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## Psychology (PSYCH)

### **PSYCH 001**                      **Introductory Psychology**                      **(3)** *P/NP*

*Class Hours: 54 Lecture*

*Prerequisite(s): ENG 051A*

*Transfers to: UC/CSU*

*C-ID: PSY 110*

#### Introductory Psychology

PSYCH 001 is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology.

### **PSYCH 002**                      **Abnormal Psychology**                      **(3)**

*Class Hours: 54 Lecture*

*Prerequisite(s): ENG 051A*

*Transfers to: UC/CSU*

*C-ID: PSY 120*

#### Abnormal Psychology

PSYCH 002 introduces the scientific study of psychopathology and atypical behaviors, broadly defined. Students investigate abnormal behavior from a variety of perspectives including biological, psychological, and sociocultural approaches. An integrative survey of theory and research in abnormal behavior, and intervention and prevention strategies for psychological disorders are also introduced.

### **PSYCH 003**                      **Developmental Psychology**                      **(3)** *P/NP*

*Class Hours: 54 Lecture*

*Prerequisite(s): ENG 051A*

*Transfers to: UC/CSU*

*C-ID: PSY 180*

#### Developmental Psychology

PSYCH 003 provides an overview, from a psychological perspective, of human development from conception through death, including biological and environmental influences. Theories and research of physical, cognitive, personality, and social development are examined, as well as attention to developmental problems.

### **PSYCH 004**                      **Personal Psychology**                      **(3)**

*Class Hours: 54 Lecture*

*Prerequisite(s): ENG 051A*

*Transfers to: UC/CSU*

*C-ID: PSY 115*

#### Personal Psychology

PSYCH 004 is designed with an applied focus for students interested in how psychology is used in everyday life and is related to other social sciences. The course surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. A broad understanding of how scientists, clinicians, and practitioners study and apply psychology is emphasized.

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**PSYCH 005 Biological Psychology (3)**

*Class Hours: 54 Lecture*

*Prerequisite(s): PSYCH 001*

*Transfers to: UC/CSU*

*C-ID: PSY 150*

**Biological Psychology**

PSYCH 005 introduces the scientific study of the biological bases of behavior and its fundamental role in the neurosciences. Physiological, hormonal, and neurochemical mechanisms, and brain-behavior relationships underlying the psychological phenomena of sensation, perception, regulatory processes, emotion, learning, memory, and psychological disorders will be addressed. The course also notes historical scientific contributions and current research principles for studying brain-behavior relationships and mental processes. Ethical standards for human and animal research are discussed in the context of both invasive and non-invasive experimental research.

**PSYCH 006 Research Methods in Psychology (3)**

*Class Hours: 54 Lecture*

*Prerequisites(s): PSYCH 001 and MATH 025 Minimum Grade C*

*Transfers to: UC/CSU*

*C-ID: PSY 200*

**Research Methods in Psychology**

PSYCH 006 surveys various psychological research methods with an emphasis on research design, experimental procedures, descriptive methods, instrumentation, and the collection, analysis, interpretation, and reporting of research data. Research design and methodology will be examined through a review of research in a variety of the sub-disciplines of psychology.

**PSYCH 029 Introductio to Sport & Exercis (3)**

*Class Hours: 54 Lecture*

*Advisory(s): ENG 051A*

*Transfers to: UC/CSU*

**Introduction to Sport & Exercise Psychology**

PSYCH 029 is the study and application of psychological and foundations to sport and exercise across the lifespan and across activity contexts. This course is designed to promote an understanding of the concepts and applied principles of sport and exercise psychology. Findings and principles from the sport and exercise psychology literature will be applied to sport and physical activity participants, ranging from youth sport and community exercise programs to elite and world class performers.