



## **PSYC 315-01E, 21015, Physiological Psychology**

COURSE SYLLABUS: SPRING 2026

### **INSTRUCTOR INFORMATION**

Instructor: Will Whitham, Ph.D., Assistant Professor of Psychology

Office Location: TBD, Zoom

Office Hours: Tuesday-Thursday 2:00-4:30 PM; by appointment

Office Phone: 903.886.5631

University Email Address: will.whitham@etamu.edu

Preferred Form of Communication: email

Communication Response Time: 24-48 hours Monday-Friday, weekends and holidays may take longer than 48 hours.

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

- Biological Psychology 14th edition by James W Kalat (2024)  
Rented, or ebook, or pre-owned all okay

### **Course Description**

This course will explore the physiological, evolutionary, and developmental mechanisms that underlie behavior and experience. We will examine the basic structure of nerve cells and nerve impulses, the brain and nervous system, sensory systems, movement, sleep, emotion, learning and memory, language, and certain psychological disorders.

### **Student Learning Outcomes**

1. Develop an overview of the field of psychology by studying and reflecting on the topics.
2. Appreciate how psychologists take a scientific approach to understanding human behavior and thought.
3. Practice the convention of scientific discourse appropriate to the audience, purpose and message.

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4. Explain the real world phenomena by applying the concepts, theories, and methods learned in our course. Learning how to learn is a good start.
5. Nurture scientific thinking. This is an approach to information that combines a high degree of skepticism (questioning what “everybody knows”), followed by objectivity (using empirical data to separate fantasy from reality) and rationalism (practicing logical reasoning).

## **COURSE REQUIREMENTS**

### **Research Participation:**

A goal of this class is to help you become familiar with psychological research. One way to obtain this goal is to have you participate in research studies. Participating in research studies contributes to students and faculty at East Texas A&M, your understanding of how research is conducted, and human knowledge in general. All students in this class will be required to participate in the psychology department’s participant pool or complete alternative assignments (see me for more information on alternative assignments). Students must complete a total of 6 experiment credits. However, if you complete your first 4 experiment credits without any “no-shows” you will receive 2 free *punctual participant credits*. In other words, if you show up to your experiments on time you will only need to complete 4 experiment credits. When you first sign into the experiment management system (EMS) you will be asked to take a prescreen. The prescreen takes about 20 minutes to complete. If you complete the prescreen in the first two weeks of the semester you will receive ½ free experiment credit. This can be combined with later experiments that are worth ½ credit.

If you fail to complete this portion of the class your grade will be lowered by one full grade. In effect, if you have an ‘A’ in the class but fail to complete your research participation (either through participating in research studies, alternative assignments, or a mixture of both) your final grade in the class will be a ‘B.’ More information about participating in research, such as how to log in to the EMS, is given at the end of this syllabus.

### **Minimal Technical Skills Needed**

You need to be able to use the following.

- Microsoft Office or equivalent

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- PDF
- myLeo/Desire2Learn (D2L)
- Searching the internet for texts
- Using Library resources

In addition, refer to the following: <https://carleton.ca/online/online-learning-resources/essential-technological-skills/>

## **Instructional Methods**

This course is a face-to-face class. During our lecture, we will focus on deepening your understanding of the important concepts and theories through lectures, demonstrations, and class discussions. Prior to each week's lecture, you will be expected to complete the reading materials before the class.

## **Student Responsibilities or Tips for Success in the Course**

Your attendance is a significant factor in student course grades. Start with attending our class and do the following basics.

- 1) Check and read class emails promptly for announcements, updates, clarifications, etc.
- 2) Take notes as you listen to lectures, read the assigned parts of the textbook to check if your listening comprehension matches with the textbook descriptions, and fill in the missing pieces.
- 3) Quiz yourself often. Can you define a concept in your own words? Can you answer 3 or 4 questions of the textbook practice questions correctly?
- 4) Review the materials on a regular basis. Consider the Pomodoro technique. Set aside 15-20 minutes each day and study. Do at least 3 Pomodoro sessions each week. Depending on your needs, you may need to do more. For more details, refer to "Secrets of Student Success" in our textbook Ch1.
- 5) Complete assigned coursework on time.
- 6) Please contact me when you have questions. The material is difficult, and no one learns everything perfectly the first time through. This class, and your time, is too important for you to spend time getting frustrated instead of learning

## **GRADING**

Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

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## **Makeup exams and assignments**

Life happens. If illness or other circumstance prevents your completion of assignments, make-ups may be permitted at my discretion. Email me as soon as possible, and be ready to provide relevant documentation if requested. There will be no make-up exams except as mandated by University policy for University-excused absences, religious holidays and major illnesses. Students should contact the professor prior to the scheduled exam if possible, or within 24 hours of missing the exam due to accident or illness. Due dates for exams are listed below on the schedule of topics.

