



# **OTHM LEVEL 4 DIPLOMA IN PSYCHOLOGY**

Qualification Number: 610/2307/3

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Specification | January 2022

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# INTRODUCTION

The OTHM Level 4 Diploma qualifications provide learners with industry-specific and practical skills, enabling them to successfully apply their knowledge in the workplace, enhance their career prospects and allow progression to further study.

The OTHM Level 4 Diploma qualifications are equivalent to the first year of a university degree. Learners will study level 4 worth 120 credits per with a total credit value of 120 credits.

The Level 4 units lay the foundations of learning by providing an introduction to relevant topics.

Key features of OTHM 4 Extended Diploma qualifications:

- A stimulating and challenging programme of study that will be both engaging and informative for learners
- Learners can gain the essential subject knowledge needed to progress successfully into further study or the world of work
- Refreshed content that is closely aligned with employer and higher education needs
- Assessments that consider cognitive skills along with affective and applied skills
- OTHM set unit assignments and a varied approach to assessment that supports progression to Level 5
- Learners will develop knowledge and academic study skills including active research skills, effective writing skills, analytical skills, critical thinking, creative problem-solving, decision-making and digital literacy.

# QUALIFICATION OBJECTIVES

The objective of the OTHM Level 4 Diploma in Psychology qualification is to provide learners with a specialist programme of study that provides a depth of knowledge and understanding of key aspects within the field of Psychology.

Learners will study 6 units, worth 120 credits per with a total credit value of 120 credits (equivalent to the first year of an honours degree).

The Level 4 units introduce relevant topics that lay the foundation for learning. Learners will be introduced to historical and contemporary approaches to psychology, including biopsychology, social and developmental psychology, attachment theories, human memory processes and contemporary research and investigation methods.

Following successful completion of the course, learners will have a well-rounded knowledge of psychology, which can be applied to further study and careers associated with the subject.

## QUALITY, STANDARDS AND RECOGNITIONS

OTHM Qualifications are approved and regulated by Ofqual (Office of Qualifications and Examinations Regulation). Visit the register of [Regulated Qualifications](#).

OTHM has progression arrangement with several UK universities that acknowledges the ability of learners after studying Level 3-7 qualifications to be considered for advanced entry into corresponding degree year/top up and Master's/top-up programmes.

## REGULATORY INFORMATION

Qualification Title	OTHM Level 4 Diploma in Psychology
Ofqual Qualification Number	610/2307/3
Regulation Start Date	25/01/2022
Operational Start Date	26/01/2022
Duration	1 year
Total Credit Value	120 Credits
Total Qualification Time (TQT)	1200 Hours
Guided Learning Hours (GLH)	600 Hours
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Overall Grading Type	Pass / Fail
Assessment Methods	Coursework
Language of Assessment	English

## EQUIVALENCES

OTHM qualifications at Level 4 and 5 represent practical knowledge, skills, capabilities and competences that are assessed in academic terms as being equivalent to Higher National Certificates (HNC) and Year 1 of a three-year UK Bachelor's degree programme.

## QUALIFICATION STRUCTURE

The OTHM Level 4 Diploma in Psychology qualification consists of six mandatory units, 120 credits, 1200 hours Total Qualification Time (TQT) and the recommended Guided Learning Hours (GLH) for this qualification is a minimum of 600 hours.

To achieve the OTHM Level 4 Diploma in Psychology qualification, learners must achieve 120 credits.

**All units are mandatory.**

Unit Ref. No.	Unit title	Level	Credit	GLH	TQT
D/650/1277	The Scope of Psychology	4	20	100	200
F/650/1278	Introduction to Social and Development Psychology	4	20	100	200
H/650/1279	Biopsychology	4	20	100	200
L/650/1280	The Development of Attachments	4	20	100	200
M/650/1281	Processes of Human Memory	4	20	100	200
R/650/1282	Research Methods and Investigating Psychology	4	20	100	200

## DEFINITIONS

**Total Qualification Time (TQT)** is the number of notional hours which represents an estimate of the total amount of time that could be expected to be required for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of a qualification.

*Total Qualification Time is comprised of the following two elements –*

- a) *the number of hours which an awarding organisation has assigned to a qualification for Guided Learning, and*
- b) *an estimate of the number of hours a Learner will be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but, unlike Guided Learning, not under the Immediate Guidance or Supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.*

*(Ofqual 15/5775 September 2015)*

**Guided Learning Hours (GLH)** are defined as the hours that a teacher, lecturer or other member of staff is available to provide immediate teaching support or supervision to a student working towards a qualification.

**Credit value** is defined as being the number of credits that may be awarded to a learner for the successful achievement of the learning outcomes of a unit. One credit is equal to 10 hours of TQT.

## ENTRY REQUIREMENTS

These qualifications are designed for learners who are typically aged 18 and above. The entry profile for learners is likely to include at least one of the following:

- Relevant Level 3 Diploma qualification or equivalent qualification
- GCE Advanced level in 2 subjects or equivalent qualification
- Mature learners (over 21) with relevant management experience (learners must check with the delivery centre regarding this experience prior to registering for the programme)

**English requirements:** If a learner is not from a majority English-speaking country, they must provide evidence of English language competency. For more information visit the [English Language Expectations](#) page on the [OTHM website](#).

