

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Biopsychology of Stress

Graded Unit Reference Number: GA33PSY18

Ungraded Unit Reference Number: UA33PSY18

Module: Psychology

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how the nervous system and endocrine systems are involved in the control of behaviour	1.1 Identify structures of the mammalian brain and the location of different functions in different parts of the brain
	1.2 Distinguish the roles of the somatic, the sympathetic and the parasympathetic branches of the nervous system
	1.3 Explain communication in the nervous system including action potential and synaptic transmission
	1.4 Explain the effects on the body or behaviour of key neurotransmitters and hormones
	1.5 Describe the roles of the hypothalamus and pituitary gland in controlling the release of adrenalin and cortisol
2. Understand the causes and consequences of stress	2.1 Define the term stress and describe potential sources of stress (internal and external stressors) and their biological effects
	2.2 Explain and evaluate some of the effects of chronic stress on the body and behaviour

2.3 Evaluate three different treatments/therapies for stress