PSYC 3353
PHYSIOLOGICAL PSYCHOLOGY

SPRING 2018

SECTION .01R
TR 9:25AM – 10:40AM
ELABN 121

SECTION .02R
TR 10:50AM – 12:05PM
ELABN 121

This upper-level course is designed primarily for psychology majors as a general survey of psychology from the physiological/biological perspective. As a student of psychology, it is important that you develop a competent understanding of the interplay between psychology and physiology.

The course is designed to provide you with (i) an understanding of the human central nervous system’s basic physiological structures and processes; (ii) an understanding of several key topics and issues within the field of physiological psychology, including brain plasticity, language, sexual behavior, psychological disorders, stress, and learning.

COURSE BASICS

COURSE PREREQUISITES
General/Intro Psychology (PSYC 2301 or PSY 1310).

REQUIRED TEXTBOOK
by Kalat.
PUBLISHER: Cengage Learning.
ISBN: 9781337408202
Book is also available in other formats (e.g., rental, e-book)

There are other editions of this book. Assigned readings and exams will be based on the layout and content of this edition. If you choose to purchase a different edition, I cannot assist you with matching content from one edition to another.

YOUR COURSE GRADE

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Pre-Class Quizzes</td>
<td>55 points (11 @ 5 points)</td>
</tr>
<tr>
<td>In-Class Attendance</td>
<td>30 points (6 @ 5 points)</td>
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<tr>
<td>Online Post-Class Exams</td>
<td>275 points (11 @ 25 points)</td>
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<tr>
<td>Online Comprehensive Final</td>
<td>40 points</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>400 points</td>
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A 90% - 100% 360-400 points
B 80% - 89% 320-359 points
C 70% - 79% 280-319 points
D 60% - 69% 240-279 points
F 0% - 59% < 240 points

INFORMATION ABOUT YOUR INSTRUCTOR

Dr. Grant Benham
Office: ELABN 345
Tel: 665-2807
E-Mail: grant.benham@utrgv.edu
Office Hours: By appointment.

COMMUNICATING WITH ME IN-PERSON AND ONLINE

If you need help, please visit with me! My office is on the 3rd floor of ELABN, #345 (North side of building). If you can’t make the office hours, please contact me via email. I am not constantly connected to the internet, so please do not expect an immediate response. You should expect a response within 48 business hours at the most. The subject line of your e-mail must start with “Physio Psych” & include your section #. E-mails must be sent from your UTRGV email account.
### COURSE OVERVIEW

The course is a reduced-seating (hybrid) course - a mixture of online content and in-person class meetings. Research shows that such blended learning approaches may improve student achievement relative to traditional and fully-online courses. In some lecture-oriented classes, the professor is the main source of learning, your textbook content is frequently replicated in the classroom, and you have little chance to practice critical thinking and application skills. In this class, however, your professor functions primarily as a guide to learning. Our first class session will be in-person (traditional classroom). We will then transition to a mixture of online and in-class learning.

Physiological psychology can be a tough class: it involves exposure to a large number of new terms, concepts, and physiological structures. Students are therefore expected to devote considerable time outside of class to learning the material and working on assigned activities. You are expected to attend all in-person sessions and participate in all assigned online activities.

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### HYBRID COURSE

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### ONLINE QUIZZES

We will examine various topics each week. As a general rule, you will be expected to (i) complete the material assigned on Blackboard, (ii) take the associated online pre-class quizzes, and then (iii) meet in-class to discuss the topic.

The pre-class quizzes will help to ensure that you arrive to class with a sufficient foundation on which to build your understanding and engage in discussion. Students often find themselves cramming for exams, so these quizzes also help you to perform better by engaging in distributed learning.

The quiz questions will be based on assigned material (readings, videos, online content) and will be multiple-choice. There will be 13 quizzes during the semester and the lowest TWO quiz grades (including missed quizzes) will be dropped. In other words, your quiz points will be based on the best 11 quiz grades out of 13 available quizzes.

Quizzes must be completed (not started) before 9:00am on the Thursday indicated.