## PROGRESSION

Successful completion of the OTHM Level 4 Diploma in Psychology qualification provides learners the opportunity for a wide range of academic progressions including entry to a Level 5 Diploma qualification in a related field or directly into employment.

As this qualification is approved and regulated by Ofqual (Office of the Qualifications and Examinations Regulation), learner may be eligible to gain direct entry into Year 3 of a three-year UK Bachelor's degree programme. For more information visit [University Progressions](#) page.

## DELIVERY OF OTHM QUALIFICATIONS

OTHM do not specify the mode of delivery for its qualifications, therefore OTHM Centres are free to deliver this qualification using any mode of delivery that meets the needs of their learners. However, OTHM centres should consider the learners' complete learning experience when designing the delivery of programmes.

It is important that centres develop an effective delivery method to teaching and learning that supports the progression and stretch of learners through the level 4 and 5 units of the OTHM Level 5 Extended Diploma qualifications.

OTHM Centres must ensure that the chosen mode of delivery does not unlawfully or unfairly discriminate, whether directly or indirectly, and that equality of opportunity is promoted. Where it is reasonable and practicable to do so, it will take steps to address identified inequalities or barriers that may arise.

Guided Learning Hours (GLH) which are listed in each unit gives centres the number of hours of teacher-supervised or direct study time likely to be required to teach that unit.

## ASSESSMENT AND VERIFICATION

All units within this qualification are assessed and internally quality assured by the centre and externally verified by OTHM. The qualifications are criterion referenced, based on the achievement of all the specified learning outcomes.

To achieve a 'pass' for a unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria. Judgement that the learners have successfully fulfilled the assessment criteria is made by the assessor.

Specific assessment guidance and relevant marking criteria for each unit are made available in the Assignment Brief document.

The assessor should provide an audit trail showing how the judgement of the learners' overall achievement has been arrived at.

### Assessment Tracking and Recording Learner Progress

It is necessary to track and record learner achievement throughout the delivery period of the OTHM Level 4 Diploma and this should not be left until the end of the course.

This will include regular review of learner work through formative and summative assessment and internal quality assurance at planned intervals during the programme:

- before decisions have been made on any unit

- sampling evidence once one or two of the units or assignments are completed

Tracking learner progress, recording the achievement of each learner per criteria on a unit-by-unit basis ensures:

- the assessment evidence is clearly measured against national standards
- learner progress is accurately tracked
- the assessment process can be reliably verified
- evidence is valid, authentic and reliable for the safety of certification
- identification of which assessments are outstanding
- internal verification is timely
- samples for standards verification and other external audits can be made available as required
- up to date, securely stored assessment records help to minimise the risk of assessment malpractice and potential issues; maintaining the integrity of the qualification.

Tutors/Assessors should provide learners with formative and summative feedback to aid development during their studies.

### **Formative Assessment**

Formative assessment is an integral part of the assessment process, involving both the Tutor/Assessor and the learner about their progress during the course of study.

Formative assessment takes place prior to summative assessment and focuses on helping the learner to reflect on their learning and improve their performance and does not confirm achievement of grades at this stage.

The main function of formative assessment is to provide feedback to enable the learner to make improvements to their work. This feedback should be prompt so it has meaning and context for the learner and time must be given following the feedback for actions to be complete. Feedback on formative assessment must be constructive and provide clear guidance and actions for improvement.

All records should be available for auditing purposes, as we may choose to check records of formative assessment as part of our ongoing quality assurance.

### **Summative Assessment**

Summative assessment is used to evaluate learner competence and progression at the end of a unit or component. Summative assessment should take place when the assessor deems that the learner is at a stage where competence can be demonstrated.

Learners should be made aware that summative assessment outcomes are subject to confirmation by the Internal Verifier and External Quality Assurer (EQA) and thus is provisional and can be overridden. Assessors should annotate on the learner work where the evidence supports their decisions against the assessment criteria. Learners will need to be familiar with the assessment and grading criteria so that they can understand the quality of what is required.

<b>Formative Assessment</b>	<b>Summative Assessment</b>
used during the learning process	used at the end of the learning process
provides feedback on learning-in-process	evaluates achievement against learning outcomes and assessment criteria

dialogue-based, ungraded	graded Pass / Refer
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Evidence of both formative and summative assessment **MUST** be made available at the time of external quality assurance – EQA.

## **RECOGNITION OF PRIOR LEARNING AND ACHIEVEMENT**

Recognition of Prior Learning (RPL) is a method of assessment that considers whether learners can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they already possess and do not need to develop through a course of learning.

RPL policies and procedures have been developed over time, which has led to the use of a number of terms to describe the process. Among the most common are:

- Accreditation of Prior Learning (APL)
- Accreditation of Prior Experiential Learning (APEL)
- Accreditation of Prior Achievement (APA)
- Accreditation of Prior Learning and Achievement (APLA)

All evidence must be evaluated with reference to the stipulated learning outcomes and assessment criteria against the respective unit(s). The assessor must be satisfied that the evidence produced by the learner meets the assessment standard established by the learning outcome and its related assessment criteria at that particular level.

