

# PSYCHOLOGY (PSYC)

## PSYC C100 3 Units (54 lecture hours)

### Introduction to Psychology

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Fundamentals of human psychology. Using a scientific approach to the study of human behavior, this course examines and integrates physiological, intrapsychic and social/behavioral perspectives on human thought and behavior. Major topics include biological bases of behavior, sensation, perception, motivation, learning and memory, maturation and development, personality, and social psychology. Graded or Pass/No Pass option. **C-ID:** PSY 110.

## PSYC C116 3 Units (54 lecture hours)

### Child Growth and Development

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Formerly PSYC C115. Examination of human development from conception through adolescence. Includes the biological, psychological, and socio-cultural aspects of the maturation process. Graded or Pass/No Pass option. **C-ID:** CDEV 100.

## PSYC C118 3 Units (54 lecture hours)

### Life Span Developmental Psychology

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Psychological study of human development across the lifespan from prenatal development through childhood, adolescence, adulthood, and dying, paying particular attention to the biological, cognitive, and psychosocial processes. Graded or Pass/No Pass option. **C-ID:** PSY 180.

## PSYC C125 3 Units (54 lecture hours)

### Introduction to Sport Psychology

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course examines how psychological factors influence sports, athletic performance, exercise, and physical activity. Key topics include psychological characteristics of and for performance, motivation, exercise and health psychology, and skill acquisition. This course is identical to KIN C125. Graded or Pass/No Pass option.

## PSYC C165 3 Units (54 lecture hours)

### Principles of Human Sexuality 1

**Advisory:** A course taught at the level of Preparation for College Composition or appropriate English placement.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Formerly PSYC C148. An interdisciplinary analysis of the biological, statistical, psychological, and emotional aspects of human sexual behavior. Emphasis on sexual patterns, sexual identity, physiological and biological processes, and reproduction. Graded or Pass/No Pass option. **C-ID:** PSY 130.

## PSYC C170 3 Units (54 lecture hours)

### Psychology of Aging

**Advisory:** AGNG C120 or SOC C120.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC: Credit Limitation: PSYC C170, AGNG C170, AGNG C120, and SOC C120 combined: maximum credit, 1 course.

This course investigates the lifespan of adults - career choices and changes, marriage, relationships, family issues, aging parents, and retirement. Students will address opportunities and challenges for retirees and the elderly to explore the potential for longer, healthier lives. This course is identical to AGNG C170. Graded or Pass/No Pass option.

## PSYC C230 3 Units (54 lecture hours)

### Health Psychology

**Advisory:** HLTH C100 and PSYC C100.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

This course examines the interaction of biological, social, and psychological factors with health and illness; specifically, how to promote and maintain health, prevent and treat illness, and adapt and thrive in the context of chronic illness. Key topics include the roles of stress, coping, immune response, social relationships, personality, in the progression and prevention of disease, and behaviors (e.g., physical activity, nutrition, sleep) that contribute to wellbeing or sickness. This course is identical to HLTH C230. Graded or Pass/No Pass option.

## PSYC C250 3 Units (54 lecture hours)

### Psychobiology

**Prerequisite(s):** PSYC C100 with a grade of C or better.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course 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. Graded or Pass/No Pass option. **C-ID:** PSY 150.

## PSYC C255 3 Units (54 lecture hours)

### Abnormal Psychology

**Prerequisite(s):** PSYC C100 with a grade of C or better.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Formerly PSYC C120. An introduction to emotional and mental disorders from a biological, sociocultural, and psychological approach. The course covers the field's historical approaches and the range of psychological disorders as well as their symptoms, treatment, and the prevention of mental problems. Graded or Pass/No Pass option. **C-ID:** PSYC 120.

**PSYC C260 3 Units (54 lecture hours)**

**Social Psychology**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU, UC.

The scientific study of the influence of the group on an individual's mental processes and behavior. Topics include self-perceptions, attitudes and behavior, group influence and persuasion, attraction and relationships, stereotypes, prejudice, discrimination, aggression, belonging, helping, and the application of social psychology to law, health, and business. Graded or Pass/No Pass option. **C-ID:** PSY 170.

**PSYC C280 4 Units (54 lecture hours; 54 lab hours)**

**Introduction to Research Methods in Psychology**

**Prerequisite(s):** PSYC C100 and MATH C160 with grades of C or better.

**Advisory:** ENGL C100.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Introduces students to psychological research methods and critical analysis techniques that may be applied to diverse research studies and issues. Graded or Pass/No Pass option. **C-ID:** PSY 200.