

Course Specification
2025/2026
علم النفس
Psychology
Course code: SUP 311

Course Specification

(2025)

1. Basic Information

Course Title (according to the bylaw)	Psychology علم النفس			
Course Code (according to the bylaw)	SUP 311			
Department/s participating in delivery of the course	- Psychiatric and Mental Health Nursing.			
Number of teaching hours/points of the course (according to the bylaw)	Theoretical	Practical	Other (specify)	Total
	1 hour			1 hour
Course Type	اجباري			
Academic level at which the course is taught	الفرقة الثالثة / الفصل الدراسي الأول			
Academic Program	Bachelor Degree in Nursing Science			
Faculty/Institute	Nursing			
University/Academy	Benha			
Name of Course Coordinator	Assist.prof.Dr/ Rehab Mohmed Elsayed			
Course Specification Approval Date	2/7/2025			
Course Specification Approval (Attach the decision/minutes of the department /committee/council)	<u>مجلس قسم تمريض أمراض النساء والتوليد</u>			

2. Course Overview (Brief summary of scientific content)

The course aims to provide undergraduate student with knowledge and practice and situations that's related to psychology and human science. Its importance for nursing profession and practice of nursing, learning and research.

3. Course Learning Outcomes CLOs

Matrix of course learning outcomes CLOs with program outcomes POs (NARS/ARS)

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		Course Learning Outcomes Upon completion of the course, the student will be able to:	
Code	Text	Code	Text
1.1.3	Practice nursing in accordance with institutional/national legislations, policies and procedural guidelines considering patient/client rights.	1.1.3.1	Explain the concept of patient rights in relation to ethical principles of psychology.
		1.1.3.2	Illustrate the role of perception and cognitive processes in respecting patient autonomy.
		1.1.3.3	Analyze stress and stress management strategies in compliance with institutional policies.
		1.1.3.4	Demonstrate appropriate communication styles that respect legal and ethical guidelines in patient care.
2.1.2	Provide holistic nursing care that addresses the needs of individuals, families and communities across the life span.	2.1.2.1	Discuss the psychological and mental illnesses affecting individuals at different life stages.
		2.1.2.2	Evaluate the influence of motives and emotions on patient behavior and health outcomes.

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		Course Learning Outcomes Upon completion of the course, the student will be able to:	
Code	Text	Code	Text
		2.1.2.3	Integrate stress management strategies into holistic care plans for patients and families.
		2.1.2.4	Assess the impact of memory and personality development on patient needs and responses to care.
3.2.2	Act to protect patients and their families from unsafe, illegal, or unethical care practices in different work settings.	3.2.2.1	Identify early psychological signs of stress, frustration, and conflict that may affect patient safety.
		3.2.2.2	Differentiate between healthy coping mechanisms and harmful defense mechanisms in patient behavior.
		3.2.2.3	Describe how knowledge of personality theories can prevent unethical or unsafe interactions.

4. Teaching and Learning Methods

- Interactive lectures
- Electronic learning.
- Blended learning.

5. Course Weekly Schedul

Number of the Week	Scientific content of the course (Course Topics)	Total Weekly Hours	Expected number of the Learning Hours			
			Theoretical teaching (lectures/discussion groups/.....)	Training (Practical/Clinical/...)	Self-learning (Tasks/Assignment s/ Projects/..)	Other (to be determined)
1	Perception	1hour	1hour	--	--	--
2	Defense mechanism	1hour	1hour	--	--	--
3	Stress & Stress management strategies	1hour	1hour	--	--	--
4	Stress & Stress management strategies	1hour	1hour	--	--	--
5	Definition of psychology and its branches and schools	1hour	1hour	--	--	--
6	Frustration, conflict, stresses	1hour	1hour	--	--	--
7	Psychological and mental illnesses	1hour	1hour	--	--	--
8	Psychological and mental illnesses	1hour	1hour	--	--	--
9	Theories of personality	1hour	1hour	--	--	--
10	Theories of personality	1hour	1hour	--	--	--
11	Motives of behavior and its definition	1hour	1hour	--	--	--
12	Memory	1hour	1hour	--	--	--
13	Memory	1hour	1hour	--	--	--
14	Personality Development	1hour	1hour	--	--	--
15	Personality Development	1hour	1hour	--	--	--

6. Methods of students' assessment

No.	Assessment Methods *	Assessment Timing (Week Number)	Marks/ Scores	Percentage of total course Marks
1	Final written exam. (electronic)	16 th week	50	100%

7. Learning Resources and Supportive Facilities *

Learning resources (books, scientific references, etc.) *	The main (essential) reference for the course	Handout For psychology,(2024/2025): Faculty of nursing, Benha University.
	Other References	- Rageh, A. (2025): Introduction into psychology, Alexandria, University knowledge house. - Tavis, C. & Wade,C.(2025). Psychology in perspective.2nd edition. Longman Inc , New York.
	Electronic Sources	- American Psychological Association (APA) – https://www.apa.org - National Institute of Mental Health (NIMH) – https://www.nimh.nih.gov - Simply Psychology – https://www.simplypsychology.org
	Learning Platforms	- https://www.edx.org/learn/psychology_ - https://www.futurelearn.com/subjects/psychology-and-mental-health-courses_
	Other	-----
Supportive facilities & equipment for teaching and learning *	Devices/Instruments	Data show
	Supplies	White board
	Electronic Programs	Microsoft team
	Skill Labs/ Simulators	---
	Virtual Labs	----
	Other (to be mentioned)	----

Name and Signature
Course Coordinator

Dr:- Rehab Mohamed Elsayed
21/7/2025

Name and Signature
Program Coordinator

Dr. Mahbouba Subhy
21/7/2025