

COURSE OUTLINE INTRODUCTION TO PSYCHOLOGY

1. GENERAL

SCHOOL	SCIENCE OF PHYSICAL EDUCATION, SPORTS & OCCUPATIONAL THERAPY		
DEPARTMENT/MSc	OCCUPATIONAL THERAPY		
LEVEL OF STUDY	MSc - LEVEL 6		
COURSE CODE		SEMESTER OF STUDIES	1o
COURSE TITLE	INTRODUCTION TO PSYCHOLOGY		
INDEPENDENT TEACHING ACTIVITIES <i>in case the credits are awarded to distinct parts of the course, e.g. Lectures, Laboratory Exercises, etc. If the credits are awarded uniformly for the entire course, indicate the weekly teaching hours and the total credits</i>		TEACHING WEEKS	CREDITS
		3	6
<i>Add rows if needed. The organization of teaching and the teaching methods used are described in detail in 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skills Development</i>	BACKGROUND		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
ONLINE COURSE PAGE (URL)	-		

2. LEARNING OUTCOMES

Learning Outcomes <i>The learning outcomes of the course are described, the specific knowledge, skills and abilities of an appropriate level that students will acquire after the successful completion of the course.</i> <i>Consult Appendix A</i> <ul style="list-style-type: none"> • Description of the Level of Learning Outcomes for each cycle of study according to the European Higher Education Area Qualifications Framework • Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning <i>and Annex B</i> <ul style="list-style-type: none"> • Summary Guide to Writing Learning Outcomes
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • <i>understand basic concepts, methods and areas of application of Psychology as a modern science</i> • <i>use the knowledge and understanding they have acquired in a way that shows a professional approach to the job or profession they want to do</i>

- They have a first contact with cognitive functions (perception, attention, memory, language, thought, intelligence), emotions and mental disorders.
- acquire the ability to gather and interpret relevant data in relation to the subject of Psychology in order to formulate judgments that include reflection on relevant social, scientific or ethical issues.
- develop those knowledge acquisition skills that they need to continue further studies with a high degree of autonomy.

General Competencies

Taking into account the general competencies that the graduate must have acquired (as listed in the Diploma Supplement and listed below), which / which of them is the course aimed at?.

Search, analyze and synthesize data and information, using the necessary technologies

Adapting to new situations

Decision-making

Autonomous work

Teamwork

Working in an international environment

Working in a multidisciplinary environment

Generating new research ideas

Project planning and management

Respect for diversity and multiculturalism

Respect for the natural environment

Demonstrate social, professional and ethical responsibility and gender sensitivity

Criticism and self-criticism

Promoting free, creative and inductive thinking

The general competencies of the students who are supported are:

- *Search, analyze and synthesize data and information, using the necessary technologies*
- *Adapting to new situations*
- *Decision-making*
- *Autonomous work*
- *Teamwork*
- *Working in a multidisciplinary environment*
- *Generating new research ideas*
- *Project planning and management*
- *Criticism and self-criticism*
- *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

1. *Introduction to the Science of Psychology*
2. *Learning*
3. *Sensation, attention and perception*
4. *Conscience*
5. *Language and Cognition*
6. *Emotions and motivations*
7. *Types of learning*
8. *Social issues*
9. *Gender and sexuality*
10. *Personality theories*

11. Mental disorders
12. Psychotherapy
13. Research Methods of Psychology

4. TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY METHOD <i>Face-to-face, Distance learning, etc.</i>	- Face to face																		
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Training, Communication with Students</i>	Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> • Digital slides • video • MsTeams/ e-class, webmail 																		
TEACHING ORGANIZATION <i>The way and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Study & Analysis of Literature, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Preparation, Writing a Paper / Paper, Artistic Creation, etc.</i> <i>The student's study hours for each learning activity as well as the hours of non-guided study are indicated so that the total workload at semester level corresponds to ECTS standards</i>	<table> <tr> <th><i>Activity</i></th><th><i>Semester Workload</i></th></tr> <tr> <td>Lectures</td><td>50</td></tr> <tr> <td>Work</td><td>40</td></tr> <tr> <td>Literature study and analysis</td><td>40</td></tr> <tr> <td>Examination</td><td>50</td></tr> <tr> <td></td><td></td></tr> <tr> <td></td><td></td></tr> <tr> <td></td><td></td></tr> <tr> <td>Total Course</td><td>180</td></tr> </table>	<i>Activity</i>	<i>Semester Workload</i>	Lectures	50	Work	40	Literature study and analysis	40	Examination	50							Total Course	180
<i>Activity</i>	<i>Semester Workload</i>																		
Lectures	50																		
Work	40																		
Literature study and analysis	40																		
Examination	50																		
Total Course	180																		
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Conclusive, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Paper, Report/Report, Oral Examination, Public Presentation, Laboratory Work, Clinical Examination of a Patient, Artistic Interpretation, Other/Other</i> <i>Explicitly defined evaluation criteria and whether and where they are accessible by students are mentioned.</i>	Work at home (compulsory) 40% Written exam 60%																		

5. RECOMMENDED BIBLIOGRAPHY

1. Dennis C., John M., & Tanya M. (2023). *INTRODUCTION TO PSYCHOLOGY Introduction to Psychology*. Edited by: Maniadaki A. & Papantoniou G. UTOPIA Publications
2. Nolen-Hoeksema S., Fredrickson B.L., Loftus G.R., & Lutz C. (2022). *ΕΙΣΑΓΩΓΗ ΣΤΗΝ ΨΥΧΟΛΟΓΙΑ ΤΩΝ ATKINSON ΚΑΙ HILGARD*. Επιμ. Νταβού Μ., & Σιδηροπούλου Α. Εκδόσεις ΠΑΠΑΖΗΣΗ