

II Semester – AEC Course

Scientific Foundations of Health

Course Code	21SFH19/29	CIE Marks	50
Teaching Hours/Week (L:T:P: S)	1:0:0	SEE Marks	50
Total Hours of Pedagogy	02 Hours/Week	Total Marks	100
Credits	01	Exam Hours	60 Minutes / 01 Hour

Course objectives:

The course 21SFH29 will enable the students:

- To know about Health and wellness (and its Beliefs)
- To acquire Good Health & It's balance for positive mind-set
- To Build the healthy lifestyles for good health for their better future
- To Create of Healthy and caring relationships to meet the requirements of MNC and LPG world
- To learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright future
- To Prevent and fight against harmful diseases for good health through positive mindset

Teaching-Learning Process (General Instructions)

These are sample Strategies, which teacher can use to accelerate the attainment of the various course outcomes.

- ✓ Teachers shall adopt suitable pedagogy for effective teaching - learning process. The pedagogy shall involve the combination of different methodologies which suit modern technological tools and software's to meet the present requirements of the Global employment market.
 - (i) Direct instructional method (Low /Old Technology),
 - (ii) Flipped classrooms (High/advanced Technological tools),
 - (iii) Blended learning (combination of both),
 - (iv) Enquiry and evaluation based learning,
 - (v) Personalized learning,
 - (vi) Problems based learning through discussion,
 - (vii) Following the method of expeditionary learning Tools and techniques,
- ✓ Apart from conventional lecture methods, various types of innovative teaching techniques through videos, animation films may be adapted so that the delivered lesson can progress the students In theoretical applied and practical skills in teaching of the concepts of Health and Wellness in general.

Module-1

Good Health and It's balance for positive mindset:

What is Health, Why Health is very important Now? – What influences your Health?, Health and Behaviour, Health beliefs and advertisements, Advantages of good health (Short term and long term benefits), Health and Society, Health and family, Health and Personality - Profession. Health and behaviour, Disparities of health in different vulnerable groups. Health and psychology, Methods to improve good psychological health. Psychological disorders (Stress and Health - Stress management), how to maintain good health, Mindfulness for Spiritual and Intellectual health, Changing health habits for good health. Health and personality.

Teaching-Learning Process

Chalk and talk method, Power Point presentation and YouTube videos, Animation videos methods. creating real time stations in classroom discussions. Giving activities & assignments.

Module-2

Building of healthy lifestyles for better future:

Developing a healthy diet for good health, Food and health, Nutritional guidelines for good health and well beingness, Obesity and overweight disorders and its management, Eating disorders - proper exercises for its maintenance (Physical activities for health), Fitness components for health, Wellness and physical function,

Teaching-Learning Process

Chalk and talk method, PowerPoint presentation and YouTube videos, Animation videos methods. creating real time stations in classroom discussions. Giving activities & assignments.

Module-3

Creation of Healthy and caring relationships :

Building communication skills (Listening and speaking), Friends and friendship - education, the value of relationships and communication, Relationships for Better or worsening of life, understanding of basic instincts of life (more than a biology), Changing health behaviours through social engineering,

Teaching-Learning Process

Chalk and talk method, PowerPoint presentation and Animation videos methods. creating real time stations in classroom discussions. Giving activities and assignments.

Module-4

Avoiding risks and harmful habits :

Characteristics of health compromising behaviors, Recognizing and avoiding of addictions, How addiction develops and addictive behaviors, Types of addictions, influencing factors for addictions, Differences between addictive people and non addictive people and their behavior with society, Effects and health hazards from addictions Such as..., how to recovery from addictions.

Teaching-Learning Process

Chalk and talk method, PowerPoint presentation and Animation videos methods. creating real time stations in classroom discussions. Giving activities and assignments.

