

### Course Specification Card for Block 1.4 (Mind and Motion)

College	College of Medicine	Department	Medical Education		
Course Name (English)	Mind and Motion	Course Name (Arabic)	الحركة والعقل		
Course Number	15584	Course Code	<b>1000104</b>		
Credit Hrs.	6	Contact Hrs.	Theoretical	Practical	<b>T</b>
Teaching Language	English <input checked="" type="checkbox"/> Arabic <input type="checkbox"/>		44	56	100
Teaching Method	<input checked="" type="checkbox"/> Face-to-Face <input type="checkbox"/> Online <input type="checkbox"/> Blended				
Course Nature	<input checked="" type="checkbox"/> Compulsory <input type="checkbox"/> Elective				
Course Type	<input type="checkbox"/> University Requirement <input checked="" type="checkbox"/> College Requirement <input type="checkbox"/> Program Requirement				
Level	Year 1	Pre-Requisite(s)	None		

Course Description

Learn the fundamental concepts of Health Psychology and Communication Skills. Explore the psychosocial aspects that play an important role in medical treatment and patient care. Practice conversation skills, namely greeting, asking questions (open as well as closed questions), paraphrasing, showing empathy, making things specific and summarizing.

Topics

1. Body and Mind
2. Communication in the Medical setting
3. Changing Health Behavior
4. Life Style Change
5. Illness Perception
6. Adapting to Illness
7. Psychological Care in the Medical Setting
8. How Do I Become a Good Doctor
9. Anatomy of Upper & Lower Limbs

Learning Outcomes

Describe the components of the field of Health Psychology, models of health and disease including the biomedical and biopsychosocial and the roles of central psychosocial constructs.

Differentiate developmentally normal behavior from psychological problems in human beings.

Describe classification of bones and joints, enumerate muscles responsible for movements of related joints and recognize curvatures of vertebral column.

Explain the relationship between the activation of hypothalam-pituitary-adrenocortical axis and development of certain psychological disorders.

Predict the clinical importance of vertebral column including disc herniation, dislocation and fracture and compare the pectoral girdle with pelvic girdle and state the similarities and differences between them.

Perform movements at joints of upper limb and lower limb to understand axes and planes and examine and feel structures in prosected cadaver parts of upper limb and lower limb

List the 7 steps of medical consultation and differentiate between the two tracks of medical consultation, communication theories and its value for the physicians.

Explain the importance and goals of BLS, check for normal breathing, central pulse, victim's responsiveness and perform back blows and abdominal thrusts (Heimlich maneuver).

Show appropriate behavior with colleagues according to ethical standards.

Demonstrate forms of collaborative behavior of working in groups in practical sessions and show a safe and effective professional relationship in dealing with other fellows and staff members.

Assessment Tools	<input type="checkbox"/> Periodic Exams	20%	<input type="checkbox"/> Short Exams	%	<input type="checkbox"/> Final Exam	40%
	<input type="checkbox"/> Individual Assignments	20%	<input type="checkbox"/> Group Assignments	20%	<input type="checkbox"/> Oral Participations	%
Main Reference	<ol style="list-style-type: none"> <li>1. Carlson NR, Miller H, Heth CD, Donahoe JW, Martin GN. <i>Psychology: The Science of Behaviour</i>. 7<sup>th</sup> ed. Boston: Pearson Education, Inc; 2019. 644 p.</li> <li>2. Morrison V, Bennett P. <i>An Introduction to Health Psychology</i>. 3<sup>rd</sup> ed. England: Pearson Education Limited; 2012. 614 p.</li> <li>3. Singer PA, Viens AM. <i>The Cambridge Textbook of Bioethics</i>. Cambridge, Newyork: Cambridge University Press; 2008. 554 p.</li> <li>4. Veening EP, Gans ROB, Kuks JBM. <i>Medical Consultation</i>. Groningen: University of Groningen, Adoption of UoG Medical Curriculum; 2009.</li> <li>5. Moore KL, Agur AM, Dalley AF. <i>Clinically Oriented Anatomy</i>. 7<sup>th</sup> ed. Philadelphia: Lippincott Williams &amp; Wilkins; 2014. 1134 p.</li> <li>6. Rang HP, Dale MM, Ritter JM, Flower RJ, Henderson G. <i>Rang &amp; Dale's Pharmacology</i>. 7<sup>th</sup> ed. London: Elsevier Churchill Livingstone; 2012. 777 p.</li> <li>7. Mescher AL. <i>Junqueira's Basic Histology: Test &amp; Atlas</i>. 13<sup>th</sup> ed. New York: McGraw-Hill; 2013. 544 p.</li> <li>8. Hall JE, Guyton AC. <i>Guyton and Hall Textbook of Medical Physiology</i>. 13<sup>th</sup> ed. Philadelphia: Saunders; 2010. 1120 p</li> </ol>					
Supporting References	<ol style="list-style-type: none"> <li>1. Mind and Motion. Student Manual for Tutor Groups. Groningen: University of Groningen, Adoption of UoG Medical Curriculum; GMCA 2012.</li> <li>2. Mind and Motion. Tutor Manual. Groningen: University of Groningen, Adoption of UoG Medical Curriculum; GMCA 2012.</li> <li>3. Mind and Motion. Medical Communication skills Manual. Groningen: University of Groningen, Adoption of UoG Medical Curriculum; GMCA 2012.</li> <li>4. Adult Basic Life Support and Choking. BLS Manual. Department of Biomedical Sciences. Al Ahsa: King Faisal University; 2018.</li> <li>5. Handbook of Medical Ethics. Medical Ethics Committee. College of Medicine. Al Ahsa: King Faisal University; GMCA 2012.</li> <li>6. Block 1.4 Anatomy Practical Manual. Department of Biomedical Sciences. Al Ahsa: King Faisal University; 2018.</li> <li>7. Block 1.3 Manual for Practical Histology. . Department of Biomedical Sciences. Al Ahsa: King Faisal University; 2018.</li> </ol>					