Most often RPL will be used for units. It is not acceptable to claim for an entire qualification through RPL. Where evidence is assessed to be only sufficient to cover one or more learning outcomes, or to partly meet the need of a learning outcome, then additional assessment methods should be used to generate sufficient evidence to be able to award the learning outcome(s) for the whole unit. This may include a combination of units where applicable.



## **EQUALITY AND DIVERSITY**

OTHM provides equality and diversity training to staff and consultants. This makes clear that staff and consultants must comply with the requirements of the Equality Act 2010, and all other related equality and diversity legislation, in relation to our qualifications.

We develop and revise our qualifications to avoid, where possible, any feature that might disadvantage learners because of their age, disability, gender, pregnancy or maternity, race, religion or belief, and sexual orientation.

If a specific qualification requires a feature that might disadvantage a particular group (e.g., a legal requirement regarding health and safety in the workplace), we will clarify this explicitly in the qualification specification.

# LEVEL 4 UNIT SPECIFICATIONS

## THE SCOPE OF PSYCHOLOGY

Unit Reference Number	D/650/1277
Unit Title	The Scope of Psychology
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

This aim of this unit is to equip learners with the knowledge and understanding of a brief history of psychology and its applications in applied psychology. The learner will also address the theoretical differences of how Psychologists make different assumptions about what aspects of a person should be the focus of study. Although the major approaches contain distinguishable theories, they share certain principles and assumptions. As well as discussing the roots of science and what is meant by science, we explore the study of human behaviour from a scientific standpoint.

### Learning Outcomes, Assessment Criteria and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand the scope of psychology.	1.1 Define the word 'psychology' 1.2 Understand the emergence of psychology as a discipline. 1.3 Describe the theoretical approaches or orientations within psychology. 1.4 Analyse how key concepts in psychology relate to current and contemporary issues in modern society.	<ul style="list-style-type: none"> <li>• The origins of Psychology; William Wundt (1832-1920)</li> <li>• Classifying the work of psychologists; the process approach; Physiological or Biopsychology; cognitive psychology; comparative psychology.</li> <li>• The Person approach; Social psychology; Developmental psychology and individual differences.</li> </ul>

		<ul style="list-style-type: none"> <li>• Areas of applied psychology; clinical psychology; counselling psychology; educational psychology; occupational (work or organisational psychology); Health psychology and Chartered Psychologists</li> </ul>
<p>2. Understand the theoretical approaches to psychology.</p>	<p>2.1 Explain the basic principles and assumptions of theoretical approaches to psychology.</p> <p>2.2 Assess how the basic principles and assumptions underpin theoretical approaches to psychology.</p>	<ul style="list-style-type: none"> <li>• Biopsychological approach; basic principles and assumptions</li> <li>• Behaviourist approach; Watson (1913); Skinner (1987) Pavlov. Theoretical contributions explanations of behaviour in conditioning terms and practical contributions; Behaviour therapy; behaviour pharmacology; Biofeedback.</li> <li>• The Psychodynamic approach; Freud; Erikson; (1902-1994) Jung (1875-1961); Adler (1870-1937) basic principles and assumptions; behaviour is determined by unconscious thoughts. Theoretical contributions: theories on motivation, dreams, attachment, gender development; abnormality; personality. Practical contributions; psychotherapy; behaviour therapies; Freudian terminology</li> <li>• The Humanistic Approach; basic principles and assumptions; Abraham Maslow (1908-1970) Carl Rogers (1951) Theoretical contributions; Maslow's Hierarchy of Needs Practical contributions: psychotherapy; client centred therapy; Person centered therapy; counselling</li> <li>• The Cognitive Approach; basic principles and assumptions; Theoretical Contributions; social learning theory (Bandura); information processing approach; the term social cognition; attitudes; and attitude change (including prejudice) and areas of social psychology. Practical Contributions; REBT (Ellis 1987) cognitive behavioural therapies; research into</li> </ul>

		<p>working memory</p> <ul style="list-style-type: none"> <li>• The Social Constructionist Approach; basic principles and assumptions Gergen (1973) and Burr (2003); social representations Serge Moscovici (1925-2014)</li> <li>• The Evolutionary Approach ; basic principles and assumptions (Wilson 1975); Buss (1995) Theoretical contributions: adaptive responses to threatening stimuli; chronic stress explanations; parental investment; Dawkins (1976) selfish gene theory</li> </ul>
3. Understand psychology as a science.	3.1 Assess how appropriate it is to use the scientific method to study human behaviour and cognitive processes.	<ul style="list-style-type: none"> <li>• Philosophical dualism 17<sup>th</sup> Century (Descartes); Empiricism (17<sup>th</sup> and 18<sup>th</sup> Century) Locke, Hume, Berkley, and psychology. Wundt's contributions (1874) and Experimental psychology.</li> <li>• William James's contribution (1842-1910)</li> <li>• Watson's Behaviourist revolution (1878-1958)</li> <li>• The Cognitive revolution (1956)- information processing approach Miller (1920-2012).</li> <li>• The major features of science; the scientific method; Kuhn's stages in the development of science</li> <li>• The problem of objectivity</li> <li>• The psychological experiment as a social situation; experimenter bias; demand characteristics the problem of representativeness. The problem of artificiality; the problem of internal versus external validity</li> </ul>
4. Understand ethical issues in psychology.	<p>4.1 Identify the ethical issues surrounding research with human participants and non-human participants.</p> <p>4.2 Analyse the ethical issues surrounding research with human participants and non-human participants.</p>	<ul style="list-style-type: none"> <li>• Major professional bodies for Psychologists; The British Psychological Society (BPS) and the American Psychological Society (APA)</li> <li>• Research with human participants; consent; deception; debriefing; protection of participants</li> <li>• Milgram's obedience experiment (1974) and</li> </ul>

