

26003 - Psychology I

Syllabus Information

Academic Year: 2022/23

Subject: 26003 - Psychology I

Faculty / School: 127 - Facultad de Ciencias de la Salud

Degree: 276 - Degree in Occupational Therapy

ECTS: 6.0

Year: 1

Semester: Annual

Subject Type: Basic Education

Module:

1. General information

1.1. Aims of the course

The subject and its expected outcomes respond to the following approaches and objectives:

The general objective of this subject is that the student, from the knowledge of its contents, is able to explain and understand behaviour as an object of study of psychology, the basic psychological processes, the bases involved in these processes and the general characteristics of human development.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning outcomes of the subject provides training and competence to contribute to some extent to their achievement: Goal 3: Health and well-being; Goal 4: Quality education; Goal 5: Gender equality; Goal 10: Reducing inequalities; Goal 16: Peace, justice and strong institutions; and Goal 17: Partnerships for achieving the goals.

1.2. Context and importance of this course in the degree

This is a subject that forms part of the set of subjects corresponding to the field of study of basic sciences of other branches of knowledge. It is taken in the 1st year of the Degree in Occupational Therapy and is continued in the subject Psychology II, in the 2nd year. With the contents taught, the aim is to enable the student to work taking into account the different aspects that form part of the psychological reality of the user, through a methodology based on the critical analysis of information and the use of techniques and instruments based on scientific evidence.

1.3. Recommendations to take this course

It is necessary for the student to work on a daily basis not only on the theoretical knowledge of developmental psychology and education for the efficient development of his profession as an occupational therapist, but also to acquire and develop the necessary competences that enable him to empathise and relate efficiently with his users and family members.

2. Learning goals

2.1. Competences

Based on **ORDER CIN/729/2009**, of 18 March, which establishes the requirements for the verification of official university degrees that enable the exercise of the profession of Occupational Therapist, in this subject we will work on:

A) Professional autonomy and responsibility to:

* Recognise one's own limitations and the need to maintain and update one's professional competence, giving special importance to learning new knowledge and techniques autonomously and to motivation for quality.

* Know, critically assess and know how to use sources of information to obtain, organise, interpret and communicate scientific, health, socio-health and social information, preserving the confidentiality of the data.

B) Knowledge of Occupational Therapy to:

* Understand the conceptual foundations of the occupational nature of human beings and the performance of their occupations throughout the life cycle.

D) Professional, clinical and community relations in order to:

- * Acquire and develop skills, abilities and practical experience in the socio-health and community context.
- * Develop professional practice with respect for other professionals, acquiring teamwork skills.

E) Communication skills in order to:

- * Establish assertive interpersonal communication with all relevant interlocutors during the Occupational Therapy process.
- * Transmit oral and written information to both specialist and non-specialist audiences.

In addition, the student must acquire the competence to:

Know and understand the knowledge of Pedagogy, Psychology and Psychopathology applicable to human beings at all stages of the life cycle in such a way as to enable them to evaluate, synthesise and apply Occupational Therapy treatments.

ACCORDING TO ANECA'S VERIFIED MEMORANDUM of the Degree in Occupational Therapy, the competences we will work on will be the following:

Specific competences:

Knowledge and ability to apply Psychology within the context of Occupational Therapy. 2.
2.Capacity for effective communication with the user, families, social groups and other professionals.

General/Cross-cutting Competences:

- 1.Ability to apply knowledge, skills and attitudes to the practice of Occupational Therapy.
- 2.Capacity for analysis and synthesis.
- 3.Ethical commitment or deontological attitudes in accordance with the profession of therapist, integrating humanistic, scientific and technical perspectives.
- 4.Motivation in the profession.
- 5.Ability and attitudes to work as part of a team in an intra- and interdisciplinary manner.
- 6.Ability to adapt to diverse and novel situations with a humanistic attitude, scientific and technical knowledge, and creativity.

2.2. Learning goals

In order to pass this subject, the student must demonstrate the following results...

1. Is able to apply psychology within the context of Occupational Therapy, and create individualised programmes that respond to the needs of the patient, their environment, carers, family members and other professionals.
2. Adequately applies effective communication techniques with the user, families, social groups and other professionals.
3. Assesses and analyses the information available, adequately synthesising the results obtained.

