## MEDI 303-Human Behavior

Second Semester 1434- 1.0 (1+0) Credit Hours

Ms. Sara Alsilmi, MA, CD

* **COURSE SYLLABUS –**

**Instructor Contact Information and Office Hours:**

Sara Alsilmi, MA, CD

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Office Hours:

Monday from 10 am-12 pm

Tuesdays from 9 am-11 pm

**Course Description:**

This course will cover a brief introductory and the roles it plays in treating disorders related to nutrition. Also, it will cover the methods of dealing with the patients from the psychological perspectives. The course will covers among other things persuading methods and treatment methods for causative factors for these disorders, such as anorexia nervosa and bulimia. **The course will study the range of human behaviors starting by healthy behaviors in one pool and the deviant in the other pool.**

**Course Objectives:**

After completion of this course, the student's should be able to:

1. Foster greater self-understanding
2. Enhance ability to deal with other people by enabling better appreciation of the psychological influences upon behavior
3. Dealing with the patient complaining of nutrition problems from psychological perspectives.

**Teaching methods:**

* Learning and discussions
* Brain storming
* Further develop various academic skills -- learning through a text, lectures, and discussions; library search strategies; empirical research practices

**Dates/Time/Place:**

Lectures: Classes are held on Mondays from 9:00 am to 10:00 am beginning January 28th, 2013. Classes will be held in **CHS 3**.

**Course Requirements:**

**1. Oral discussion in class (5 points):** this includes engagement in class discussions, submission of informal assignments, participation in discussions, and contribution of original thinking, submitting questions from readings, asking questions, drawing connections, agreeing, disagreeing, etc. All relevant reading assignments must be read prior to coming to class

**2. Midterms (20 points)**

**3. Class & Homework Assignments (15 points)**

**4. Final Exam (60 Points)**

**Course Subjects:**

* 1. Definition of human behavior: mental health, emotional intelligence
  2. Dimensions of Human Behavior: self- concept, self- esteem
  3. Growth and Development & human needs: Maslow's hierarchy needs
  4. Social Theories:
     1. Theories of stress: stress and its psycho- physiological needs, defense mechanisms
     2. Developmental theories
     3. Self- efficacy

8. Nutrition problems from psychological perspectives

**- COURSE OUTLINE -**

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| **Date** | **Week #** | **List of Topics** |
| January 28th | 1st | Course Introduction |
| February 4th | 2nd | Mental Health |
| February 11th | 3rd | Emotional Intelligence |
| February 18th | 4th | Self- Concept |
| February 25th | 5th | Self- Esteem |
| March 4th | 6th | Maslow's Hierarchy needs |
| March 11th | 7th | 1st Midterm |
| March 18th | 8th | Stress and its Psycho- Physiological Needs |
| March 25th | 9th | **Vacation** |
| April 1st | 10th | Defense Mechanisms |
| April 8th | 11th | Developmental Theories |
| April 15th | 12th | **2nd Midterm** |
| April 22nd | 13th | Self- Efficacy |
| April 29th | 14th | Nutrition Problems form Psychological Perspective-1 |
| **May 6th** | 15th | Nutrition Problems form Psychological Perspective-2 |
| **May 13th** | 16th | **No Class** |
| **May 20th** | 17th | **Final Exam** |