		<ul style="list-style-type: none"> <li>• Zimbardo's (1973 Prison simulation experiment</li> <li>• The ethics of socially sensitive research (SSR) (Stanley and Sieber (1988)</li> <li>• Research with non-human (animal) subjects (BPS 2007); safeguards for animal subjects</li> <li>• Ethics faced by Psychologist's attempting to change other people's behaviour</li> <li>• Therapists as value-neutral and non-directive</li> <li>• Power imbalances</li> </ul>
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## Assessment

To achieve a 'pass' for this unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria.

Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Banyard, P. & Grayson, A. (2008) *Introducing Psychological Research: Seventy Studies that Shape Psychology* (3rd Ed.) Basingstoke : Palgrave

Banyard, P and Flanagan, C (2011) *Ethical issues in Psychology*, London Routledge

Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour 8th Edition*. London: Taylor & Francis.

Gross, R. (2018) *Psychology in Historical Context; Theories and Debates*. London; Routledge. Chapter 2

Gross, R. (2014) *Themes, Issues, and Debates in Psychology* (4<sup>th</sup> Edition) London: Hodder Education. Chapter 5

Gross, R. (2018) *Being Human; Psychological Perspectives on Human Nature* (2<sup>nd</sup> edition): London; Routledge.

Wise, R (2000) *Rattling the Cage: Towards legal Rights for Animals*. London: Profile Books

## Websites

[www.apa.org](http://www.apa.org) :The official website of the American Psychological Association /APA

[www.bps.org.uk](http://www.bps.org.uk) : The official website of the British Psychological Society /BPS

[www.freud.org](http://www.freud.org)

[www.psychoanalysis.org.uk](http://www.psychoanalysis.org.uk)

<https://www.verywellmind.com/psychology-history-4157185> Histories and Biographies of major theorists

## INTRODUCTION TO SOCIAL AND DEVELOPMENTAL PSYCHOLOGY

Unit Reference Number	F/650/1278
Unit Title	Introduction to Social and Developmental Psychology
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

This aim of this unit is to equip learners with the knowledge and understanding of the interplay between theory, research, and application in both social psychology and developmental psychology. The unit focuses on core theories and research of social psychology, as well as applications of the field. In the second part of the unit, we will explore the theories and research behind developmental psychology. Developmental psychology theories tend to explain development in terms of a progression through life stages.

### Learning Outcomes, Assessment Criteria and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand the key methodological issues and theorising in social psychology.	1.1 Explain the main phenomena, methods and theorising in social psychology. 1.2 Analyse the ethical issues encountered in the psychological studies by Milgram and Zimbardo.	<ul style="list-style-type: none"> <li>• Types of conformity and explanations of conformity</li> <li>• Key study Asch (1956)</li> <li>• Variables affecting conformity</li> <li>• Conformity to social roles</li> <li>• Key Study (the Stanford Prison experiment- Zimbardo)</li> <li>• Research on obedience Key study Milgram</li> </ul>



		<p>(1963): Milgram’s research and ethical issues and moral responsibility</p> <ul style="list-style-type: none"> <li>• Methodological issues -Milgram’s research</li> <li>• Situational factors in obedience (e.g.: proximity; location and uniform)</li> <li>• Explanations for obedience (agentic state; legitimacy of authority.</li> <li>• The Authoritarian Personality Key study Elms and Milgram (1966)</li> <li>• Resistance to social influence; social support; locus of control</li> <li>• Study: Hofling et al (1966) Obedience in Hospitals</li> <li>• Minority influence and behavioural style; key study Moscovinci et al (1969)</li> <li>• Social influence processes in social change</li> <li>• The power of social situations:</li> <li>• Zimbardo’s research (1973)</li> </ul>
<p>2. Understand the main theoretical views in cognition and development.</p>	<p>2.1 Explain the main phenomena, methods, and theorising in developmental psychology. 2.2 Describe the key features of family and community influences on child development.</p>	<ul style="list-style-type: none"> <li>• Development of thinking</li> <li>• Piaget’s Theory and mechanisms of cognitive development</li> <li>• Stages in cognitive development</li> <li>• Piaget’s research methods</li> <li>• Vygotsky’s theory of cognitive development (Zone of Proximal Development)</li> <li>• Applications of cognitive development theories to education</li> <li>• Development of Moral understanding</li> <li>• Kohlberg’s theory of moral understanding</li> <li>• Development of social cognition</li> <li>• Development of a child’s sense of self</li> <li>• Development of a child’s understanding of others</li> </ul>

