



## COURSE DATA

### Data Subject

<b>Code</b>	33327
<b>Name</b>	Psychobiological bases applied to social intervention
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	4.5
<b>Academic year</b>	2021 - 2022

### Study (s)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	4	Second term

### Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	26 - Psychobiological bases applied to social intervention	Optional

### Coordination

Name	Department
MESA GRESA, PATRICIA	268 - Psychobiology

## SUMMARY

The subject '*Bases Psicobiológicas aplicadas a la intervención social*' is an elective subject. It is divided into four parts: the psychobiological bases of violent behavior, aging, addictive processes and the relationship between physical exercise and mental health.

Although there are no prerequisites for enrollment, in terms of content, it is recommended to have taken previous compulsory subjects such as Fundamentals of Psychobiology, Physiological Psychology I, Physiological Psychology II, Psychoendocrinology and Psychopharmacology for optimal use of the course. This is a level of deepening of the previously acquired psychobiological aspects that aims to add an applied aspect and adjusted to the field of social intervention.



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

### 1319 - Degree in Psychology

- Be able to describe and measure variables (personality, intelligence, attitudes, aptitudes, etc.) and cognitive, emotional, psychobiological and behavioural processes.
- Know how to choose the appropriate psychological intervention techniques to achieve the intended goals.
- Be able to prepare oral and written reports.
- Know and comply with professional ethics of Psychology.
- Know the basics of the application of psychobiological knowledge to social intervention.
- Be able to describe and identify the psychobiological processes underlying violent behaviour and their applications in social intervention.
- Be able to describe and identify the psychobiological processes underlying aging processes and their applications in social intervention.
- Be able to describe and identify the psychobiological processes underlying addictive processes and their applications in social intervention.

To identify and assess the psychobiological bases in the violent behaviour, in the aging processes, the addictive processes and the physical activity.

## DESCRIPTION OF CONTENTS

### 1. Psychobiology of violence

Delineation and typology. Neurobiology of violence. Psychobiology of violence applied to psychosocial intervention. Impact of violence on victims. Application in psychosocial intervention.



**2. Psychobiological basis of aging processes**

Concepts and theories of aging. Nutrition, physical activity and aging. Brain plasticity and cognitive reserve. Implications for psychosocial intervention.

**3. The addicted brain**

Brain reward system. Dopamine and reward. Neurobiology of addiction. Mechanism of action and effects of the main drugs of abuse. Animal models for the study of addiction. Implications for psychosocial intervention.

**4. Exercise and mental health**

Exercise and mental health. Physical effort and reinforcement. Effects of acute exercise on mood. Anxiolytic and antidepressant effects of regular physical activity. Explanatory hypotheses. Dependence of physical exercise. Euphoria produced by physical effort. The hypothesis of endorphins. Disorders associated with excessive exercise.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	45,00	100
Development of group work	7,50	0
Development of individual work	7,50	0
Preparation of evaluation activities	22,50	0
Preparing lectures	15,00	0
Preparation of practical classes and problem	15,00	0
<b>TOTAL</b>	<b>112,50</b>	

**TEACHING METHODOLOGY**

M1. Lectures given by the teacher developing the various contents of the subject, while promoting participatory involvement of students by solving of the issues that arise throughout the exhibition.

M4. Theoretical and practical classes with audiovisual support, links to different websites with content related to the subject, textbooks and scientific articles and other readings and materials.

M6. Scheduled individual or group tutoring for supervising practical work, guidance and resolution of doubts.



M23. Practical sessions in laboratories and seminars aimed at applied issues in which the student work, individually or in group, with the provided material (tests, articles, scientific equipment for recording variables) to achieve a goal.

## EVALUATION

### Minimum requirements

**To pass the course is necessary to reach 50% of the maximum score.**

The evaluation of the students will be based on the evaluation of the following sections *both in the first and second call*:

**SE1 Assessment of theoretical and practical content through oral, written or performance tests. Up to 80%.**

The test will consist of an exam with multiple-choice questions (3 alternatives) and short questions, including theoretical-practical content.