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### IN-CLASS ATTENDANCE

The in-person discussion sessions are devoted mainly to applying your knowledge through discussions and activities. Students will work in groups, but may also be called on individually. You are expected to attend all in-class discussion sessions (there are only SEVEN!). Attendance will be checked at the beginning of each class. 5 points will be awarded for each discussion session attended (up to a maximum of 30 points). If you come in late, you must meet with me after class to obtain partial credit (no more than 3 points).

You may miss ONE class without penalty; there are a maximum of 30 points for attendance. Other than the one allowed absence, there are no additional excused absences, unless mandated by UTRGV policy. It is critical that you remember to sign the attendance sheet on the day of class – it is the only basis for attendance points (no allowances will be made for having forgotten to sign in).

If you have a scheduled university-sanctioned event that will coincide with an in-class discussion session please let me know at least 2 weeks in advance.

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### ONLINE EXAMS

A major part of your course grade will be based on topic exams. As a general rule, we will cover two topics each session and there will be a separate exam for each topic – therefore you need to take two exams each session. These timed exams will contain 25 questions; you will have 25 minutes to complete them. Exam questions may be based on textbook readings and Blackboard/online content. There will be 13 topic exams during the semester and the lowest TWO exam grades (including missed exams) will be dropped. In other words, your exam points will be based on the best 11 exam grades out of 13 available exams. Your score will be available after completing the exam. Exam feedback (items that you got correct/incorrect and the correct answers to items you missed) will be made available immediately after the exam deadline. Exams must be completed before 11:59pm on the Sunday indicated.

Additionally, there will be a comprehensive Final Exam, during finals week, comprised of 40 questions. You cannot skip the final exam.
**COURSE TIMETABLE**  
(SUBJECT TO CHANGE)

*Note:* Quiz deadlines are 9:00am on the Thursday that we meet for our In-Class Discussion Session. Exam deadlines are 11:59pm on the following Sunday.

<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Meetings/Deadlines</th>
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<tbody>
<tr>
<td></td>
<td>▪ Overview of Course</td>
<td>Jan 16  In-Class 1st Day Meeting</td>
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</table>
| 1       | ▪ Orientation and Introductions  
         | 1. Introduction to Physiological Psychology  
         | 2. Nerve Cells and Nerve Impulses                     | Feb 1  Quiz 1 & 2  
         |                                                | Feb 1  In-Class Discussion Session 1  
         |                                                | Feb 4  Exam 1 & 2                       |
| 2       | 3. Synapses, Drugs, Addiction  
         | 4. Brain Anatomy, Development, and Plasticity               | Feb 15 Quiz 3 & 4  
         |                                                | Feb 15 In-Class Discussion Session 2   
         |                                                | Feb 18 Exam 3 & 4                       |
| 3       | 5. The Medicated Child  
         | 6. Brain Lateralization                                         | Mar 1  Quiz 5 & 6  
         |                                                | Mar 1  In-Class Discussion Session 3   
         |                                                | Mar 4  Exam 5 & 6                       |
| 4       | 7. Learning, Memory, & Amnesia  
         | 8. Sex                                                         | Mar 22 Quiz 7 & 8  
         |                                                | Mar 22 In-Class Discussion Session 4   
         |                                                | Mar 25 Exam 7 & 8                       |
| 5       | 9. Pain and Olfaction  
         | 10. Stress & Emotions                                          | Apr 5  Quiz 9 & 10  
         |                                                | Apr 5  In-Class Discussion Session 5   
         |                                                | Apr 8  Exam 9 & 10                      |
| 6       | 11. Mood Disorders  
         | 12. Schizophrenia                                              | Apr 19 Quiz 11 & 12  
         |                                                | Apr 19 In-Class Discussion Session 6   
         |                                                | Apr 22 Exam 11 & 12                     |
| 7       | 13. Sleep                                                      | Apr 26 Quiz 13  
         |                                                | Apr 26 In-Class Discussion Session 7   
         |                                                | Apr 29 Exam 13                         |
|         | ▪ FINAL (Comprehensive) EXAM                                      | Available: 10:00am on May 8  
         |                                                | Deadline: 10:00am on May 10             |