<p>3. Understand theories of gender development.</p>	<p>3.1 Identify theories of gender development. 3.2 Analyse theories of gender development.</p>	<ul style="list-style-type: none"> <li>• The vocabulary of sex and gender</li> <li>• Intersexuality</li> <li>• Gender stereotypes and gender differences</li> <li>• Theories of gender development: The biological approach; influence of hormones; gonadal hormones; intersex conditions and human behavioural development</li> <li>• Play behaviour</li> <li>• Core gender identity</li> <li>• Sexual orientation</li> <li>• Gender and the brain</li> <li>• The extreme male brain theory of autistic spectrum disorder</li> <li>• Biosocial Theory</li> <li>• Evolutionary approaches (environmental influences on behaviour)</li> <li>• Freud’s psychoanalytical theory</li> <li>• Social Learning theory (the influence of parents)</li> <li>• Cognitive development theory</li> </ul>
<p>4. Understand adolescence as being a time of physiological and behavioural changes.</p>	<p>4.1 Explain the social meaning of biological changes during adolescence. 4.2 Explain the psychological meaning of biological changes during adolescence. 4.3 Evaluate research into relationships with parents and /or peers in adolescence.</p>	<ul style="list-style-type: none"> <li>• Puberty and body image the social and psychological meaning of biological changes</li> <li>• Theories of adolescence: Hall’s theory (1904)</li> <li>• Adolescent mental health</li> <li>• Self-harm</li> <li>• Sleep disturbance</li> <li>• Studies of delinquent behaviour</li> <li>• Erikson’s theory -identity crisis (1963)</li> <li>• Role confusion</li> <li>• Studies of self esteem</li> <li>• Initiation into adulthood in non-western cultures (Cohen 1964)</li> <li>• Sociological approaches; generation gap</li> <li>• Parent adolescent relationships</li> </ul>

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|  |  | <ul style="list-style-type: none"> <li>• Coleman’s focal theory (1990)</li> </ul> |
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## Assessment

To achieve a ‘pass’ for this unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria.

Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Brannigan, A. (2020). *The Use and Misuse of the Experimental Method in Social Psychology: A Critical Examination of Classical Research* (1st ed.). Routledge.

Dolinski, D., & Grzyb, T. (2020). *The Social Psychology of Obedience Towards Authority*. Taylor & Francis.

Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour* 8th Edition. London: Taylor & Francis.

Hewstone, M., & Stroebe, W. (2021). *An Introduction to Social Psychology*. Wiley.

## Websites

[www.apa.org](http://www.apa.org) :The official website of the American Psychological Association /APA

[www.bps.org.uk](http://www.bps.org.uk) : The official website of the British Psychological Society /BPS

[www.freud.org](http://www.freud.org)

[www.psychoanalysis.org.uk](http://www.psychoanalysis.org.uk)

## BIOPSYCHOLOGY

Unit Reference Number	H/650/1279
Unit Title	Biopsychology
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

This aim of this unit is to equip learners with the knowledge and understanding of the divisions of the nervous system, central and peripheral (somatic and autonomic), then further extend this with knowledge of the structure and function of sensory, relay and motor neurones. The process of synaptic transmission, including reference to neurotransmitters, excitation and inhibition is included in this unit. Additionally, the endocrine system is studied as it works closely with the nervous system to regulate the physiological processes of the human body. The unit is supported with classic psychological studies to illustrate its application.

### Learning Outcomes, Assessment Criteria and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand the structure and function of the nervous system and the system's location in the brain.	1.1 Explain key areas of the human nervous systems and their structure and function. 1.2 Explain how we understand localisation and lateralisation of brain function using examples from psychological studies.	<ul style="list-style-type: none"> <li>• The Nervous system:</li> <li>• Divisions of the nervous system; Central nervous system and the peripheral nervous system.</li> <li>• Central Nervous system:</li> <li>• The spinal cord</li> <li>• The brain</li> <li>• The Peripheral Nervous system:</li> </ul>

		<ul style="list-style-type: none"> <li>• The somatic nervous system</li> <li>• The autonomic nervous system (The sympathetic nervous system and the parasympathetic nervous system)</li> <li>• Localisation of function:</li> <li>• Visual and auditory centres; motor and somatosensory areas</li> <li>• Language centres (Broca's area and Wernicke's area)</li> <li>• Lateralisation and split brain research, language, and handedness (The boys with incomplete brains Mundiano et al., 2017)</li> <li>• Split brain patients (Sperry 1968- when the left brain literally doesn't know what the left hand is doing)</li> </ul>
2. Understand the function of neurons and the process of synaptic transmission.	<p>2.1 Explain the role of sensory, relay and motor neurones.</p> <p>2.2 Explain the nature of synaptic transmission.</p>	<ul style="list-style-type: none"> <li>• The structure and function of neurones; sensory neurones; relay neurones; motor neurones</li> <li>• Synapses and neurotransmitters</li> <li>• Synaptic transmission</li> <li>• Excitatory and inhibitory neurotransmitters</li> </ul>
3. Understand ways of studying the brain.	<p>3.1 Identify methods used by research scientists to study different functions of the brain.</p> <p>3.2 Evaluate the strengths and limitations of methods used by research scientists to study different functions of the brain.</p>	<ul style="list-style-type: none"> <li>• Methods of studying the brain; clinical and anatomical methods; invasive methods. Non-invasive methods</li> <li>• Post-mortem examinations</li> <li>• Functional magnetic resonance imaging (fMRI)</li> <li>• Electroencephalogram (EEG)</li> <li>• Event related potentials (ERPs)</li> </ul>
4. Understand the processes of defending (fight) or running away to safety (flight).	4.1 Explain the fight or flight responses.	<ul style="list-style-type: none"> <li>• The endocrine system</li> <li>• Glands and hormones</li> <li>• The Pituitary gland</li> <li>• Hormones produced by the pituitary gland</li> <li>• The adrenal glands</li> <li>• Hormones produced by the adrenal glands</li> <li>• The fight or flight response to stress</li> </ul>