To pass the subject, a minimum score of 5 out of 10 points must be obtained in the Exam (SE1), both in the first and second call.

**SE2. Oral or written presentation of reports, individual or group work, clinical cases, problem solving, questionnaires and/or management of diagnostic tests. Up to 20%.** Active participation in class activities, seminars and workshops and motivation for the quality of learning outcomes will be valued. There will be 4 reports and/or questionnaires with a maximum weighting of 5% of the score for each of the reports.

The 20% is equivalent to 2 points of the final grade (out of 10) of the subject, of which 15 % will be recoverable in the SECOND CALL by means of an examination and 5 % will be non-recoverable works/activities that will be carried out during the classes (these scores for the non-recoverable activities will be maintained in the second call).

- Students will have the right to pass the course in the second call.
- Those scores equal to or higher than 9.5 points, will be eligible for honours. In case of a tie in the grade, the teacher may include an extra question in the exam that may be considered when awarding the corresponding honour.



### Qualification system

The evaluation of the subject and the challenge of the qualification obtained are subject to the provisions of the 'Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster' (ACGUV 108/2017 of May 30, 2017).

[http://www.uv.es/graus/normatives/2017\\_108\\_reglament\\_avaluacio\\_qualificacio.pdf](http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf)

In accordance with this regulation, it is specified in numerical expression from 0 to 10 with a decimal, using the following rating scale:

- From 0 to 4.9: failing grade.
- From 5 to 6.9: approved.
- From 7 to 8.9: remarkable.
- From 9 to 10: excellent or outstanding honors.

The different sections considered in the evaluation will only be added when the minimum requirements established for each and every one of the sections are exceeded.

The grade obtained *in the first call* in accordance with the following rules will be incorporated in the minutes of the subject:

- If there is no grade in the evaluation section with the highest weighting, the grade will be NOT PRESENTED, regardless of the rest.
- If there is a grade in the evaluation section with a higher weighting, and this does not exceed the minimum requirements, SUSPENSO, and the numerical note in base 10 of the grade in this section will be stated.
- If there is a grade in the evaluation section with a higher weighting, and it exceeds the established minimum requirements, but these requirements are not met in any of the other sections, SUSPENSION and the numerical note in base 10 of the grade in the section will be stated. for which he does not pass the subject.

*In the second call*, the procedure will be in accordance with the following rules:

- There will only be the option NOT PRESENTED, when it has not been presented in more than one of the evaluation sections, including the one with more weighting.
- If there are qualifications in all the evaluation sections and the minimum requirements are not met in any of them, there will be FAILING GRADE and the grade in base 10 corresponding to the section that has not been passed. If no more than one section has been passed, the maximum grade will be included in the suspension in base 10.



- If one or more of the minimum requirements is not exceeded, and an evaluation section is missing, FAILING GRADE and the numerical mark in base 10 of the qualification of the section not passed will be stated. - If two assessment sections are passed and there is a third in which no assessment evidence has been submitted, it will state FAILING GRADE and, as a grade, the average of the scores, with a grade of 0.0 in the part not presented (maximum possible 4.9).
- If the most weighted test is passed, but there is no evidence in one or more of the remaining sections, there will be FAILING GRADE. The parts shall be added and: a) if the sum is less than 5, such result shall be stated; b) if the sum is greater than 5, 4.9 shall be stated.

### **Warnings about plagiarism.**

The copy or manifest plagiarism of any task that forms part of the evaluation will suppose the impossibility to surpass the subject and will be subjected next to the opportune disciplinary procedures. Please note that, in accordance with article 13. d) of the University Student Statute (RD 1791/2010, of 30 December), it is the student's duty to refrain from using or cooperation in fraudulent procedures in the evaluation tests, in the works that are carried out or in official documents of the university

During tutoring hours, teachers may require individual or group interviews in order to verify the degree of participation and achievement in the objectives established for any task performed. Failure to accept this verification will mean that you will not pass the task or activity in question.

