing, Issues of termination

1. **Specific work setting in counseling:**

* Career Counseling
* School counseling
* Counseling of elderly
* Counseling people with special needs/ disabilities
* Psychosocial First Aid/ Crisis counseling

1. **Core Counseling Activities:**
   * Groups in counseling
   * Consultation
   * Evaluation and research
   * Testing, assessment and diagnosis
2. **The Nature and Importance of Assessment in Counseling:**

* Significance and process of assessment
* The Assessment Interview
* Types of counseling interviews, Interviewing essentials and techniques, Identification of goals, Reliability and validity of interview data, Error and bias in interviews, Mental Status Examination
* Uses and purposes of tests in counseling
* Types of tests (Intelligence test, Personality test, Aptitude test, Achievement test, Interest inventories)
* Test administration, scoring, interpretation and communication of test results

1. **Counseling Techniques:**

* **Behavioral Approach**
* Therapeutic process, Application: Techniques and procedures
* **Person Centered Approach**
* Therapeutic process, Application: Techniques and procedures
* **Cognitive Behavioral Approach**
* Rational-Emotive-Behavior-Therapy (REBT)
  + Therapeutic process, Application: Techniques and procedures
* Beck’s cognitive therapy
  + Therapeutic process, Application: Techniques and procedures
* **Existential Counseling**
* Therapeutic process, Application: Techniques and procedures
* **Narrative approaches in counseling**
* Therapeutic process, Application: Techniques and procedures

1. **Practical:**

* Students are required to do at least one mock counseling session. Audio recording of the session will be analyzed by instructor. Then, students are required to conduct one real-life counseling session following the procedures and ethics of counseling. They will write and submit a report on the real-life counseling session.
  + - 1. **Books Recommended:**
      2. Gladding, S. T. (2013). *Counseling: A Comprehensive Profession.* (7th ed.). Pearson
      3. Corey, G. (2015). *Theory and practice of counseling and psychotherapy*. Nelson Education.
      4. Goldenberg, H., & Goldenberg, I. (2002).*Counseling today’s families*. (4th ed.). Brooks/Cole Publishing Company.
      5. Hough, M. (2010).*Counseling Skills and Theory* (3rd ed.). Hodder Education
      6. Nelson-Jones, R. (2011). *Six Key Approaches to Counseling and Therapy* (2nd ed.). John Wiley & Sons.
      7. Nelson-Jones, R. (2011). *Theory and Practice of Counseling and Therapy* (5th ed.). Sage.
      8. Nelson-Jones, R. (2012). *Basic Counseling Skills* (3rd ed.). Sage.
      9. Palmer, S., & McMahon, G. (2000).*Handbook of Counseling* (2nd ed.). British Association for Counseling.
      10. Timulak, L. (2011). *Developing Your Counseling and Psychotherapy Skills and Practice*. Sage.