## Assessment

To achieve a 'pass' for this unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria.

Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour* 8th Edition. London: Taylor & Francis.

## Websites

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[www.freud.org](http://www.freud.org)

[www.psychoanalysis.org.uk](http://www.psychoanalysis.org.uk)

## THE DEVELOPMENT OF ATTACHMENTS

Unit Reference Number	L/650/1280
Unit Title	The Development of Attachments
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

This aim of this unit is to equip learners with the knowledge and understanding of attachments and their loss or disruption can lead to our understanding of how early experiences can impact later development.

### Learning Outcomes, Assessment Criteria and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand learning theory of attachment.	1.1 Explain learning theory of attachment. 1.2 Explain the development of attachments using learning theory.	<ul style="list-style-type: none"> <li>• Learning theory of attachment: Classical conditioning/ operant conditioning/ social learning theory</li> <li>• Bowlby Monotropic attachment theory -critical period; social releasers; monotropy</li> <li>• The evolutionary perspective</li> <li>• Internal working model -the consequences of attachment</li> <li>• Continuity hypothesis</li> <li>• Theory of maternal deprivation and the value of</li> </ul>

		<p>maternal care (Bowlby 44 Juvenile thieves' study (1944))</p> <ul style="list-style-type: none"> <li>• Critical period</li> <li>• Physical and emotional separation, support for long term effects</li> <li>• Deprivation v privation (Rutter 1981)</li> </ul>
2. Understand caregiver-infant interactions, reciprocity and interactional synchrony.	<p>2.1 Explain what is meant by the term 'reciprocity' in relation to caregiver–infant interactions.</p> <p>2.2 Explain what is meant by the term 'interactional synchrony' in relation to caregiver–infant interactions.</p> <p>2.3 Research psychological studies relating to caregiver-infant interactions.</p>	<ul style="list-style-type: none"> <li>• Reciprocity - completely dependent on their caregivers</li> <li>• Interactional synchrony - infants mirror the actions or emotions of another person ie facial expressions</li> <li>• Observational research</li> <li>• Problems with testing infant behaviour; failure to replicate</li> </ul>
3. Understand the development of attachment in human and animal studies.	<p>3.1 Explain attachment.</p> <p>3.2 Describe how attachment develops in humans and animals.</p> <p>3.3 Describe the main studies investigating the development of attachment in humans and animals.</p>	<ul style="list-style-type: none"> <li>• Stages of attachment (Schaffer and Emerson 1960)</li> <li>• Multi attachment</li> <li>• Primary attachment figure</li> <li>• Separation anxiety</li> <li>• Stranger anxiety</li> <li>• Cultural variations</li> <li>• Stage theories</li> <li>• The role of the father</li> <li>• Animal studies of attachment (Lorenz 1935) - imprinting.</li> <li>• Harlow's research (1959)</li> <li>• Criticisms of imprinting</li> <li>• Generalising animal studies to human behaviour</li> <li>• Ethics of Harlow's study</li> </ul>
4. Understand individual and cultural variations in attachment.	<p>4.1 Describe how attachment can vary between individuals and cultures.</p> <p>4.2 Evaluate whether patterns of attachment appear to be universal or are subject to cultural influences.</p>	<ul style="list-style-type: none"> <li>• Ainsworth and the 'strange situation' (key study)</li> <li>• Van IJzendoorn and Kroonenberg (1988) key study</li> <li>• Cultural similarities and differences</li> <li>• Indigenous theories of attachment, culture bias</li> </ul>



## Assessment

To achieve a 'pass' for this unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria.

Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Forslund, T., & Duschinsky, R. (2021). *Attachment Theory and Research: A Reader* (1st ed.). Wiley-Blackwell.

Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour* 8th Edition. London: Taylor & Francis.

Holmes, J. (2014). *John Bowlby and Attachment Theory*. Taylor & Francis.

## Websites

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## PROCESSES OF HUMAN MEMORY

Unit Reference Number	M/650/1281
Unit Title	Processes of Human Memory
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

This aim of this unit is to equip learners with the knowledge and understanding of the different types of memory and the models that show its representation. Theories on forgetting will be included, and the application of psychology is seen in the reliability of witness testimony.

