Semester: I/II			
Course Title	Scientific Foundations of Health	CIE Marks	50
Course Code	BHSSFH108/208	SEE Marks	50
Course Type	Theory	Total Marks	100
Course Category	HSMC	SEE Duration	1.5 hrs
Hours Per Week	1 : 0 : 0	SEE Type	MCQ
Total Hours	15 hrs	Credits	01

Course Learning Objectives
This course will enable the students to
• Know about Health and wellness (and its Beliefs) & its balance for positive mindset.
• Build the healthy lifestyles for good health for their better future.
• Create a Healthy and caring relationships to meet the requirements of good/social/positive life.
• Learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright
Pre-Requisites
• Students should have some knowledge of maintaining their health by adopting healthy lifestyles.

Module-1	**(3 hrs)**
Good Health & It's balance for positive mindset: Health -Importance of Health, Influencing factors of Health, Health beliefs, Advantages of good health, Health & Behavior, Health & Society, Health & family, Health & Personality, Psychological disorders-Methods to improve good psychological health, Changing health habits for good health.	
Module-2	**(3 hrs)**
Building of healthy lifestyles for better future: 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	**(3 hrs)**
Creation of Healthy and caring relationships: 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 behaviors through social engineering.	
Module-4	**(3 hrs)**
Avoiding risks and harmful habits: Characteristics of health compromising behaviors, 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	**(3 hrs)**
Preventing & fighting against diseases for good health: Design Thinking Workshop Empathize, Design, Ideate, Prototype and Test: 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.	

Text 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 & Wellness) - General Books published for university and colleges references by popular authors and published by the reputed publisher.

Course Outcome Statements: After the successful completion of the course, the student will be able to	
CO1	Explain and analyse about Health and wellness to Develop the healthy lifestyles for their better future
CO2	Build a Healthy and caring relationships to meet the requirements of good/social/positive life.
CO3	Explain about Avoiding risks and harmful habits in their campus and outside the campus for their bright future.
CO4	Demonstrate Prevent and fight against harmful diseases for good health through positive mindset.

Course Articulation Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	1	-	-	-	-	2	1	1	-	-	-	1
CO2	1	-	-	-	-	2	1	1	-	-	-	1
CO3	1	-	-	-	-	2	1	1	-	-	-	1
CO4	1	-	-	-	-	2	1	1	-	-	-	1
Avg.	1	-	-	-	-	2	**1**	1	-	-	-	**1**

3: High, 2: Medium, 1: Low

Suggested Activity Based Assessment (ABA) Methods

- Content related activities (ABA)
- Organizing Groupwise discussions connecting to placement activities
- Quizzes and Discussions, Seminars and Assignments.
- For active participation of students instruct the students to prepare flowcharts and handouts.