

PSYC30020 Psychology of Sleep and Emotions

Credit Points:	12.50
Level:	3 (Undergraduate)
Dates & Locations:	2010, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught on campus.
Time Commitment:	Contact Hours: 36 hours Total Time Commitment: Estimated total time commitment for this subject is 120 hours.
Prerequisites:	No prerequisites are required for this subject
Corequisites:	No corequisites are required for this subject
Recommended Background Knowledge:	Prior coursework in at least two Level 2 psychology subjects, including Biological Psychology, is recommended. Level 2 psychology subjects are: Biological Psychology, Cognitive Psychology, Developmental Psychology, and Personality & Social Psychology.
Non Allowed Subjects:	512330 Human Psychophysiology 3.
Core Participation Requirements:	For the purposes of considering request for Reasonable Adjustments under the Disability Standards of Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Description, Subject Objectives, Generic Skills and Assessment Requirements of this entry. The University is dedicated to provide support to those with special requirements. Further details on the disability support scheme can be found at the Disability Liaison Unit Website: http://www.services.unimelb.edu.au/disability/
Coordinator:	Prof John Trinder
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Subject Overview:	This subject comprises two units. The Psychology of Sleep: provides students with a basic understanding of the nature of sleep. Topics will be selected from basic sleep phenomenology; the neurophysiology and neuropharmacology of sleep; regulatory controls exerted by sleep; sleep disorders; theories as to the functional significance of sleep; and the nature of dreams. The Psychology of Emotions: covers a variety of topics relevant to the biological bases of emotions selected from theoretical approaches to the relationship of physiological and emotional phenomenal neuroanatomy, neurophysiology and neurochemistry of emotional networks in the human brain; somatovisceral substrates of emotion; and facial expressions of emotion.
Objectives:	The subjects aims to: # expose students to the psychological and physiological processes underlying sleep and emotions
Assessment:	Written work of 2000 words (40%) to be submitted during semester. An examination of no more than two hours (60%) to be completed at the end of semester during the specified University examination period. Each piece of assessment must be completed (hurdle requirement). Attendance of at least 80% of the laboratory classes is a hurdle requirement. In case of failure to meet the hurdle requirement, additional work will be required before a passing grade can be awarded.

Prescribed Texts:	No prescribed text. A reading pack will be made available.
Breadth Options:	<p>This subject potentially can be taken as a breadth subject component for the following courses:</p> <ul style="list-style-type: none"> # <u>Bachelor of Arts</u> (https://handbook.unimelb.edu.au/view/2010/B-ARTS) # <u>Bachelor of Commerce</u> (https://handbook.unimelb.edu.au/view/2010/B-COM) # <u>Bachelor of Environments</u> (https://handbook.unimelb.edu.au/view/2010/B-ENVS) # <u>Bachelor of Music</u> (https://handbook.unimelb.edu.au/view/2010/B-MUS) <p>You should visit learn more about breadth subjects (http://breadth.unimelb.edu.au/breadth/info/index.html) and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.</p>
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>Students will be given appropriate opportunity and educational support to develop skills to:</p> <ul style="list-style-type: none"> # appreciate the psychological basis of sleep and emotions # have an understanding of the basic principles of physiology as applied to sleep and emotions # understand the cognitive and neural mechanisms underlying sleep and emotions
Related Course(s):	Bachelor of Science
Related Majors/Minors/Specialisations:	Neuroscience (Behavioural Neuroscience specialisation) Psychology Psychology Psychology Psychology Major