### Learning Outcomes, Assessment Criteria and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand the multi- store model of memory, sensory register and short- and long-term memory.	1.1 Define: <ul style="list-style-type: none"> <li>• multi-store model of memory</li> <li>• sensory register</li> <li>• short-term memory</li> <li>• long-term memory</li> </ul> 1.2 Evaluate the strengths and limitations of the multi-store model of memory.	<ul style="list-style-type: none"> <li>• Short- and long-term memory, capacity, duration and coding</li> <li>• The multi-store model of memory - Richard Atkinson- strengths and limitations</li> </ul>
2. Understand the working memory model.	2.1 Discuss one research study that supports the working memory model. 2.2 Evaluate the strengths and weaknesses of the working memory model.	<ul style="list-style-type: none"> <li>• The working memory model -Alan Baddeley</li> <li>• Central executive.</li> <li>• Episodic buffer</li> <li>• Phonological loop</li> </ul>

		<ul style="list-style-type: none"> <li>• Visuo-spatial sketchpad</li> <li>• strengths and limitations of the model</li> </ul>
3. Understand types of long-term memory.	<p>3.1 Explain what is meant by the term episodic memory.</p> <p>3.2 Explain what is meant by the term semantic memory.</p> <p>3.3 Explain what is meant by the term 'procedural memory.</p> <p>3.4 Explain the distinction between episodic and procedural memory.</p> <p>3.5 Describe types of long-term memory.</p>	<ul style="list-style-type: none"> <li>• Episodic: type of long-term memory that involves conscious recollection of previous experiences together with their context in terms of time, place, associated emotions, etc</li> <li>• Semantic: a type of long-term memory involving the capacity to recall words, concepts, or numbers, which is essential for the use and understanding of language</li> <li>• Procedural: Procedural memory describes an implicit memory relating to learned tasks ie riding a bike</li> <li>• Evidence from brain scans.</li> <li>• Distinguishing procedural and declarative memories</li> <li>• Distinguishing episodic and semantic memories</li> </ul>
4. Understand explanations for forgetting.	<p>4.1 Define what is meant by the terms proactive interference and retroactive interference.</p> <p>4.2 Explain how interference may cause forgetting.</p> <p>4.3 Explain how retrieval failure due to the absence of cues leads to forgetting.</p> <p>4.4 Explain the factors affecting the accuracy of eyewitness testimony.</p>	<ul style="list-style-type: none"> <li>• Interference theory, paired associate testing,</li> <li>• Retrieval failure; The encoding specificity principle; context dependent forgetting; state dependent forgetting</li> <li>• Misleading information Key study -Loftus and Palmer (1974)</li> <li>• Accuracy of eyewitness testimony and the impact of anxiety -key study Johnson and Scott (1976)</li> <li>• The cognitive interview Geiselman et al (1984)</li> </ul>

## Assessment

To achieve a 'pass' for this unit, learners must provide evidence to demonstrate that they have fulfilled all the learning outcomes and meet the standards specified by all assessment criteria.

Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour 8th Edition*. London: Taylor & Francis.

Loftus, E. F., & Loftus, E. F. (2019). *Human Memory*. Taylor & Francis.

Rolls, G. (2019). *Classic Case Studies in Psychology: Fourth Edition (4th ed.)*. Routledge.

## Websites

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## RESEARCH METHODS AND INVESTIGATING PSYCHOLOGY

Unit Reference Number	R/650/1282
Unit Title	Research Methods and Investigating Psychology
Unit Level	4
Number of Credits	20
Total Qualification Time (TQT)	200 hours
Guided Learning Hours (GLH)	100 hours
Mandatory / Optional	Mandatory
Sector Subject Area (SSA)	1.2 Nursing and subjects and vocations allied to medicine
Unit Grading Type	Pass / Fail

### Unit Aims

The aim of this unit is to equip learners with the knowledge and understanding of research and methodology in psychology, with an introduction to statistics and how they interact. Methodology and statistics are introduced here and include design considerations, counterbalancing, sample versus population, descriptive statistics, histograms, summary statistics, and hypothesis testing. You must comply with ethical standards for psychological research.

It is essential that you are familiar with the most recent version of the Code of Ethics and Conduct which applies to all psychological research. Please refer to the American Psychological Association (APA) or British Psychological Society (BPS) for guidance.

### Learning Outcomes, Assessment Criteria, and Indicative Content

Learning Outcome – The learner will:	Assessment Criterion – The learner can:	Indicative content
1. Understand the experimental methods applied in psychology.	1.1 Explain the principles of research design. 1.2 Analyse how scientific method, experimental and descriptive research are interlinked.	<ul style="list-style-type: none"> <li>• The scientific method; empirical methods; objectivity; replicability; theory construction; hypothesis testing</li> <li>• Psychology as a science</li> <li>• Validating new knowledge; the role of peer review</li> <li>• Issues of reliability, validity, and sampling</li> </ul>