**NOTE:** THIS SESSION IS ONE WEEK LONGER THAN USUAL BECAUSE SPRING BREAK FALLS WITHIN THE MIDDLE OF IT.

**NOTE:** THIS SESSION ONLY COVERS ONE TOPIC, SO IT IS ONE WEEK LONG. PAY CAREFUL ATTENTION TO THE DATES/DEADLINES.
LEARNING OBJECTIVES

Specific learning objectives for each topic in the course are provided on BlackBoard within the respective topic folder. The overarching learning objectives for the course as a whole, however, are provided below:

SLO 1: Students will demonstrate familiarity with the major concepts and empirical findings in the field of physiological/biological psychology, as assessed through pre-class quizzes and two major exams.

SLO 2: Through graded in-class discussion sessions with their peers, students will be exposed to varying personal perspectives on important issues related physiological psychology, such as the medication of children for psychological disorders, inadequate sleep and sleep disorders, LGBQT issues, and attitudes to mental disorders.

CLASSROOM ETIQUETTE

When we meet in class, I encourage you to be actively engaged in classroom discussions. However, to maintain an active learning environment, I have the following rules of classroom etiquette:

1. **Phones** should be switched to vibrate, or turned off. If you receive an **important** call, you may leave the room to return the call (do not answer the call in class, even on your way out!)
2. **Laptops, netbooks, smartphones, etc. cannot be used during class.** I need you to be “mentally present” and these devices are notorious for encouraging multitasking behavior. Multitasking has been shown to affect cognitive functioning, does not allow you to be as focused, and is disrespectful to your peers and professor. If I see that you are using a phone or laptop in class, I may deduct attendance points.
3. Feel free to ask questions. To give everyone a chance to speak, please raise your hand rather than blurt out comments.
4. Other than organized activities/discussions, please do not chat with your neighbors during class. It seems like this wouldn’t be too disruptive, but I always have students complain that others are making it difficult for them to concentrate.
5. Students often are unsure as to how to address their professors. I prefer to be called “Dr. Benham”
6. If you decide to drop the course, please make sure any members of your group who are depending on you are aware that you will no longer be participating. Please also let me know.
7. If you miss a class, please do not contact me to ask what you missed or whether you “missed anything important”. I cannot replicate the in-class discussion sessions through a post-class meeting or email because they rely on active participation of class members and vary based on that shared experience.

POLICIES ON QUIZZES AND EXAMS

**Make-up exams/quizzes are not provided.** Because quizzes/exams are online, with a large window-of-opportunity to complete them, there will be NO quiz make-ups, regardless of whether or not you have a valid reason. Bear in mind that your worst two quiz grades and worst two exam grades (excluding the FINAL exam) will be dropped. Therefore, each student can miss two quizzes and two exams without it severely affecting their grade.

Questions will be randomly selected from a pool of questions. You have one attempt to take each quiz/exam. If you are still taking your quiz or exam when the time allowed runs out, the test will end automatically and you will be graded based on the questions you answered. I recommend taking the quiz/exam well before the deadline, to give yourself time should any issues arise (e.g. computer problems).

These are “open book” tests – you may use any material that you need. However, all quizzes/exams are to be completed independently; they are not group projects! Exams and quizzes are timed; you are unlikely to do well if you have not already learned the material. If you take your quiz close to the deadline, occasionally BlackBoard will see the quiz as submitted “late”. If you are just a few minutes beyond the deadline, I will manually approve the “late” submission.

EXTRA CREDIT

- No extra credit is offered for this class.
MANDATORY COURSE EVALUATION PERIOD

Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (http://my.utrgv.edu); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades. Online evaluations will be available April 11 - May 2.

SCHOLASTIC INTEGRITY

As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to: cheating, plagiarism, and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to the Dean of Students.

SEXUAL HARASSMENT, DISCRIMINATION, AND VIOLENCE

In accordance with UT System regulations, your instructor is a “responsible employee” for reporting purposes under Title IX regulations and so must report any instance, occurring during a student’s time in college, of sexual assault, stalking, dating violence, domestic violence, or sexual harassment about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at www.utrgv.edu/equity, including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct and discrimination.

