

## **PSY 101 General Psychology**

### **PSYCHOSOCIAL INTERVENTION AND REFERRAL**

#### Cognitive Domain

- 5 Provides health care information to patients, parents/guardians, athletic personnel, and others regarding the psychological and emotional well being of athletes and others involved in physical activity.
- 6 Disseminates information regarding the roles and functions of various community-based health care providers (sport psychologists, counselors, social workers).
- 7 Describes the accepted protocols that govern the referral of athletes and other physically active individuals to psychological, community health, or social services.
- 16 Identifies the societal influences toward substance abuse in the athletic and physically active population.
- 17 Contrasts psychological and physical dependence, tolerance, and withdrawal syndromes that may be seen in individuals addicted to alcohol, prescription or nonprescription medications, and/or 'street' drugs.
- 18 Describes the basic signs and symptoms of mental disorders (psychoses), emotional disorders (neuroses, depression), or personal/social conflict (family problems, academic or emotional stress, personal assault or abuse, sexual assault, sexual harassment) and the appropriate referral.
- 19 Identifies contemporary personal, school, and community health service agencies, such as community-based psychological and social support services.
- 20 Formulates a plan for appropriate psychological intervention and referral with all involved parties when confronted with a catastrophic event.
- 21 Describes the acceptance and grieving processes that follow a catastrophic event.
- 22 Identifies the stress-response model and how it may parallel an injury.
- 23 Defines seasonal affective disorder (SAD).