



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Recognized by NAAC with 'A' grade

COURSE CODE

CVAC014

NAME OF THE COURSE

HEALTH EDUCATION

OFFERED BY

Food Technology

COURSE COORDINATOR

Ms. Ambily K.M
Food Technology

ABOUT COLLEGE

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

- Understand ways to promote health and practice positive health behaviors.
- Recognize the relationship between behaviors and healthy development.

COURSE MODULE

Module I: Basics of Personal Health

Module II: Health Care

Module III: Lifestyle Disease and its Management

SYLLABUS

MODULE I

Basics of personal health - - Emotional, Mental and Spiritual health - Nutrition & Physical Activity - Health related Physical Fitness. Yoga and Stress Management - Stress Management and Relaxation Techniques (10 Hours)

MODULE II

Gender specific preventive health care - Improving Healthy Behaviors- Goal Setting - harmful effects of alcohol, tobacco and Other Drugs - Violence & Injury Prevention- Conflict Resolution - Sexual Health - HIV/AIDS. (10 Hours)

MODULE III

Lifestyle Disease and its Management: Diabetes - Hypertension - Obesity - Osteoporosis - CHD - Back pain - Group Discussion. (10 Hours)

REFERENCE

Social support and mental health among college students by Hefner J, Eisenberg D.
Prevalence of obesity among adults and youth: Ogden CL, Carroll MD, Fryar CD, Flegal KM. United States, 2011-2014.

ACSM'S Health Related Physical Fitness Assessment Manual, Lippincott Williams and Walkins, USA,2005

