1. Course Name:
Therapeutic exercises
2. Course Code:
PHT41106
3. Semester / Year:
Semester
4. Description Preparation Date:
22/11/2025
5. Available Attendance Forms:
Weekly (Theory: 1 hours, Practice:2 hours)
6. Number of Credit Hours (Total) / Number of Units (Total)
Theory: 12 Hours **Total: 12 hours** **Total Units: 2**
7. Course administrator's name (mention all, if more than one name)
Assistant Prof. Dr. Abdullah Eiada Mecheser
8. Course Objectives

Course Objecti	General Objective: To understand general mental health terminology. Specific Objective: 1. To define the term "psychology" and its importance in the healthcare syste 2. To understand psychological maturation during human development a growth, and the changes during the aging process. 3. To understand the importance of a person's mental state in health and illne and the environmental and emotional influence on the mind and personality. 4. To acquire knowledge about how to interact with patients.
9. Teaching and Learning Strategies	
Strateg	1. Delivering theoretical and practical lectures on microprocessor curriculum 2. Employing discussion and question-and-answer sessions in the classroom foster dialogue. 3. Assigning homework, program writing, and discussion to students 4. Writing reports on scientific topics related to microprocessors. Daily assessment, weekly assessment, term assessment, objective questio general knowledge questions, and practical exams.

5. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method

1	**Th.:1 Pract:2**	**Biological foundation** of behavior	hereditary and environment and logical basis for development, developmental psychology (child).	Lect. & Lab.	Exam
2	**Th.:1 Pract:2**	**Learned and unlearned behavior**	Simple learning and conditioning social learning.	Lect. & Lab.	Quiz
3	**Th.:1 Pract:2**	**Thinking and intelligence**	Learning and problem solving development of conceptual thinki in children. Communication, language and thinking. Measurem of intelligence influences on	Lect. & Lab.	Homework
4	**Th.:1 Pract:2**	**Thinking and intelligence**	intelligence, extent and consequer of individual differenced.	Lect. & Lab.	Exam
5	**Th.:1 Pract:2**	**Perception**	Sensory basis of perception, attention and perception, observer error.	Lect. & Lab.	Quiz
6	**Th.:1 Pract:2**	**MEMORY**	Phases of memory, short term storage, memory and perception thinking etc. Forgetting testimony and recall of events, memory and ageing.	Lect. & Lab.	Homework
7	**Th.:1 Pract:2**	**Personality**	Nature of personality structure and dynamics, dimensional, psychoanalytical and constitutional theories of personality, measurement of personality, culture and personality patterns.	Lect. & Lab.	Exam
8	**Th.:1 Pract:2**	**Attitude**	Nature of attitude and beliefs including prejudice, group influen on attitudes	Lect. & Lab.	Quiz
9	**Th.:1 Pract:2**	**Interpersona behaviour**	Experimental analysis on social interaction, studies of the interview situation	Lect. & Lab.	Homework
10	**Th.:1 Pract:2**	**Interpersona behaviour**	behaviour in formal and informal groups, group norms and rules. Leadership in formal and informa groups, group morale.	Lect. & Lab.	Exam
11	**Th.:1 Pract:2**	**Social psychology**	Nature and scope of social psychology, social interaction, psychological groups and their classification	Lect. & Lab.	Quiz
12	**Th.:1 Pract:2**	**Social psychology**	socialization of the individual	Lect. & Lab.	Homework
13	**Th.:1 Pract:2**	**Social psychology**	social control (social hierarchy) – moves, customs, fashion, propaganda and its techniques.	Lect. & Lab.	Exam
14	**Th.:1**	**Tests**	Wescher scales, Stanford-	Lect. & Lab.	Quiz

	Pract:2		Binet intelligence scale,		
15	**Th.:1** **Pract:2**	**Tests**	Bender and Gestalt-other projective test, anxiety scale.	Lect. & Lab.	Homework

6. Course Evaluation
The grade distribution is as follows: **Assessment: theory 40 marks** **Final exam: Theory 60 marks**

7. Learning and Teaching Resources	
Required textbooks (curricular books any)	Introduction to Psychology by Morgan C.T. & King R.A.- 7th edn [Tata McGraw-Hill publication
Main references (sources)	Introduction to Psychology by Munn N.L.- [Premium Oxford, I.B.P. publishing co.]
Recommended books and references (scientific journals, reports…)	Morgan C.T. & King R.A. *Introduction to Psychology* – edn. [Tata McGraw-Hill publication]
Electronic References, Websites	N.L. *Introduction to Psychology* [Premium Oxford, I.E publishing co.]

Course Description Form

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