2.3. Importance of learning goals

These will enable the student to be better prepared to understand the theoretical and methodological foundations of Psychology in the field of Occupational Therapy from a bio-psycho-social vision of the human being and, therefore, to be better able to start planning professional action in situations of psychological vulnerability of the user throughout their life cycle.

3. Assessment (1st and 2nd call)

3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

The student must demonstrate that the learning outcomes have been achieved through the following assessment activities

1. Written exams:

Two exams will be held, one in January and a second in May.

During the month of January there will be a partial exam which may be used to eliminate the subject matter (Modules 1 and 2). Those students who do not pass or do not wish to take the partial exam may opt for the maximum grade in the global exam scheduled for the subject.

In both cases, the exam will consist of an objective test of precision and relation of concepts. The exam will consist of 30 multiple-choice questions with 3 options to choose from. The formula for calculating the exam mark is $[\text{Correct} - (\text{Errors} * 0.5)] / 3$.

It is essential to obtain a minimum score of 5 in the written exams in order to pass the course.

2. Evaluation of the practicals:

The practicals will consist of the development of cases in one of the pathologies that Occupational Therapy intervenes, from the approach of the subject. The following will be taken into account:

- Attendance.
- Active and efficient participation, in class and externally.
- Development of group work on the different cases worked on from the point of view of the subject.

The student must demonstrate that they know how to apply the theoretical bases of the subject in the resolution of questions

or practical cases, with precise, clear and well-argued language.

3.- Group work:

It is proposed to carry out two works related to the topics covered in the practical sessions of the course. The aim is to stimulate initiative and creativity, bibliographical research, the structuring of a logical discourse, and the search for and achievement of a conclusive synthesis with careful interpersonal communication. The due dates will be the last week of January and the last week of May 2023.

- Grading system

The final grade for the course is weighted as follows:

- 20% for the group work (10% for each of the assignments).

- 20% the mark for the practical activities of the course (completion and punctual delivery of the assignments, etc.).

- 60% the mark for the overall exam of the course (30% for each partial exam in the case of opting for them).

In order to pass the course it will be essential to pass each of the parts of the assessment.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process designed for this subject is based on the following:

The combination of theoretical classes in large groups, individual work and a special emphasis on personal study.

4.2. Learning tasks

The programme offered to the learner to help him/her achieve the expected outcomes comprises the following activities....

Planned learning activities.

1- Lectures in large group (46 hours) (learning outcome 1,2,3)

Explanation and guidance for the personal study of the different contents of the subject, directing it towards the acquisition of competences and learning outcomes. All the resources of direction and interaction will be used, as well as support in the different audiovisual supports.

2- Practical classes (14 hours) (learning outcomes 1, 2 and 3).

The aim is to stimulate initiative and creativity, the handling of documentary sources, the structuring of a logical discourse and the search for and achievement of a conclusive synthesis. All this is a prerequisite for research work.

3- Group work (10 hours) (learning outcome no. 3).

It aims to stimulate initiative and creativity, the handling of documentary sources, the structuring of a logical discourse and the search for and achievement of a conclusive synthesis.

4.3. Syllabus

Block 1: Scope of study of Psychology

- The philosophical roots of psychology.
- Scientific psychology and its main schools.
- Methods and techniques of study in psychology.

Block 2: Basic psychological processes:

- Sensation and Perception.
- Attention.
- Memory.
- Learning.
- Motivation.
- Emotion.
- Language and communication.
- Thinking.

Block 3: Human Development

- Childhood development.
- Development in Adolescence.
- Development in Adulthood.
- Development in old age.

4.4. Course planning and calendar

Schedule of face-to-face sessions and presentation of assignments.

- Theoretical classes in large groups: 2h/week throughout the course.
- Submission of group work: January (blocks I and II) and June (block III).

Key dates and milestones of the course:

- Master class: 2h/week throughout the course.
- Practical classes: 2h/week until 14 hours are completed, throughout the course.
- Assessment of group work: January (blocks I and II) and May (block III).
- Partial exam of blocks I and II of the course: January; of block III: May.
- Global exam of the course: official exam.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26003>