Course Title:	**Scientific Foundations of Health**	Semester	I/II
Course Code:	**BSFHK158 / 258**	CIE Marks	50
Course Type (Theory/Practical/Integrated)	Theory	SEE Marks	50
		Total Marks	100
Teaching Hours/Week (L:T:P:S)	1:0:0:0	Exam Hours	01 Theory
Total Hours of Pedagogy	15 hours	Credits	01

Course Learning Objectives

CLO1. To know about Health and wellness (and its Beliefs) &It's balance for positive mindset.
CLO2.To Build the healthy lifestyles for good health for their better future.
CLO3. To Create a Healthy and caring relationships to meet the requirements of good/social/positive life.
CLO4. To learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright future
CLO5. To Prevent and fight against harmful diseases for good health through positive mindset

Teaching-Learning Process

These are sample Strategies, which teacher can use to accelerate the attainment of the various course outcomes and make Teaching –Learning more effective:
Teachers shall adopt suitable pedagogy for effective teaching - learning process. The pedagogy shall involve the combination of different methodologies which suit modern technological tools.
(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
(viii) Use of audio visual methods.

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.

Module-1 Good Health & It's balance for positive mindset (03hours)

Health -Importance of Health, Influencing factors of Health, Health beliefs, Advantages of good health, Health &Behaviour, Health & Society, Health & family, Health & Personality, Psychological disorders-Methods to improve good psychological health, Changing health habits for good health.

Module-2 Building of healthy lifestyles for better future (03hours)

Developing healthy diet for good health, Food & health, Nutritional guidelines for good health, Obesity & overweight disorders and its management, Eating disorders, Fitness components for health, Wellness and physical function, How to avoid exercise injuries.

Module-3 Creation of Healthy and caring relationships (03hours)

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

Module-4 Avoiding risks and harmful habits (03 hours)

Characteristics of health compromising behaviours, Recognizing and avoiding of addictions, How addiction develops, Types of addictions, influencing factors of addictions, Differences between addictive people and non-addictive people & their behaviors. Effects of addictions Such as... how to recovery from addictions.

Module-5 Preventing & fighting against diseases for good health (03hours)

How to protect from different types of infections, How to reduce risks for good health, Reducing risks & coping with chronic conditions, Management of chronic illness for Quality of life, Health & Wellness of youth :a challenge for upcoming future, Measuring of health & wealth status.

Courseoutcome

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

CO1: To understand and analyse about Health and wellness (and its Beliefs) & its balance for positive mindset.
CO2: Develop the healthy lifestyles for good health for their better future.
CO3: Build a Healthy and caring relationships to meet the requirements of good/social/positive life.
CO4: To learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright future.
CO5: Prevent and fight against harmful diseases for good health through positive mindset.

Course Assessment and Evaluation Details (bothCIE andSEE)

Continuous Internal Evaluation: 50 marks		
Theory Assessment Tool	**Marks**	**Reduced marks**
IAT-1	25	25
IAT-2	25	
Assessment -1(activity based)	25	25
Assessment-2(activity based)	25	
Semester End Examination (SEE) : 50 marks		
SEE	**Marks**	**Reduced marks**
Course end examination (Answer any one question from each unit – Internal choice)	100	50

Suggested Learning Resources:

Test Books

1. "Scientific Foundations of Health" – Study Material Prepared by Dr. L Thimmesha, Published in VTU- University Website.
2. "Scientific Foundations of Health", (ISBN-978-81-955465-6-5) published by Infinite Learning Solutions, Bangalore – 2022.
3. Health Psychology - A Textbook, FOURTH EDITION by Jane Ogden McGraw Hill Education (India) Private Limited - Open University Press.

Reference Books

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 (Ninth Edition) by SHELLEY E. TAYLOR - University of California, Los Angeles, McGraw Hill Education (India) Private Limited - Open University Press.
3. SWAYAM / NPTL/ MOOCS/ We blinks/ Internet sources/ YouTube videos and other materials / notes.
4. Scientific Foundations of Health (Health & Well ness) - General Books published for university and colleges references by popular authors and published by the reputed publisher

Web links and Video Lectures (e-Resources):

- https://www.tlv.com/global/TI/steam-theory/principal-applications-for-steam.html

COs and POs Mapping(CO-PO mappings are only Indicative**)**

COs	POs											
	1	2	3	4	5	6	7	8	9	10	11	12
CO1	1	1				1	1			1		1
CO2	2	1				1	1			1		1
CO3	2	2				1	1			1		1
CO4	1	1				1	1					1
CO5	1	1				1	1					

Level 3-Highly Mapped, Level 2-Moderately Mapped, Level 1-Low Mapped, Level 0-Not Mapped