Human Psychology
Code: 103016
ECTS Credits: 6

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<th>Degree</th>
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<th>Year</th>
<th>Semester</th>
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Contact
Name: Rosa Maria Escorihuela Agulló
Email: RosaMaria.Escorihuela@uab.cat

Use of Languages
Principal working language: catalan (cat)
Some groups entirely in English: No
Some groups entirely in Catalan: Yes
Some groups entirely in Spanish: No

Teachers
Adolfo Tobeña Pallarés
Rafael Torrubia Beltri
Daniel Vega Moreno
Beatriz Molinuevo Alonso

Prerequisites
There aren't.

Objectives and Contextualisation
The Human Psychology course is placed in the first year of the Degree in Physiotherapy, within the pre-clinical training stage.

The general objective of the subject is to provide the student the social bases of human behaviour, as well as basic knowledge between psychology and health that allow him to establish and maintain a good relationship with patients, relatives / caregivers and other professionals.

All these goals must help the student to achieve a range of competences that should enable a better understanding of the behaviour of users of health systems, their own behaviour and the professional interaction of the user's health.

Competences
- Clearly and effectively communicate orally and in writing with all users of the healthcare system, and with other professionals.
- Display critical reasoning skills.
- Display interpersonal skills.
- Display knowledge of the morphology, physiology, pathology and conduct of both healthy and sick people, in the natural and social environment.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
• Express ideas fluently, coherently and correctly, both orally and in writing.
• Provide effective physiotherapeutic treatment and offer patients integral care.
• Respect diversity in ideas, people and situations
• Work in teams.

Learning Outcomes

1. Determine and explain the psychological aspects of the therapist-patient relationship.
2. Display critical reasoning skills.
3. Display interpersonal skills.
4. Explain and apply the theories of communication and interpersonal relationships.
5. Explain the fundamental principles of evolutionary psychology and psychosocial development.
6. Explain the learning theories to be applied in health education and in one's own ongoing learning process.
7. Explain the psychological and social factors that affect the state of health of an individual, a family, or a community.
8. Explain the psychological aspects of the physiotherapist-patient relationship.
9. Explain the psychological factors affecting the biological organism in patients with psychosomatic disorders.
10. Express ideas fluently, coherently and correctly, both orally and in writing.
11. Identify the mental repercussions of physical injuries or illnesses in patients.
12. Identify the psychological and physical problems deriving from gender violence.
13. Respect diversity in ideas, people and situations.
14. Work in teams.

Content

BLOCK 1: SOCIAL BASES OF THE CONDUCT (Adolf Tobeña and Rafael Torrubia)

Introduction (AT)

Topic 1. Social relationships (AT)

Topic 2. Aggressive behaviour (AT)

Topic 3. Attraction, love and sexual behaviour (AT)

Topic 4. Attitudes (RT)

Topic 5. Social beliefs (RT)

Topic 6. Explanation of behaviour (RT)

BLOCK 2: PSYCHOLOGY AND HEALTH (Rosa M Escorihuela, Beatriz Molinuevo, Daniel Vega)

Topic 7. Stress, health and illness (RME)


Topic 10. Other healthy habits: Sleep (DV)

Topic 11. Behaviour and pain (DV)

Topic 12. The physiotherapist-patient relationship in clinical practice (BM)

PRACTICES
Practice 1. The biases of human thought (DV)
Practice 2. The power of situations (DV)
Practice 3. Psychoneuroimmunology (DV)

SEMINARS

Seminar 1. Evaluation and management of psychological aspects associated with pain (DV)
Seminar 2. Communicative skills in the physiotherapist-patient relationship (WB)

Methodology

Theory Classes (45 hours).
Virtual Classes (9 hours).
Seminars (4 hours).

Activities

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<th>Title</th>
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<td>LABORATORY PRACTICALS (PLAB)</td>
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<td>SELF_STUDY</td>
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<td>3.4</td>
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Assessment

Partial eliminatory evaluations

There will be two partial exams that will contain multiple choice questions corresponding to the theoretical syllabus, virtual practices and seminars. Students who complete and pass the exams (one or both) with a mark of 5 or higher will have passed the part of the subject corresponding to the approved partial exam.

The multiple choice questions will have five alternatives, random guesses will be deducted (correct answers - ¼ of the errors) and the note will be converted decimally. The correction of the tests will be subject to all the psychometric requirements.

Final exam

The final exam will be done at the end of the course. This test will have the same format as the previous partial exams. There will be an exam corresponding to the first part of the subject (first partial) and another corresponding to the second part (second part). Students will have to do a partial or both (separately) if they have not passed (mark less than 5) the previous partial exams.

Final evaluation
If the two partial notes are equal to or greater than 5, the final grade will be calculated from the average of the two partial notes.

If the student has submitted to the exams and one or both partial notes are less than 5, the subject will not be exceeded and the student will have to present to the next call.

Attendance at seminars and virtual practices allows access to a bonus of 0.5 points in total (0.1 points per activity performed), which will be added to the final mark if it is greater than 5.

If the student has not submitted a partial exam and / or the final exam we will consider that there is not enough evidence of evaluation and we will assign the subject of Human Psychology as non-evaluable in the record.

Assessment Activities

<table>
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<tr>
<th>Title</th>
<th>Weighting</th>
<th>Hours</th>
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<tr>
<td>Attendance and active participation in class and in seminars</td>
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<td>Essay test of restricted questions</td>
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Bibliography