Module-5

Preventing and fighting against diseases for good health :

Process of infections and reasons for it, How to protect from different types of transmitted infections such as...,
Current trends of socio economic impact of reducing your risk of disease, How to reduce risks for good health,
Reducing risks and coping with chronic conditions, Management of chronic illness for Quality of life,
Health and Wellness of youth : a challenge for the upcoming future Measuring of health and wealth status.

Teaching-Learning Process

Chalk and talk method, PowerPoint presentation and YouTube videos, Animation videos methods. creating real time stations in classroom discussions. Giving activities & assignments.

Course outcome (Course Skill Set)

At the end of the course the student will be able :

CO 1: To understand Health and wellness (and its Beliefs)

CO 2: To acquire Good Health & It's balance for positive mindset

CO 3: To inculcate and develop the healthy lifestyle habits for good health.

CO 4: To Create of Healthy and caring relationships to meet the requirements of MNC and LPG world

CO 5: To adopt the innovative & positive methods to avoid risks from harmful habits in their campus & outside the campus.

CO 6: To positively fight against harmful diseases for good health through positive mindset.

Assessment Details (both CIE and SEE)

methods of CIE need to be defined topic wise i.e.- Tests, MCQ, Quizzes, Seminar or micro project/Course Project, Term Paper)

The weightage of Continuous Internal Evaluation (CIE) is 50% and for Semester End Exam (SEE) is 50%. The student has to obtain a minimum of 35% of maximum marks in SEE and a minimum of 40% of maximum marks in CIE. Semester End Exam (SEE) is conducted for 50 marks (hours' duration). Based on this grading will be awarded.

The student has to score a minimum of 40% (40 marks out of 100) in the sum total of the CIE (Continuous Internal Evaluation) and SEE (Semester End Examination) taken together.

Continuous Internal Evaluation:

Three Unit Tests each of **20 Marks (duration 01 hour)**

1. First test at the end of 5th week of the semester
2. Second test at the end of the 10th week of the semester
3. Third test at the end of the 15th week of the semester

(All tests are similar to the SEE pattern i.e question paper pattern is MCQ)

Two assignments each of **10 Marks**

4. First assignment at the end of 4th week of the semester
5. Second assignment at the end of 9th week of the semester

Report writing /Group discussion/Seminar any one of three suitably planned to attain the COs and POs for **20 Marks(duration 01 hours)**

6. At the end of the 13th week of the semester

The sum of three tests, two assignments, and quiz/seminar/group discussion will be out of 100 marks and will be **scaled down to 50 marks**

CIE methods /question paper is designed to attain the different levels of Bloom's taxonomy as per the outcome defined for the course.

Semester End Examination:

Theory SEE will be conducted by University as per the scheduled timetable, with common question papers for subject

SEE paper will be set for 50 questions of each of 01 marks. The pattern of the question paper is MCQ. The time allotted for SEE is **01 hours**

Suggested Learning Resources:

1. **Health Psychology** (Second edition) by Charles Abraham, Mark Conner, Fiona Jones and Daryl O'Connor – Published by Routledge 711 Third Avenue, New York, NY 10017.
2. **Health Psychology - A Textbook, FOURTH EDITION** by Jane Ogden McGraw Hill Education (India) Private Limited - Open University Press
3. **HEALTH PSYCHOLOGY (Ninth Edition)** by SHELLEY E. TAYLOR - University of California, Los Angeles, McGraw Hill Education (India) Private Limited - Open University Press
4. **Scientific Foundations of Health (Health & Wellness) - General Books** published for university and colleges references by popular authors and published by the reputed publisher.
- 1) **SWAYAM / NPTL/ MOOCS/ We blinks/ Internet sources/ YouTube videos** and other materials / notes

Activity Based Learning (Suggested Activities in Class)/ Practical Based learning

- ✓ Contents related activities (Activity-based discussions)
- ✓ For active participation of students, instruct the students to prepare Flowcharts and Handouts
- ✓ Organizing Group wise discussions and Health issues based activities
- ✓ Quizzes and Discussions
- ✓ Seminars and assignments