San José State University
School/Department
PSYC 30 – Introduction to Psychobiology
Section 03 – Spring 2016

Course and Contact Information

Instructor: Christian La, PhD
Email: christian.la@sjsu.edu
Office Location: Clark Hall, CL 140
Office Hours: Monday, 5-6pm

Class Days/Time: M 6-8:45pm
Classroom: DMH 355
Prerequisites: BIOL 21 or BIOL 25

Course Description

PSYC30-Introduction to Psychobiology explores the biological basis of cognition, behavior, and emotion. This course examines the structural and functional components of the nervous systems and will consider how information from the internal and external environment can direct and influence adaptive behavior.

Course Learning Objectives (CLO)

By the end of the course, the student should have obtained a basic understanding of the following:

CLO1 – Brain anatomy and major cortical divisions
CLO2 – The electrical and chemical properties of the neuron
CLO3 – The general principles and organization of the sensory, motor system, and other cognitive processes
CLO4 – The principles and mechanism of brain plasticity (development, aging, disease)
CLO5 – The biological correlates of human behavior, psychology, and psychiatry
CLO6 – The scientific method, research methodologies
CLO7 – The basic skill of critically reading and interpreting a research article

Program Learning Outcomes (PLO)

PLO1 – Knowledge Base of Psychology: Students will be able to identify, describe, and communicate the major concepts, theoretical perspective, empirical findings, and historical trends in psychology.

PLO2 – Research Methods in Psychology: Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3 – Critical Thinking Skills in Psychology: Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO5 – Values in Psychology: Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.
Required Textbook / Readings

Biopsychology—9th edition by John P.J. Pinel (Publisher: Pearson)

ISBN-10: 0205915574

Note: The textbook is available in different formats, such as hardcover, loose-leaf, or eText at different cost. The hardcover option is recommended but not required, and I leave the choice of format to the student.

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu/senate/docs/S12-3.pdf.

- Assigned reading is required to be completed before class, to allow fruitful discussion (at least skim chapter)
- Exams are mandatory and make-up exams will not be allowed, unless unusual circumstances and prior approval by the professor.
- A research article presentation and report is required for the course. Each student will be assigned into group, where they will select a research article to be discussed, presented, and to which a written report will be produced. The article must be approved by the professor. Presentation will take the form of in-group presentation, and the report will take the form of a 3-pages report answering guided question regarding the research article.
- Attendance is highly encouraged to promote proper guided learning. Your attendance and participation are keys to fruitful discussion and group learning. Attendance will also allow you to obtain easy points such as responses to minute-question assessments.

Grading:

- No extra credit will be made available, but easy points are available for short assignments
- Grading will be based on points accumulated over the semester (16 weeks):

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>4 x 50pts</td>
</tr>
<tr>
<td>Research Article presentation</td>
<td>30pts</td>
</tr>
<tr>
<td>Clinical Case</td>
<td>10pts</td>
</tr>
<tr>
<td>Minute Questions (HW)</td>
<td>10 x 1pts</td>
</tr>
<tr>
<td>Total possible points</td>
<td>250pts</td>
</tr>
</tbody>
</table>

Grading Scale (%): 100-93 A
92 - 90 A-
89 - 88 B+
87 - 83 B
82 - 80 B-
79 - 78 C+
77 - 73 C
72 - 70 C-
69 - 65 D
64 or less F

This course must be passed with a C or better as a CSU graduation requirement
Exams & Assignments Structure:

- **Exams** will be administered over the 1st hour of the class, and will consist of a combination of multi-choice, fill-in the blanks and short-answers (1-hr).
- **Research Article presentation/discussion** consists of 2 parts: an oral presentation (group of 4) and a written report (individual, 3-pages).
- **Clinical Case** assignment refers to the description of a clinical case presented in the book to which you have connected with the most. Describe what the case was, and why you picked it (1-page).
- Each daily **Homework** consists of 1-2 short-answer questions in regards to the last class.

Classroom Ethics & Policies

Use of personal electronics are discouraged but are permitted as long as it is for course-related purpose (e.g. note taking). Please refrain from non-course-related use of electronics as it might disrupt the classroom. Disruptions are unfair to your peers and create an uncomfortable classroom environment. The uses of foreign language dictionaries, laptop computers or other electronic devices are strictly prohibited during exams.

Be courteous and turn off your pagers, cell phones, headphones, etc. during class period. If a matter requires your urgent attention, please excuse yourself from the class quietly.