DROPPING THE COURSE

According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the “3-peat rule” and the “6-drop” rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time. I do not drop students for nonattendance or poor grades. If you must drop the class, be sure to take care of that paperwork yourself.

STUDENTS WITH DISABILITIES

Students with a documented disability (physical, psychological, learning, or other disability which affects academic performance) who would like to receive academic accommodations should contact Student Accessibility Services (SAS) as soon as possible to schedule an appointment to initiate services. Accommodations can be arranged through SAS at any time, but are not retroactive. Students who suffer a broken bone, severe injury or undergo surgery during the semester are eligible for temporary services. Brownsville Campus: Student Accessibility Services is located in Cortez Hall Room 129 and can be contacted by phone at (956) 882-7374 (Voice) or via email at ability@utrgv.edu. Edinburg Campus: Student Accessibility Services is located in 108 University Center and can be contacted by phone at (956) 665-7005 (Voice), (956) 665-3840 (Fax), or via email at ability@utrgv.edu. Please note that all YouTube videos that I have created within the “Review It” sections of the course have accurate Closed Captioning available. Just click on the CC button below the video to activate.

STUDENT SERVICES

Students who demonstrate financial need have a variety of options when it comes to paying for college costs, such as scholarships, grants, loans and work-study. Students should visit the Students Services Center (U Central) for additional information. U Central is located in BMAIN 1.100 (Brownsville) or ESSBL 1.145 (Edinburg) or can be reached by email (ucentral@utrgv.edu) or telephone: (888) 882-4026. In addition to financial aid, U Central can assist students with registration and admissions.
WORKING IN THE ONLINE ENVIRONMENT

COMPUTER/INTERNET REQUIREMENTS

Blackboard: This class will be using BlackBoard, an online course management system. Students are responsible for checking BlackBoard announcements, keeping up with assignments, taking quizzes and exams. If you are using a personal computer to access the course, you must ensure that it has the appropriate browsers and programs installed to access BlackBoard and course content. If you experience technical difficulties, please contact COLTT or the UTRGV IT Helpdesk.

Internet Access: To take this course, you must have access to a computer with an Internet connection and a UTRGV email account. A broadband Internet connection is preferred. There will not be any make-up quizzes or exams given as a result of internet connection problems. You will have plenty of time to take quizzes and exams and can always make use of university computers if there are any concerns about access to, or reliability of, your own internet service.

NETIQUETTE

Netiquette is online etiquette. It is important that all participants in online courses be aware of proper online behavior and respect each other.

Use appropriate language for an educational environment:

1. Use complete sentences
2. Use proper spelling and grammar
3. Avoid slang and uncommon abbreviations
4. Avoid online acronyms and shorthand (LOL), particularly in e-mails to your professor.
5. Do not use obscene or threatening language
6. Remember that the University values diversity and encourages discourse. Be respectful of differences while engaging in online discussions. For more information about Netiquette, see The Core Rules for Netiquette.

SKILLS REQUIRED FOR ONLINE COURSES

Online courses offer certain benefits over traditional classroom courses, but are not for everyone. To be a successful online learner you must be self-directed and have good time management skills. Online learners work well alone and are comfortable without the social elements of face-to-face courses in the classroom. You are expected to log on to Blackboard regularly. Think of Blackboard as a place to locate essential information that you will need to complete a course. Some students think online courses are as much work as face-to-face courses, and some say it actually takes additional time to do the work. You must be sure that you have allocated at least as much time to complete the online coursework as you would have spent in the classroom, plus time for homework.

You will find the following types of information on Blackboard:

- Announcements
- Course documents/materials
- Course syllabus
- Assignments
- Quizzes and exams
- Discussion boards
- Grades

This online course is set up in sessions (a.k.a. units/modules). It is important to work at an appropriate pace so you don’t fall behind. Assignments/homework, tests and quizzes are done online and are automatically graded. The time and date of your submission are automatically recorded and must meet any deadline requirements to receive the associated points.

Discussion is an important part of both face-to-face courses and online courses; discussions for this course will primarily take place in-class rather than through online discussion boards.