If you are traveling and representing the university (e.g., band members, athletes, etc.) you need to request accommodations BEFORE the exam or assignment is due, not after.

If you encounter any technical problems when you take any timed tests or assignments online, take screenshots and email me immediately for potential makeup.

## **Assessments**

Exams: 50%

You will take exams during the semester. Exams may include multiple-choice and short-answer questions.

Learning Engagement and Hands-on Activities: 20%

Engagement is the heart of this course, as it is how we learn the most from each other; therefore, it is imperative that all students attend class and actively contribute ideas and reflections. Class session attendance is required and will be a part of your course grade as outlined on the syllabus. For each class session, please observe the following.

While anyone can be late on rare occasions, habitual lateness is unacceptable. Also once in class, be prepared to stay for the entire class period. If you must miss a class, you are responsible for what transpires during class sessions whether you are there or not.

Be respectful toward all members of the class and their views.

Learning engagement will be assessed via attendance and your performance on D2L activities, in-class questions, and discussions.

Weekly reading assignments: 30%

Each week you will submit some deliverable evidence of your engagement with the material for the week. All readings and their accompanying assignments will be made available on D2L/myLeo. These assignments may include, but are not limited to:

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- completing a reading guide,
- watching videos relevant to the week's material,
- leading a class discussion or responding to discussion posts,
- submitting a video response

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by East Texas A&M have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a East Texas A&M campus open computer lab, etc.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

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## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your instructor.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **University Specific Procedures**

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct can be found at <https://www.tamuc.edu/student-code-of-conduct/>.

If you believe someone has engaged in behaviors that do not align with the Code of Student Conduct or you have other concerns, please visit the File a Report page at <https://www.tamuc.edu/office-of-student-rights-and-responsibilities/concerns-incident-reporting/>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:  
<https://www.britannica.com/topic/netiquette>

#### **Academic Integrity**

Students at East Texas A&M are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

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Undergraduate student academic dishonesty policy  
[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

Undergraduate student academic dishonesty policy  
[Undergraduate Student Academic Dishonesty Form](#)

Graduate student academic dishonesty policy:  
<https://inside.tamuc.edu/aboutus/policiesproceduresstandardsstatements/rulesProcedures/13students/graduate/13.99.99.R0.10.pdf>

Graduate student academic dishonesty form:  
<https://inside.tamuc.edu/academics/graduateSchool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

### **East Texas A&M Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage.

### **Artificial Intelligence**

East Texas A&M acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

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Office of Student Disability Services  
Velma K. Waters Library- Room 162

**Phone (903) 886-5930**

Fax (903) 468-8148

Email: [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

**Website:** <http://inside.tamuc.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



### **East Texas A&M Supports Students' Mental Health**

The Counseling Center at East Texas A&M, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **Nondiscrimination Notice**

East Texas A&M will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

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## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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## COURSE OUTLINE / CALENDAR

<u>Week</u>	<u>Tues</u>	<u>Thurs</u>	<u>Sun</u>	<u>315 Reading</u>	<u>315 Lecture</u>
1	13-Jan	15-Jan	18-Jan	Kalat ch1-2	Cellular Foundations to Behavior
2	20-Jan	22-Jan	25-Jan	Kalat ch2	Action Potentials and Synapses
3	27-Jan	29-Jan	1-Feb	Kalat ch3	Anatomy and Research Methods
4	3-Feb	5-Feb	8-Feb	Exam 1 Review	Exam 1
5	10-Feb	12-Feb	15-Feb	Kalat ch4/12	Development, Learning, Memory
6	17-Feb	19-Feb	22-Feb	Kalat ch5	Vision
7	24-Feb	26-Feb	1-Mar	Kalat ch6	Other Senses
8	3-Mar	5-Mar	8-Mar	Exam 2 Review	Exam 2
9	10-Mar	12-Mar	15-Mar	Spring Break ☺	
10	17-Mar	19-Mar	22-Mar	Kalat ch7	Motor Behaviors
11	24-Mar	26-Mar	29-Mar	Kalat ch8	Sleep
12	31-Mar	2-Apr	5-Apr	Kalat ch11	Emotions
13	7-Apr	9-Apr	12-Apr	Kalat ch13	Cognition
14	14-Apr	16-Apr	19-Apr	Kalat ch14	Cognition and Psychopathology
15	21-Apr	23-Apr	26-Apr	Exam 3 Review	
16	28-Apr	30-Apr		Final Review	

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