		<ul style="list-style-type: none"> <li>• Ethical issues with human participants respect, competence; responsibility and integrity.</li> <li>• Ethical issues with non-human participants; existing constraints (BPS guidelines), animal rights</li> <li>• Ethical issues; informed consent; debrief; research aim, dependent and independent variable; operationalise hypothesis; standardised procedure; extraneous variables; experiment Controls: confounding and extraneous variables; Realism; mundane realism; generalisation. Validity: internal and external validity; ecological validity; population validity; historical validity.</li> <li>• Directional and non-directional hypotheses. Pilot study.</li> <li>• Types of experimental design: repeated measure design; independent groups; matched pairs design; counterbalancing and random allocation; order effects.</li> <li>• Lab and field experiment; natural and quasi experiments; Problems: Manipulation of the IV; demand characteristics; investigator effects; participant variables; situation variables.</li> <li>• Dealing with problems: single blind design; double blind design; experimental realism.</li> <li>• Sampling; bias; random sample; opportunity sample; stratified sampling; systematic sampling; volunteer bias; volunteer sample.</li> <li>• The BPS Code of Ethics and conduct; informed consent; deception; the right to withdraw; protection from physical and psychological harm; confidentiality; privacy; cost benefit analysis; ethics committee; debriefing;</li> </ul>
<p>2. Understand research methods.</p>	<p>2.1 Describe research methods used in psychology. 2.2 Explain how to conduct simple statistical tests</p>	<ul style="list-style-type: none"> <li>• Naturalistic and controlled observations; overt and covert observation; participant and non-participant</li> </ul>

	<p>commonly used in psychology.</p>	<p>observation; interobserver reliability.</p> <ul style="list-style-type: none"> <li>• Observational design; unstructured and structured observations -sampling procedures: sampling event sampling and time sampling</li> <li>• Self- report techniques: questionnaires; structured interview; unstructured interview; Self-report design; questionnaire construction; open and closed questions, sampling techniques; pilot study; qualitative and quantitative data</li> <li>• Case study; content analysis; effect size; meta-analysis; systematic review; cross sectional studies; longitudinal studies</li> </ul>
<p>3. Understand types of data analysis and evaluation.</p>	<p>3.1 Describe types of data analysis used in research. 3.2 Analyse the interrelationship between statistics and research hypotheses in psychology.</p>	<ul style="list-style-type: none"> <li>• Quantitative and qualitative data; primary and secondary data</li> <li>• Correlations: correlational hypothesis; co-variables; positive and negative correlation; correlation coefficient, significance; scattergram; linear and curvilinear correlation</li> <li>• Measures of central Tendency: mean, mode, median</li> <li>• Measures of dispersion; range and standard deviation</li> <li>• Nominal; ordinal, interval, ratio</li> <li>• Display of quantitative data: Tables; bar charts; histograms; line graphs; scattergrams</li> <li>• Data Distributions: normal and skewed distribution</li> <li>• Statistical Testing; The Sign Test; calculated value; critical value; probability; table of critical values; one tailed test; two tailed test.</li> <li>• Significance; probability; using inferential tests and critical values degrees of freedom; one tailed or two tailed); justifying the use of test.</li> <li>• Levels of measurement (nominal; ordinal; interval)</li> <li>• Spearman’s RHO (Correlation)</li> </ul>

		<ul style="list-style-type: none"> <li>• Chi squared Test</li> <li>• Mann Whitney U Test</li> <li>• Wilcoxon T Test</li> <li>• Comparison of descriptive and inferential statistics</li> <li>• Qualitative analysis; summarising qualitative data; inductive; categories/ themes; Deductive.</li> <li>• An iterative process; validity and reflexivity, triangulation.</li> </ul>
4. Be able to carry out research design and review.	<p>4.1 Research psychological papers to inform research design.</p> <p>4.2 Apply and justify choice of method to a research scenario.</p> <p>4.3 Review and reflect on own learning.</p>	<ul style="list-style-type: none"> <li>• Selecting a topic consider past research (theories and studies) The finding lead to research aim and hypothesise</li> <li>• Method: decide on target population, choice should be related to research aims</li> <li>• Design and materials</li> <li>• Participants</li> <li>• Procedures what will be done</li> <li>• What statistics will be used</li> <li>• Ethics</li> <li>• Conventions for reporting psychological investigations</li> </ul>

## Assessment

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Learning Outcomes to be met	Assessment Criteria to be covered	Assessment type	Word count (approx. length)
All 1 to 4	All ACs under LO 1 to 4	Coursework	3000 words

## Indicative Reading list

Coolican, H. (2018). *Research Methods and Statistics in Psychology*. Taylor & Francis.



Gross; Richard. (2020). *Psychology: The Science of Mind and Behaviour* 8th Edition. London: Taylor & Francis.

Haslam, A. S., & McGarty, C. (2018). *Research Methods and Statistics in Psychology* (SAGE Foundations of Psychology series) (3rd ed.). SAGE Publications Ltd.

Schiff, B. (2018). *Situating Qualitative Methods in Psychological Science*. Taylor & Francis.

## **Websites**

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## **IMPORTANT NOTE**

Whilst we make every effort to keep the information contained in programme specification up to date, some changes to procedures, regulations, fees matter, timetables, etc may occur during the course of your studies. You should, therefore, recognise that this booklet serves only as a useful guide to your learning experience. For updated information please visit our website [www.othm.org.uk](http://www.othm.org.uk)