University Policies

General Expectations, Rights and Responsibilities of the Student

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU’s policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. See University Policy S90–5 at http://www.sjsu.edu/senate/docs/S90-5.pdf. More detailed information on a variety of related topics is available in the SJSU catalog, at http://info.sjsu.edu/web-dbgen/nuar/catalog/rec-12234.12506.html. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course and the following items to be included in the syllabus:

Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. Such permission allows the recordings to be used for
your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”

Students must obtain the instructor’s permission in writing on a class by class basis to record lectures. In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

**Academic integrity**

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at [http://www.sjsu.edu/senate/docs/S07-2.pdf](http://www.sjsu.edu/senate/docs/S07-2.pdf) requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec](http://www.sjsu.edu/aec) to establish a record of their disability.

**Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at [http://www.sjsu.edu/senate/docs/S14-7.pdf](http://www.sjsu.edu/senate/docs/S14-7.pdf).

**Student Technology Resources**

Computer labs for student use are available in the Academic Success Center at [http://www.sjsu.edu/at/asc/](http://www.sjsu.edu/at/asc/) located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

**SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study spaces are also available for student use in Room 600 of Student Services Center (SSC).
Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit Peer Connections website at http://peerconnections.sjsu.edu for more information.

**Tentative Course Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture</th>
<th>Notes</th>
<th>Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>01/30</td>
<td>Class Intro and Neuroscience Basics</td>
<td><a href="https://www.youtube.com/watch?v=gvX5ao5SCjE">https://www.youtube.com/watch?v=gvX5ao5SCjE</a></td>
<td>Ch 1,3</td>
</tr>
<tr>
<td>2</td>
<td>02/06</td>
<td>Functioning of the Neural Unit</td>
<td></td>
<td>Ch 4</td>
</tr>
<tr>
<td>3</td>
<td>02/13</td>
<td>Research Ethics &amp; Research Method to Biopsychology</td>
<td></td>
<td>Ch 5</td>
</tr>
<tr>
<td>4</td>
<td>02/20</td>
<td>Sensory &amp; Motor systems</td>
<td>(Guest Lectures)</td>
<td>Ch 8</td>
</tr>
<tr>
<td>5</td>
<td>02/27</td>
<td>Sensorimotor Recap</td>
<td>Exam #1 (wk 1 – wk 3)</td>
<td></td>
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<tr>
<td>6</td>
<td>03/06</td>
<td>Vision and other Perception</td>
<td></td>
<td>Ch 6,7</td>
</tr>
<tr>
<td>7</td>
<td>03/13</td>
<td>Higher level Cognition</td>
<td></td>
<td></td>
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<tr>
<td>8</td>
<td>03/20</td>
<td></td>
<td>Exam #2 (wk 4 – wk 7)</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>03/27</td>
<td><em>Spring Break</em></td>
<td></td>
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<tr>
<td>10</td>
<td>04/03</td>
<td>Neuroplasticity – Part 1 (Learning and Development)</td>
<td></td>
<td>Ch 9,11,16</td>
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<tr>
<td>11</td>
<td>04/10</td>
<td>Neuroplasticity – Part 2 (Brain Damages &amp; Neurological Diseases)</td>
<td></td>
<td>Ch 10,18</td>
</tr>
<tr>
<td>12</td>
<td>04/17</td>
<td>- How to search and review research article</td>
<td>Exam #3 (wk 10 – wk 11)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>- Search for research article from Pubmed or Google Scholar (5 categories)</td>
<td><a href="https://library.sjsu.edu/video/using-pubmed">https://library.sjsu.edu/video/using-pubmed</a></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>04/24</td>
<td>Hunger, Eating, and Addition</td>
<td></td>
<td>Ch 12,15</td>
</tr>
<tr>
<td>14</td>
<td>05/01</td>
<td>Sleep, Emotion, and Stress</td>
<td>Pick a favorite clinical case from the book and discuss why</td>
<td>Ch 14,17</td>
</tr>
<tr>
<td>15</td>
<td>05/08</td>
<td>Psychiatric Disorders Paper discussion in Group</td>
<td></td>
<td>Ch 18</td>
</tr>
<tr>
<td>16</td>
<td>05/15</td>
<td>Paper Presentation</td>
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</table>

*Final Exam* Exam #4 (wk 13 – wk 14) mostly