## **REFERENCES**

### **Basic**

- Carlson, N.R. (2018). Fisiología de la conducta (12ª edición). Ed. Pearson.
- Moya-Albiol, L. (2015). Neurocriminología. Ed. Pirámide.
- Marfany, G. (2011). Per què envellim? Resposta de la ciència a una vella preocupació humana. Ed. Universitat de Barcelona.
- Suay, F. (2010). Psicobiología de lesport i l'activitat física. Ed. Universitat de València.

### **Additional**

- Chang, I. (2017). La violación de Nanking: El holocausto olvidado de la Segunda Guerra Mundial. Madrid: Capitán Swing.
- Damoiseaux, J. S. (2017). Effects of aging on functional and structural brain connectivity. Neuroimage, 160, 32-40.



Milgram, S. (2016). Obediencia a la autoridad. Madrid: Capitán Swing.

Ruiz-Sánchez de León, J.M., & Pedrero-Pérez, E.J. (2014). Neuropsicología de la Adicción. Madrid: Editorial Médica Panamericana.

Sapolsky, R. (2017). Compórtate. La biología que hay detrás de nuestros mejores y peores comportamientos. Madrid: Capitán Swing.

Owens, B. (2015). Addiction. Nature, vol. 522, Issue N° 7557, S45-S64.

Blasco, M.A., & Salomone, M.G. (2016). Morir joven, a los 140: El papel de los telómeros en el envejecimiento y la historia de cómo trabajan los científicos para conseguir que vivamos más y mejor. Ed. Paidós.

Fuster, V., & Corbella, J. (2016). La ciencia de la larga vida. Ed. Planeta.

Arbinaga, F., & Cantón, E. (2013). Psicología del deporte y la salud: Una relación compleja. Ed. EOS.

## **ADDENDUM COVID-19**

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

### **1. CONTENTS**

The contents initially collected in the teaching guide are reduced by selecting the indispensable concepts to acquire the skills. Specifically, Unit 4 of the syllabus is reduced.

### **2. WORKLOAD AND TIMING**

The classes will be adapted to the hybrid or online will be extended for the time determined by the Academic Committee of the Degree, in accordance with the guidelines received from the Rectorate. The volume of work will be adapted to the model in force at any given moment.

### **3. TEACHING METHODOLOGY**



Mixed systems of teaching methodology will be used, including

- Master classes in person and by videoconference,
- problem solving and case studies,
- laboratory practices and/or video viewing,
- Synchronous and asynchronous video conferences and voice transparencies,
- debates in the forum.

Students will be encouraged to do pre-session work in order to take active advantage of the sessions. The sessions can also be used for continuous evaluation.

Tutorials will be carried out in a non-presential way, through e-mail, messages in the virtual classroom and/or by videoconference.

#### **4. EVALUATION**

In order to pass the course, 50% of the maximum grade must be achieved through a final exam and continuous assessment activities. The final exams will be held in accordance with the regime determined by the agreements of the 'Consell de Govern' in force at the time.

- Final exam: 60% of the final grade. A performance test will be given on the level of knowledge of theoretical and practical content, which may have objective questions, gap-filling questions and open-ended questions. This test will be eliminatory, and at least 50% of the exam grade must be obtained to pass the course.
- Continuous evaluation activities: 40% of the final grade. Activities may include questionnaires, reports, case study analysis, individual or group work, book presentations, etc., and should be delivered through the virtual classroom. In case any student has difficulties (duly justified) the teacher will specify an alternative method for the realization and delivery of the activities. The student who has not carried out (partially or totally) the activities without justified cause (and informed throughout the course) and does not reach the pass mark (between exam and continuous assessment), will take an exam of that content in the second call.
- Those scores equal to or higher than 9.5 points, will be eligible for honors. In case of a tie in the grade, the teacher may include an extra question in the exam that may be considered when awarding the corresponding honor.

General aspects of the evaluation of the subject:

- There are no differences in the evaluation between the first and second call, nor in the minimum requirements that must be met to pass the subject.
- All evaluation activities will be recoverable on second call.
- The right of students to pass the subject on second call is ensured.
- Class attendance is not a necessary requirement to pass the course.





## 5. REFERENCES

They appear in the corresponding section of the Academic Guide.

