

# CERTIFICATE COURSE IN HEALTH EDUCATION

## SYLLABUS

DEPARTMENT: DEPARTMENT OF FOOD TECHNOLOGY

NAME OF COURSE: CERTIFICATE COURSE IN HEALTH EDUCATION

COURSE CODE: CVAC014

TOTAL HOURS: 30

### UNIT-I (10 HOURS)

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.

### UNIT- II (10 HOURS)

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.

### UNIT -III (10 HOURS)

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

### 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