



The Hebrew University of Jerusalem

Syllabus

INTRODUCTION TO PSYCHOLOGY - 65217

Last update 29-08-2024

HU Credits: 3

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Nutrition Sciences

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Rehovot

Course/Module Coordinator: Dr. Shirley Hershko

Coordinator Email: drshirleyhershko@gmail.com

Coordinator Office Hours: Prior coordination

Teaching Staff:

Dr. Shirley Hershko

Course/Module description:

Psychology is a science that provides tools for understanding a person's behavior and motives for its behavior. The introductory course will introduce the various fields of psychology, research methods and dominant theories. All this with a special focus on nutrition.

Course/Module aims:

The knowledge of the human psyche, the genetic and environmental basis for behavior, thought and learning processes, what motivates action, responses to stressful situations, personality traits, and the various psychological approaches for predicting behavior, research, and therapy.

Learning outcomes - On successful completion of this module, students should be able to:

At the end of this course you will become familiar with the field of the science of psychology, the various approaches to human analysis, and research methods. By doing this you will be able to understand why you or those close to you are behaving in a certain way. You will know how to answer fascinating questions such as: What affects our attention? What types of people are there? What can motivate us? How can decisions be made smarter? How to deal with stress? Is it possible to improve intelligence? What memory strategies are effective for us? What happens in our subconscious? What causes unhealthy eating habits? How are psychology studies conducted and why are they important and interesting?

Attendance requirements(%):

80

Teaching arrangement and method of instruction: Lectures, supplementary materials in the model (asynchronous teaching), discussions and questions during the lesson, reading theoretical material, additional subjects to be learned during the lesson, one group semester exercise, middle exam and a final test.

Course/Module Content:

*What is psychology
Research in psychology
Perception
Conscious and subconscious
learning*

Memory
Cognition and decision making
intelligence
motivation
Stress
personality

Required Reading:

Psychology and life, Gerrig & Zimbardo, 18th ed (2008)

Additional Reading Material:

Grading Scheme:

*Submission assignments during the semester: Exercises / Essays / Audits / Reports
/ Forum / Simulation / others 20 %
Mid-terms exams 80 %*

Additional information:

None